



MANLY FRESHWATER CATHOLIC PARISH

Mary Immaculate and St John the Baptist Churches

12th Sunday in Ordinary Time – 21st June 2020



Dear Friends, I hope you are all well and the easing of restrictions is to your liking. Over the last few weeks our Year Three children at St Mary's, St John's, the local State Schools and other schools made their First Reconciliation with Fr Paul Kim and myself. These children will now begin their preparation for their First Holy Communion. Please pray for them and their families.

On 1st July the present limit of 50 people attending Mass will be dropped, but we will still be required to observe SOCIAL DISTANCING. Therefore there will be a limit on how many people can SAFELY attend Mass at our two churches. We will keep you informed.

We resume our reading of Matthew's Gospel and Jesus is instructing his newly chosen 12 Apostles. The following reflection is full of reassurance and compassion.

Fr David & Fr Paul

“Even all the hairs on your head are counted. So do not be afraid; you are worth more than many sparrows.” Matthew 10: 26-33

“Counting the hairs on your head”

It was just a few weeks after her surgery; the chemotherapy treatments had begun. Every morning, she would comb her hair — and every morning she would pull out another clump of her beautiful hair from the brush. This side effect was hitting her harder and harder.

One morning, she felt the top of her head and, for the first time, she could count the strands. But she felt strangely at peace. She held each strand — just as God, in his providence, could count them from the moment God breathed his life into her. She became aware of God present in the love of her family and friends who were supporting and suffering with her. She remembers:

“I felt comfort knowing that God knew how many strands were in my brush, on my pillow, in my hat, and in my hand. God had counted them all. With or without my hair, God knew me and what my future held. I was still afraid — of the cancer, of the chemo, the upcoming brain scan, and its results — but I knew that God would be with me through it all.” *[Adapted from “I lost my hair but not my faith” by Kathryn Lay, Catholic Digest, May 2008.]*

In the Gospels, Christ reveals a God who loves us and cares for us and every “strand” of creation. Sometimes we are called to be the vehicles of God's love for those desperate to realize that presence in their lives; sometimes we are the recipients of such blessings of forgiveness and compassion. May we find peace and reason to hope in the providence of God who has “counted . . . all the hairs of your head,” a providence that manifests itself in the love of family, the comfort of friends, the support of church and community. *[Connections MediaWorks, 2020.]*



Pope Francis Prayer Intention for June - The Way of the Heart

We pray that all those who suffer may find their way in life, allowing themselves to be touched by the Heart of Jesus.



Facebook– manlyfreshwaterparish

Youtube – access through playlist

Saturday 5pm Mass

Saturday 6pm Mass.

Parish Pastoral Council: Paul Pervan (Chair), Ian Press (Deputy Chair), Margaret Dent (Secretary), Ivica Covic; Laurie de Ambrosio; Joanne Druery; Robert Marshall; Michael McGrath
St Mary's Primary School 9977 2225 Principal: Paul McGuire
St John the Baptist Primary School 9939 6699 Principal: Judy Slattery
St Paul's Catholic College 9977 5111 Principal: Chris Browne
Stella Maris College 9977 5144 Principal: Elizabeth Carnegie



Home Delivery – If you know someone who would like a bulletin delivered please call the Parish Office on 9977 5822.

June 2020 **Year A**
Mon 22/6 – Sts John Fisher & Thomas More
2 Kg 17:5-8,13-15,18; Mt 7:1-5
Tue 23/6 – 12th week in Ordinary Time
2 Kg 19:9-11,14-21,31-36; Mt 7:6,12-14
Wed 24/6 – Nativity of St John the Baptist Is 49:1-6; Acts 13:22-26
Thurs 25/6 – 12th week in Ordinary Time 2 Kg 24:8-17; Mt 7:21-29
Fri 26/6 – 12th week in Ordinary Time 2 Kg 25:1-12; Mt 8:1-4
Sat 27/6 – 12th week in Ordinary Time Lam 2:2,10-14,18-19; Mt 8:5-17
Sun 28/6 – 13th Sunday in Ordinary Time
2 Kg 4:8-11,14-16; Rom 6:3-4,8-11; Mt 10:37-42

THE CATHOLIC WEEKLY
Now available to everyone online at
www.catholicweekly.com.au

Visiting sick at home - If you, or if you know of anyone who are unwell and would like a home visit please contact the parish office 9977 5822 to organise for Communion or Anointing.

