

**Sunday, July 17, 2022**  
**Sixteenth Sunday in Ordinary Time**  
**Prayer for the Morning**

*How good is the Lord! Let us give thanks and praise!*

*Glory to the Father... Alleluia!*

**Hymn** **Meter: 14 14 4 7 8**

Praise to the Lord, the Almighty,  
the King of creation!  
O my soul, praise him, for he is thy health and  
salvation!  
All ye who hear, now to his temple draw near;  
Praise him in glad adoration.  
Praise to the Lord, who, when tempests their  
warfare are waging,  
Who, when the elements madly around thee are  
raging,  
Biddeth them cease, turneth their fury to peace,  
Whirlwinds and waters assuaging.  
Praise to the Lord, who, when darkness of sin is  
abounding,  
Who, when the godless do triumph, all virtue  
confounding,  
Sheddeth his light, chaseth the horrors of night,  
Saints with his mercy surrounding.  
Praise to the Lord, O let all that is in me adore  
him!  
All that hath life and breath,  
come now with praises before him.  
Let the Amen sound from his people again,  
Gladly for aye we adore him.

**Psalm** **119:33-40**

*Each must do as already determined, without sadness  
or compulsion, for God loves a cheerful giver.*

*(2 Cor 9:7)*

*Whether we are to serve by active work or  
contemplative listening is God's decision. In either  
case, how do we serve? Martha and Mary are both  
honored in the liturgy as obedient disciples, but they  
show two faces of service: self-concerned and self-  
forgetful. Which one is the face of our own spirit of  
service?*

Teach me the demands of your precepts  
and I will keep them to the end.  
Train me to observe your law,  
to keep it with my heart.  
Guide me in the path of your commands;  
for there is my delight.  
Bend my heart to your will  
and not to love of gain.  
Keep my eyes from what is false:  
by your word, give me life.

Keep the promise you have made  
to the servant who fears you.  
Keep me from the scorn I dread,  
for your decrees are good.  
See, I long for your precepts:  
then in your justice, give me life.

Glory to the Father...

**Word of God** **Zephaniah 3:17-18a**

The Lord, your God, is in your midst,/ a mighty  
savior;/ He will rejoice over you with gladness,/  
and renew you in his love,/ He will sing joyfully  
because of you,/ as one sings at festivals.

The sign of a good heart is a cheerful  
countenance. (Sir 13:25a)

**Canticle of Zechariah**

*The fruit of the Spirit is love, joy, peace, patience,  
kindness, generosity, faithfulness, gentleness, self-  
control.* *(Gal 5:22-23)*

Blessed be the Lord, the God of Israel; he has  
come to his people and set them free. He has  
raised up for us a mighty savior, born of the house  
of his servant David.

Through his holy prophets he promised of old that  
he would save us from our enemies, from the  
hands of all who hate us. He promised to show  
mercy to our fathers and to remember his holy  
covenant.

This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies, free  
to worship him without fear, holy and righteous in  
his sight all the days of our life.

You, my child, shall be called the prophet of the  
Most High; for you will go before the Lord to  
prepare his way, to give his people knowledge of  
salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn  
from on high shall break upon us, to shine on  
those who dwell in darkness and the shadow of  
death, and to guide our feet into the way of peace.

Glory to the Father...

**Intercessions**

The Lord rejoices in our company and our service  
to him and one another. Let us pray for the grace  
to serve with willing gladness:

**R/Make us good servants, Lord!**

To rich and poor, generous and selfish, kind and unkind: **R/**

In sickness and in health: **R/**

In labor and in prayer: **R/**

**Personal intentions**

**Our Father....**

*Lord Jesus Christ, you chose Martha and Mary as your friends, their home as your refuge, their service as your joy. Grant us generous hearts to serve all those to whom you send us, that in serving them, we may serve you in gladness, who live and reign with the Father in the unity of the Holy Spirit, God, for ever and ever. Amen.*

**SUNDAY, July 17, 2022**

**Sixteenth Sunday in Ordinary Time**

**Reading 1**

**Genesis 18:1-10a**

The Lord appeared to Abraham by the terebinth of Mamre, as he sat in the entrance of his tent, while the day was growing hot. Looking up, Abraham saw three men standing nearby. When he saw them, he ran from the entrance of the tent to greet them; and bowing to the ground, he said: "Sir, if I may ask you this favor, please do not go on past your servant. Let some water be brought, that you may bathe your feet, and then rest yourselves under the tree. Now that you have come this close to your servant, let me bring you a little food, that you may refresh yourselves; and afterward you may go on your way." The men replied, "Very well, do as you have said."

Abraham hastened into the tent and told Sarah, "Quick, three measures of fine flour! Knead it and make rolls." He ran to the herd, picked out a tender, choice steer, and gave it to a servant, who quickly prepared it. Then Abraham got some curds and milk, as well as the steer that had been prepared, and set these before the three men; and he waited on them under the tree while they ate.

They asked Abraham, "Where is your wife Sarah?" He replied, "There in the tent." One of them said, "I will surely return to you about this time next year, and Sarah will then have a son."

**Reading 2**

**Colossians 1: 24-28**

Brothers and sisters: Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of his body, which is the church, of which I am a minister in accordance with God's stewardship given to me to bring to completion for you the word of God, the mystery hidden from ages and from generations past. But now it has been manifested to his holy ones, to whom God chose to make known the riches of the glory of this mystery among the Gentiles; it is Christ in you, the hope for glory. It is he whom we proclaim, admonishing everyone and teaching everyone with all wisdom, that we may present everyone perfect in Christ.

**Gospel**

**Luke 10: 38-42**

Jesus entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary who sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me." The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her."

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**Men of St. Joseph Prayer**

St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God's commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God's will and I accept the challenge to work tirelessly for my family's salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

*Prayer for the Morning text used with permission of Magnificat*