

# Sunday and Feast Day Liturgical Notes for Priests and Deacons

## Suggestions for Leading Worship



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**RE:** Liturgical Suggestions for the 14th Sunday in Ordinary Time – Cycle A

**Sunday date:** July 5-6, 2008

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Dear Fathers and Deacons,

### **An Overview...**

Perhaps it is not coincidence that the Lord's call this Sunday to find rest in Him falls on the three day holiday weekend. It is appropriate to get away from the hectic pace of our lives to find time for relaxation and refuge in our God's tender ways. It is what Liturgy calls us to each Sunday – to find nourishment, refreshment and new life in the Eucharist.

This Sunday's Gospel once again portrays a loving God who takes care of His people. Two weeks ago (not consecutive because of the feast of solemnity of Peter and Paul) we heard Jesus tell us not to fear proclaiming from the rooftops for we are more precious than the sparrows. This week He continues to tell us that the work of discipleship can be hard, but we find our rest in Him. It is a meek and humble Jesus who tells us that God reveals himself through the hearts of the young and innocent - to those who are open to him. It is a meek and humble Jesus who invites us to learn from the Father. Jesus identifies Himself with our human frailty and invites us to lay down our burdens and bring them to Him.

### **Reflection Questions...**

1. How can I ease the burdens of others?
2. Who do I see as the “little ones” through which God reveals Himself?
3. How can I find the humility to give my burdens to God and let Him give me rest?

### **Other Considerations as You Prepare...**

1. Many of the texts of Form C of the Penitential Rite are appropriate, but you may want to consider something that coincides with the peacefulness that this Sunday’s readings offer. For example, “You clothe us in gentleness and mercy; You refresh us in Word and in Sacrament; You give us rest in mind, in body and in spirit.”
2. The alternative Opening Prayer references Christ’s suffering which connects to the Second Reading from St. Paul.
3. Any of the Prefaces for Ordinary Time are appropriate today. The second and the fourth have references to Christ’s suffering.
4. Either a blessing of military personnel or a blessing for travelers would be appropriate today.

## Sample Prayers of the Faithful for the 14th Ordinal Sunday

*Priest:* The Lord lifts the weary so we have the confidence to bring our needs before Him.

*Deacon* (or other reader if there is no deacon):

1. May we who have the spirit of God within us be the gentle hands and humble heart of Jesus to those who are tired and find life burdensome...we pray to the Lord.
2. May our country be blessed with lasting peace and strive to bring justice to a world weary of war and terrorism; may our military men and women and all who work to protect us be safe from harm...we pray to the Lord
3. May God's own love for the "little ones" inspire the work of those who serve the physically and mentally challenged, the abused, the neglected, the outcast...we pray to the Lord
4. May our hearts be open to learning the mysteries that God reveals to all who listen to Him...we pray to the Lord.
5. May this holiday weekend be a time of sharing and caring, where burdens are lifted and hearts renewed...we pray to the Lord.
6. May those who have died find eternal rest with Jesus...we pray to the Lord.

*[pause; the presider alone concludes]*

*Priest:* Lord and heaven and earth,  
You promise to lighten the load of the weary.  
Hear the prayers of your people,  
who turn to you with heavy burdens,  
trusting that we can find rest in you.  
We ask you to hear us as we strive to know you  
through your Son Jesus, who is our Lord and Savior.  
Amen.