LET US PRAY FOR 21st June 2020
Recently Deceased: Glenford D'Souza;
Magdalena Anasarias; Daniel McNeil Good
Anniversary: Leone Mary Cargill; Dick (Diego) Arena
Prayers for the sick in our parish: Eugenia Cavazzoni, Gavin Greenwood, Zacchaeus Emmanuel Joseph Ratnam; Mark Taylor; Kay Flenady; Leon Cochrane; Robina Dwyer; Prionsias Kearney; Brian Davies; Majella McLoughlin; Debbie Vernon; Desmond Connors; Lauren Hannahan; Rosalba Galuis; Vanessa Squirrel; Judith McKenzie; Jonathan Keil; Les Reilly; Wayne Smedley; Margaret Burrige; John Beninati; Jill Carmichael; Maurie Fowley; Stephen Robertson; Richard & Cynthia Connolly; Maureen Williams

Sacrament of Reconciliation
Saturdays 10am - 11am
in the Parish Church at Manly

Manly Freshwater Parish promotes **SAFEGUARDING** which involves the implementation of proactive, common sense and practical ideas that ensure the safety of children and vulnerable adults in our community



Pope Francis In our darkest moments, when we sin or are disoriented, we always have an appointment with God. We do not need to be afraid, because God will change our hearts and give us the blessing reserved for those who allow Him to change them.

Parish Priest: Fr David Taylor
Assistant Priest: Fr Paul Kim
Parish Secretaries: Jenny Beninati & Paula Martin
Pastoral Coordinator: Michelle Ellis
Administration Office:
After Hours Urgent Sick Calls: 0499 910 010
Presbytery: 9977 2100
manlyfreshwaterparish@bbcatholic.org.au
www.bbcatholic.org.au/manlyfreshwater
Reconciliation: Manly Sat 10am – 11am

St Vincent de Paul Notice
during COVID-19 lockdown



For assistance with food, clothing or other emergencies please call St Vincent de Paul Northern Beaches Regional Office 9905 0424.

If you would like to donate nonperishable food, it can be dropped off at 684 Pittwater Road, Brookvale– rear entrance (off the carpark)

If you wish to donate clothing it will be accepted at the SVDP Shop Brookvale, Rogers Street, between 9am – 3pm.

PARISH SOCIAL MEDIA

Parish facebook:
facebook.com/manlyfreshwaterparish
YouTube: Manlyfreshwaterparish
Or bit.ly/2EIGEu7 or frpaulkim
(one word with no space). You can view the YouTube videos thru the parish facebook, click on the link
Parish website:
bbcatholic.org.au/manlyfreshwater

HOLY WATER – Blessed "holy water" is really Easter water, the water of Baptism. Fr David has blessed holy water which is available to anyone who would like to bring a container to collect some. The Urn with the water is in the foyer of the Church.



Act of Spiritual Communion

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.

Welcome Back

Please make a reservation to attend a weekend Mass

We look forward to seeing you at one of the Masses.

SIGN-UP AT PARISH OFFICE – Those wishing to attend a particular weekend Mass please call into the Parish Office or phone 9977 5822 or email manlyfreshwaterparish@bbcatholic.org.au.

Please note that no more than 50 people may attend Mass at any one time.

WEEKDAY MASSES – no need to be registered for weekday Masses.

WEEKEND MASSES

St Mary's Church, Manly

- **Saturday** - Vigil 6pm
- **Sunday** – 8.30am, 10.30am and 6pm.

St John the Baptist Church

- **Saturday** Vigil 5pm
- **Sunday** – 9am

Please observe the following Guidelines.

If you have registered to attend a Mass at Manly or Freshwater we ask that you kindly observe the following guidelines:

- Please arrive no later than 5 minutes before Mass is due to commence.
- When you arrive your name will be marked off the register (a requirement of the NSW Government).
- You must use the hand sanitizer provided and observe social distancing at all time.
- Please sit only on the green dots on the pews.
- Please observe social distancing at Holy Communion, which will only be given in the hand.
- If you are feeling unwell please do not attend the Mass.

Online Mass will continue to be streamed each weekend. Details can be found on the front page.



