

Sunday, June 21, 2026
Twelfth Sunday in Ordinary Time

Prayer for the Morning

The Lord is our light and our help: to him do we pray in trust.

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen. Alleluia

Hymn **Meter: 65 65 D**

In the hour of trial, Jesus, plead for me,
Lest by base denial I depart from thee.
When thou seest me waver, with a look recall,
Nor for fear or favor suffer me to fall.
With forbidden pleasures would this vain world charm,
Or its sordid treasures spread to work me harm,
Bring to my remembrance sad Gethsemane,
Or, in darker semblance, cross-crowned Calvary.
Should thy mercy send me sorrow, toil and woe,
Or should pain attend me on my path below,
Grant that I may never fail thy hand to see;
Grant that I may ever cast my care on thee.
When my last hour cometh, fraught with strife and pain,
When my dust returneth to the dust again,
On thy truth relying, through that mortal strife,
Jesus, take me, dying, to eternal life.

Psalm **27:1-5**

Do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna. (Mt 10:28)
Fear is a universal experience. Sometimes fear of other people, or their disapproval, leads us to act against our religious beliefs. Jesus cautions us to put our fear where it belongs: we should fear the loss of eternal life far more than we fear the threats of human beings, mortal and accountable like ourselves.

**The Lord is my light and my help;
whom shall I fear?
The Lord is the stronghold of my life;
before whom shall I shrink?
When evil-doers draw near
to devour my flesh,
it is they, my enemies and foes,
who stumble and fall.**

Though an army encamp against me
my heart would not fear.

Though war break out against me
even then would I trust.

There is one thing I ask of the Lord,
for this I long,

to live in the house of the Lord,
all the days of my life,
to savor the sweetness of the Lord,
to behold his temple.

For there he keeps me safe in his tent
in the day of evil.

He hides me in the shelter of his tent,
on a rock he sets me safe.

Glory to the Father...

Word of God **Isaiah 51:6c-8**

My salvation shall remain forever/ and my justice shall never be dismayed./ Hear me, you who know justice,/ you people who have my teaching at heart:/ Fear not the reproach of men,/ be not dismayed at their revilings./ They shall be like a garment eaten by moths,/ like wool consumed by grubs;/ But my justice shall remain forever/ and my salvation, for all generations.

It is I who say to you, "Fear not,/ I will help you."

(Is 41:13)

Canticle of Zechariah

Fear not, my children; call out to God! (Bar 4:27a)

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

In time of trial, let us pray:

R/You are the stronghold of our life!

When we are tempted to displease you in order to please other people: strengthen us to do what is right in your eyes: **R/**

When we tempt others to disobey you in order to please us: forgive us and grant us conversion of heart: **R/**

When we suppress the voice of conscience because other voices appeal to our self-interest: grant us clarity of mind and purity of heart: **R/**

Personal intentions

Our Father....

God of power and might, you shield us from all harm by the power of your redeeming love. Protect us in our weakness; make us strong in our faith; keep us in your paths, through Jesus Christ our Lord. Amen.

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Reading 1

Jeremiah 20:10-13

Jeremiah said: "I hear the whisperings of many:/ 'Terror on every side!/ Denounce! Let us denounce him!'/ All those who were my friends/ are on the watch for any misstep of mine./ 'Perhaps he will be trapped; then we can prevail,/ and take our vengeance on him.'/ But the Lord is with me, like a mighty champion:/ my persecutors will stumble, they will not triumph./ In their failure they will be put to utter shame,/ to lasting, unforgettable confusion./ O Lord of hosts, you who test the just,/ who probe mind and heart,/ let me witness the vengeance you take on them,/ for to you I have entrusted my cause./ Sing to the Lord,/ praise the Lord,/ for he has rescued the life of the poor/ from the power of the wicked!"

Reading 2

Romans 5:12-15

Brothers and sisters: Through one man sin entered the world, and through sin, death, and thus death came to all men, inasmuch as all sinned—for up to

the time of the law, sin was in the world, though sin is not accounted when there is no law. But death reigned from Adam to Moses, even over those who did not sin after the pattern of the trespass of Adam, who is the type of the one who was to come.

But the gift is not like the transgression. For if by the transgression of the one the many died, how much more did the grace of God and the gracious gift of the one man Jesus Christ overflow for the many.

Gospel

Matthew 10:26-33

Jesus said to the Twelve: "Fear no one. Nothing is concealed that will not be revealed, nor secret that will not be known. What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna. Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father's knowledge. Even all the hairs of your head are counted. So do not be afraid; you are worth more than many sparrows. Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father."

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!

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