

**Spiritual Communion - 16th Sunday in Ordinary Time
Sunday 17 July 2022**

**My Jesus,
I believe that you are present in this Holy Sacrament of the
altar.
I love you above all things and I passionately desire to receive
you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you now and forever.
Amen.**

based on a prayer of St Alphonsus Liguori

At the Saviour's command
and formed by divine teaching, we dare to say:

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.**



Concluding Prayer

Graciously be present to your people,
we pray, O Lord, and lead those you
have imbued with heavenly mysteries
to pass from former ways to newness
of life. Through Christ our Lord.
Amen.



Opening Prayer

Show favour, O Lord, to your servants and mercifully increase the
gifts of your grace, that, made fervent in hope, faith and charity, they
may be ever watchful in keeping your commands. Through our Lord
Jesus Christ, your Son, who lives and reigns with you in the unity of
the Holy Spirit, God, for ever and ever. Amen.

Genesis 18:1-10

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. 'My lord,' he said 'I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant's direction.' They replied, 'Do as you say.'

Abraham hastened to the tent to find Sarah.' 'Hurry,' he said 'knead three bushels of flour and make loaves.' Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree.

'Where is your wife Sarah?' they asked him. 'She is in the tent' he replied. Then his guest said, 'I shall visit you again next year without fail, and your wife will then have a son.'

The Word of the Lord

Responsorial Psalm

The just will live in the presence of the Lord.

Lord, who shall dwell on your holy mountain?

He who walks without fault;

he who acts with justice

and speaks the truth from his heart;

he who does not slander with his tongue.

He who does no wrong to his brother,

who casts no slur on his neighbour,

who holds the godless in disdain,

but honours those who fear the Lord.



He who keeps his pledge, come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm for ever.

Colossians 1:24-28

It makes me happy to suffer for you, as I am suffering now, and in my own body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for delivering God's message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ among you, your hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

Open our heart, O Lord,

to accept the words of your Son.

Alleluia!

A reading from the holy Gospel according to Luke 10:38-42

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha who was distracted with all the serving said, 'Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.' But the Lord answered: 'Martha, Martha,' he said 'you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.'

The Gospel of the Lord