PRIVATE PRAYER Churches will be open for private prayer, with a limit of 50 people in the church at any one time. Parishioners will need to 'sign in' each time they visit and print their name, phone number on the sheet provided or advise the Parish Office, follow social distancing rules, and use hand sanitiser on arrival and departure.



Parish Collections and Donations

Firstly, a VERY BIG THANK YOU to all of you who have continued to support the Parish financially.

One of the health restrictions on our re-opened Churches is that we no longer use collection plates during Mass.

To help you to make your offering you can use one of the following options:



1. Use the **tap and go machines** at the Church entrance
or
2. Place envelopes and cash in the **collection plates** (1st collection and 2nd collection) at the Church entrances.
or
3. Continue to use direct debit with your **credit cards**
or
4. Making **deposits directly into the Parish 1st and 2nd collection accounts** (details in the bulletin).

Thank you for your generous support of our Parish.

DIRECT DEPOSIT

Parish Bank Account – 2nd collection funds the running of the Parish

Acc Name: Manly Freshwater Parish

Bank Name: Commonwealth Bank

Acc# 13958001

BSB: 062 784

Please include your name as reference or envelope number

Parish Bank Account – 1st collection Support of our Priests

Acc Name: Manly Freshwater Parish Pastoral

Bank Name: Commonwealth Bank

Acc# 13958002

BSB: 062 784

Your regular donation will give the parish a reliable income so that we can be here to support people who are in need right now, and to be ready for you when we can worship and celebrate the Liturgy again together.



Greeters at the Weekend Masses

It is wonderful that we can come together again to celebrate Mass together.

To ensure that we cover the Governments requirements regarding collection of information of those attending Mass we need a team of "Welcomers" to be rostered at each Mass to greet and mark off registered parishioners. Please contact the Parish Office on 9977 5822 for more information

MINISTRY ROSTERS We will be preparing a Ministry Roster for the coming weekends. If you are a Reader or Senior Server and are available please contact the Parish Office on 9977 5822.

GROUPS MEETING AGAIN

Our Meeting rooms are now able to be used again, with strict guidelines from the Government. Please contact the Parish Office if your group wishes to resume meetings.

Each person in your meeting, must sign in with name and phone number, as per Government requirements. Only 10 people are permitted to attend.



Craft Group meets each week on Tuesday mornings from 10am to 12noon in the Parish Center. We invite you to come along for a cuppa and a chat in a friendly relaxed environment. Bring along your knitting or other craft if you wish.



Lectio Divina Read his story in the Gospels. Spend time with him. Listen to what he says. Lectio Divina groups meets Tuesday 7.30pm in the Parish Room and Wednesday mornings at 10am in the Parish Centre.



First Reconciliation. The Children from the Parish will be making their First Reconciliation this week. Please remember them in your prayers. We will also be commencing our First Holy Communion and Confirmation Programs in the near future (dates to be advised).



CHARITABLE WORKS FUND.

We are so grateful to our community who demonstrate their love for their neighbours by generously supporting the Charitable Works Fund.

Our shortfall for this financial year is \$6,000.

Donations \$2 and over are tax-deductible.

Click on this link to give to CWF

www.givenow.com.au/cwf or deposit into our account

Acc Name: Manly Freshwater Parish

Bank Name: Commonwealth Bank

Acc# 13958001

BSB: 062 784 Please include your name and CWF as the reference



The Mass is streamed live each Week here are some suggestions on how to watch the Mass online in a spiritual and fruitful way:

- Prepare yourself and take time out of your Saturday night or Sunday to watch the Mass.
- Create a prayer space:
 - Include symbols such as a Cross, Rosary beads, a Bible or even flowers; Light a candle;
 - Foster an atmosphere that allows for reflection, praise, thanksgiving and intercession.
- Be fully present and participate in the Mass as much as possible
 - Make the Sign of the Cross; Sit down, stand & kneel at the appropriate times;
 - Join in the responses as you would normally;
 - Read the Readings for the Mass;
 - Sing hymns and songs;
 - Recite the prayer for spiritual communion.
 - Remain in silence and reflect prayerfully



Prayer for St John the Baptist Feast Day 24th June

O God, You raised St John the Baptist to prepare a perfect people for Christ. Fill your people with the joy of possessing His grace and direct the minds of all the faithful in the way of peace and salvation.

Grant that as St John was martyred for truth and justice, so we may energetically profess our faith in you, and lead others to the Way, the Truth and Eternal Life. Amen.



St Mary's School News...

A heartfelt thanks to all the St Mary's families who contributed to our baby items drive for Vinnies. Our very generous donation was delivered to Brookvale Vinnies today and we know we will make a huge difference to the lives of others.

Kind regards Alexis Conn (REC)

REFLECTION

Today's readings are very apt for our current times, where many of us are experiencing vulnerability, tension, and unpredictability. Yet as followers of Christ, we are being called to trust in God our Father, who knows us intimately and understands our needs.

In the **First Reading**, we hear Jeremiah's challenging voice giving an unpopular message to the people, who must change their self-centred way of living. In his isolation, Jeremiah turns to the Lord to ask for help, for he needs friendship in very real ways in his difficulties.

The **Psalm** is a cry of anguish from one in great danger. Yet despite his distress, the psalmist has confidence in the great love of God.

Paul teaches that the consequence of sin is 'death': a death that includes the death of our friendship with God. But Paul also emphasises the abundant reality of divine grace; a free gift introduced into the world through Christ Jesus (**Second Reading**).

In today's **Gospel**, Jesus reminds the Twelve that they are not always promised success; yet he bids them repeatedly, 'Do not be afraid'.

The Father's tender care will never desert them. God is on their side: not as a remote figure, but as a Father who has intimate knowledge of and care for each of them.

In these our own times of trial and vulnerability, we pray for God's guidance and teaching. 'Lord, you invite us to cry out with complete confidence in the Father's boundless love. This day we offer you praise and thanks for your abundant gifts in our lives.

Pathways to God 2020



Memory is not something private; it is the path that unites us to God and to others – Pope Francis

“Remember all the ways which the Lord your God has led you” (*Deut* 8:2).

Today’s Scripture readings begin with this command of Moses: *Remember!* Shortly afterward Moses reiterates: “Do not forget the Lord, your God” (v.14). Scripture has been given to us that we might overcome our forgetfulness of God. How important it is to remember this when we pray! As one of the Psalms teaches: “I will call to mind the deeds of the Lord; yes, I will remember your wonders of old” (77:11). But all those wonders too, that the Lord has worked in our own lives.

It is vital to remember the good we have received. If we do not remember it, we become strangers to ourselves, “passers-by” of existence. Without memory, we uproot ourselves from the soil that nourishes us and allow ourselves to be carried away like leaves in the wind. If we do remember, however, we bind ourselves afresh to the strongest of ties; we feel part of a living history, the living experience of a people. Memory is not something private; it is the path that unites us to God and to others. This is why in the Bible the memory of the Lord must be passed on from generation to generation. Fathers are commanded to tell the story to their sons, as we read in a beautiful passage. “When your son asks you in time to come, ‘What is the meaning of the decrees and the statutes and the ordinances which the Lord our God has commanded you?’, then you shall say to your son, ‘We were slaves... [think of the whole history of slavery!], and the Lord showed signs and wonders... before our eyes’” (*Deut* 6:20-22). You shall hand down this memory to your son.

But there is a problem: what if the chain of transmission of memories is interrupted? And how can we remember what we have only heard unless we have also experienced it? God knows how difficult it is, he knows how weak our memory is, and he has done something remarkable: he left us a *memorial*. He did not just leave us words, for it is easy to forget what we hear. He did not just leave us the Scriptures, for it is easy to forget what we read. He did not just leave us signs, for we can forget even what we see. He gave us Food, for it is not easy to forget something we have actually tasted. He

left us Bread in which he is truly present, alive, and true, with all the flavor of his love. Receiving him we can say: “He is the Lord; he remembers me!” That is why Jesus told us: “Do this in remembrance of me” (*1 Cor* 11:24). *Do!* The Eucharist is not simply an act of remembrance; it is a *fact*: the Lord’s Passover is made present once again for us. In Mass, the death and resurrection of Jesus are set before us. *Do this in remembrance of me*: come together and celebrate the Eucharist as a community, as a people, as a family, in order to remember me. We cannot do without the Eucharist, for it is God’s memorial. And it heals our wounded memory.

The Eucharist first heals our *orphaned memory*. We are living at a time of great orphanage. The Eucharist heals *orphaned memory*. So many people have memories marked by a lack of affection and bitter disappointments caused by those who should have given them love and instead orphaned their hearts. We would like to go back and change the past, but we cannot. God, however, can heal these wounds by placing within our memory a greater love: his own love. The Eucharist brings us the Father’s faithful love, which heals our sense of being orphans. It gives us Jesus’ love, which transformed a tomb from an end to a beginning, and in the same way, can transform our lives. It fills our hearts with the consoling love of the Holy Spirit, who never leaves us alone and always heals our wounds.

Through the Eucharist, the Lord also heals our *negative memory*, that negativity which seeps so often into our hearts. The Lord heals this negative memory, which drags to the surface things that have gone wrong and leaves us with the sorry notion that we are useless, that we only make mistakes, that we are ourselves a mistake. Jesus comes to tell us that this is not so. He wants to be close to us. Every time we receive him, he reminds us that we are precious, that we are guests he has invited to his banquet, friends with whom he wants to dine. And not only because he is generous, but because he is truly in love with us. He sees and loves the beauty and goodness that we are. The Lord knows that evil and sins do not define us; they are diseases, infections. And he comes to heal them with the Eucharist, which contains the antibodies to our negative memory. With Jesus, we can *become immune to sadness*. We will always remember our failures, troubles, problems at home, and at work, our unrealised

dreams. But their weight will not crush us because Jesus is present even more deeply, encouraging us with his love. This is the strength of the Eucharist, which transforms us into *bringers of God*, bringers of joy, not negativity. We who go to Mass can ask: What is it that we bring to the world? Is it our sadness and bitterness, or the joy of the Lord? Do we receive Holy Communion and then carry on complaining, criticising, and feeling sorry for ourselves? This does not improve anything, whereas the joy of the Lord can change lives.

Finally, the Eucharist heals our *closed memory*. The wounds we keep inside create problems not only for us, but also for others. They make us fearful and suspicious. We start with being closed and end up cynical and indifferent. Our wounds can lead us to react to others with detachment and arrogance, in the illusion that in this way we can control situations. Yet that is indeed an illusion, for only love can heal fear at its root and free us from the self-centredness that imprisons us. And that is what Jesus does. He approaches us gently, in the disarming simplicity of the Host. He comes as Bread broken in order to break open the shells of our selfishness. He gives of himself in order to teach us that only by opening our hearts can we be set free from our interior barriers, from the paralysis of the heart.

The Lord, offering himself to us in the simplicity of bread, also invites us not to waste our lives

in chasing the myriad illusions that we think we cannot do without, yet that leave us empty within. The Eucharist satisfies our hunger for material things and kindles our desire to serve. It raises us from our comfortable and lazy lifestyle and reminds us that we are not only mouths to be fed, but also his hands, to be used to help feed others. It is especially urgent now to take care of those who hunger for food and for dignity, of those without work and those who struggle to carry on. And this we must do in a real way, as real as the Bread that Jesus gives us. Genuine closeness is needed, as are true bonds of solidarity. In the Eucharist, Jesus draws close to us: let us not turn away from those around us!

Dear brothers and sisters, let us continue our celebration of Holy Mass: the Memorial that heals our memory. Let us never forget: the Mass is the Memorial that heals memory, the memory of the heart. The Mass is the treasure that should be foremost both in the Church and in our lives. And let us also rediscover Eucharistic adoration, which continues the work of the Mass within us. This will do us much good, for it heals us within. Especially now, when our need is so great.

Pope Francis - Mass in St. Peter's Basilica on Solemnity of Most Holy Body and Blood of Christ 2020 © Libreria Editrice Vatican



SAINT VINCENT de PAUL SOCIETY WINTER APPEAL 2020

Dear parishioners, in launching this appeal, we are very much aware of *the financial and other effects of COVID19 on you and your families*. *The limiting of attendance at Mass* is particularly sad. However, our SVdP work continues regardless!

Once again, we are asking you to help us with a donation. ***If you are able.***

When the Pandemic has eased and the extra government payments have ceased, charities such as ours are expecting increased demands. In addition, we are aware of people missing out on government assistance as they fall outside the Government safety net, particularly students and casuals. The impact

on those people is expected to increase demand as well. These factors, together with the "normal" winter demand on our services could be challenging! You can donate either directly to the Appeal through a bank transfer to Commonwealth Bank BSB 062-140 Account number 10800670 and enter Manly or Freshwater on the reference line.

If you are making a transfer through a ATM the same account number and BSB are to be used. When using an ATM, you will need to enter an agency number. The **Manly agency is 551** while the **Freshwater agency number 550**.

Alternatively, you can use a **donation envelope** available from your church or the parish office. These envelopes can be left at the parish office or by handing them to Fr David or Fr Paul

Finally, for those interested in a bargain or a donation of goods. The shop at 22 Roger Street Brookvale has reopened from 10am to 4pm, seven days each week. The Balgowlah and Manly shops remain closed just at present.

Mick O'Farrell (Freshwater Conference) and Bruce Whittet JP (Manly Conference)

Vinnies Winter Appeal



Strength and support
Your support helps dedicated volunteers to work with people living in poverty, and provide assistance when life is tough.



Clothing and essentials
Together we can provide basic essentials such as blankets, clothes and toiletries to resolve dignity in times of need.



Food in tough times
Your donation can provide money for groceries, reducing hunger and removing a major stress for families.



Help when bills are due
You can help us provide financial support with household expenses to families who are struggling to make ends meet.



A place to rest and recoup
Your donation enables us to help people like Jenny and her family find a safe place to sleep when they have nowhere else to go.

LIVES CAN CHANGE WHEN YOU CHOOSE TO HELP. PLEASE MAKE A DONATION TODAY.

12th Sunday in Ordinary Time – 21st June 2020

First Reading *Jeremiah 20:10-13 (JB)*

A reading from the prophet Jeremiah

He has delivered the soul of the needy from the hands of those who are evil.

Jeremiah said: I hear so many disparaging me, "Terror from every side!" Denounce him! Let us denounce him!" All those who used to be my friends watched for my downfall, 'Perhaps he will be seduced into error. Then we will master him and take our revenge!' But the Lord is at my side, a mighty hero; my opponents will stumble, mastered, confounded by their failure; everlasting, unforgettable disgrace will be theirs. But you, Lord of Hosts, you who probe with justice, who scrutinise the loins and heart, let me see the vengeance you will take on them, for I have committed my cause to you. Sing to the Lord, praise the Lord, for he has delivered the soul of the needy from the hands of evil men.

The word of the Lord **All: Thanks be to God**

Responsorial Psalm *Ps 68:8-10, 14, 17, 33-35*

R. Lord, in your great love, answer me.

It is for you that I suffer taunts, that shame covers my face, that I have become a stranger to my brothers, an alien to my own mother's sons. I burn with zeal for your house and taunts against you fall on me. R.

This is my prayer to you, my prayer for your favour. In your great love, answer me, O God, with your help that never fails: Lord, answer, for your love is kind; in your compassion, turn towards me. R.

The poor when they see it will be glad and God-seeking hearts will revive; for the Lord listens to the needs and does not spurn servants in their chains. Let the heavens and the earth give him praise, the sea and all its living creatures. R.

Second Reading *Romans 5:12-15 (JB)*

A reading from the letter of St Paul to the Romans

God's gift to us is nothing like our sin against him.

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world

long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law. Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift.

The word of the Lord **All: Thanks be to God**

Gospel Acclamation *John 15:26, 27 (JB)*

Alleluia, alleluia!

The Spirit of Truth will bear witness to me, says the Lord, and you also will be my witnesses.

Alleluia!

Gospel *Matthew 10:26-33 (JB)*

A reading from the holy Gospel according to Matthew

Do not fear those who can kill the body.

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the house-tops.

'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.

'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.'

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

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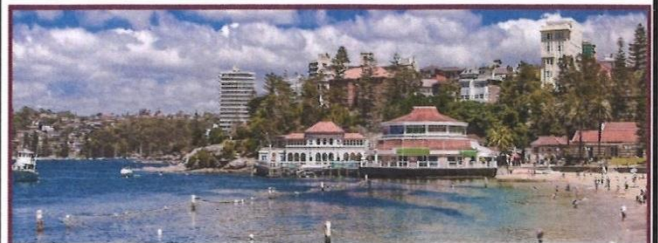
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