



### THE FORMULA.

The mystic was back from the desert, "Tell us", they said, "what is God like". But how could he ever tell them what he had experienced in his heart? Can God be put into words?

He finally gave them a formula – so inaccurate, so inadequate – in the hope that some of them might be tempted to experience it for themselves.

They seized upon the formula. They made it a sacred text. They imposed it on others as a holy belief. They went to great pains to spread it in foreign lands. Some even gave their lives for it.

The mystic was sad. It might have been better if he had said nothing.

### PARISH MONTHLY CHARITY

During the month of August, we will join with a Cork charity called "Cork Croi Failte Project".

They have taken on the challenge to resettle a Syrian Family in the Bishopstown/Wilton area. The family is currently living in temporary accommodation in Lebanon. Around the church are leaflets giving further information of the project. To date we have collected **€347.66**

◆ Fr. Thomas Keating, who *died recently was a great inspiration to the growth of Contemplative Prayer* as a method of prayer.

◆ In appreciation of his work a newsletter prepared by people involved in Contemplative Prayer share their experience and appreciation of Fr. Thomas. Copies are available at the back of the church. **€1 a copy.** It will help people appreciate the value of Contemplative Prayer.

*Helping one person  
 might not change the  
 whole world, but it could  
 change the world for  
 one person.*



PositiveOutlooks

Bridge Tutorials  
 Intermediate Bridge Lessons  
 One Day Workshop  
 Saturday 21st September  
 SMA Parish Centre  
 Time 10.30—4.30 pm  
 (Break 1pm—2.15 pm)  
 For details & to enrol

Alice 087 9623318 or 021 4542776

### MAKING SENSE OF THE SECOND READING.

During Ordinary Time the Second Reading of the Mass is generally taken from the letters of St. Paul and they are read in a semi continuous way over a few weeks. This is not the easiest way to follow what is being read but that is the way the Church invites us to listen to them.

Today our second reading is from the letter to the Hebrews. What follows are a few question which might help to find some personal meaning in the passage for today.

### POINTERS FOR PRAYER

1. What are the trials of faith which really test me?
2. What "keeps me going" as a believer?

### New 6 weeks Mindfulness Course

A 6-week introductory program on Mindfulness will begin in the Parish Centre on Thursday 3<sup>rd</sup> October. Cost of the course is €50. Places on the course are limited.

Contact Pauline on 085/7353091 Mon/Wed/Fri - 11am to 1pm.

Fr. Tom Kearney's recent video on "Nationwide" can be viewed on our parish website.

Go to [www.smawilton.ie](http://www.smawilton.ie) click on LIVE then click on **FREATURED VIDEOS** and scroll down and find **FR. TOM KEARNEY** and click.

**ENTRANCE ANTIPHON**

Turn your eyes, O God, our shield;  
and look on the face of your anointed  
one; one day within your courts is better  
than a thousand elsewhere.

**GREETING**

The grace of our Lord Jesus Christ, and the  
love of God, and the communion of the Holy  
Spirit be with you all. **And with your spirit.**

**PENITENTIAL ACT**

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have  
failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

*May almighty God have mercy on us. Amen.*  
Lord, have mercy. **Lord, have mercy.**  
Christ, have mercy. **Christ, have mercy.**  
Lord, have mercy. **Lord, have mercy.**

**THE GLORIA**

Glorify God in the highest,  
and on earth peace to people of good will.  
We praise you, we bless you,  
we adore you, we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us;  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father. Amen.

**OPENING PRAYER**

O God, who have prepared for those who  
love you good things which no eye can see,  
fill our hearts, we pray, with the warmth of  
your love, so that, loving you in all things  
and above all things, we may attain your  
promises, which surpass every human  
desire. Through our Lord Jesus Christ.....



**TWENTIETH SUNDAY IN ORDINARY TIME**

The word of Christ will often make demands of honesty  
and truth; our stand for him will sometimes bring us into  
opposition with others.



18th. August 2019

✠ LITURGY OF THE WORD ✠

**FIRST READING Jeremiah 38:4-6. 8-10**  
*A reading from the prophet Jeremiah*

The king's leading men spoke to the king. 'Let  
Jeremiah be put to death: he is unquestionably  
disheartening the remaining soldiers in the city,  
and all the people too, by talking like this. The  
fellow does not have the welfare of this people  
at heart so much as its ruin.' 'He is in your  
hands as you know,' King Zedekiah answered  
'for the king is powerless against you.' So they  
took Jeremiah and threw him into the well of  
Prince Malchiah in the Court of the Guard,  
letting him down with ropes. There was no  
water in the well, only mud, and into the mud  
Jeremiah sank.

Ebed-melech came out from the palace and  
spoke to the king. 'My lord king,' he said 'these  
men have done a wicked thing by treating the  
prophet Jeremiah like this: they have thrown  
him into the well where he will die.' At this  
the king gave Ebed-melech the Cushite the  
following order: 'Take three men with you from  
here and pull the prophet Jeremiah out of the  
well before he dies.'

*The word of the Lord. Thanks be to God.*

**RESPONSORIAL PSALM Ps 39:2-4.18**

**R. Lord, come to my aid!**

- 1. I waited, I waited for the Lord  
and he stooped down to me;  
he heard my cry. **[R]**
- 2. He drew me from the deadly pit,  
from the miry clay.  
He set my feet upon a rock  
and made my footsteps firm. **[R]**
- 3. He put a new song into my mouth,  
praise of our God.  
Many shall see and fear  
and shall trust in the Lord. **[R]**
- 4. As for me, wretched and poor,  
the Lord thinks of me.  
You are my rescuer, my help,  
O God, do not delay. **[R]**

**SECOND READING Hebrews 12:1-4**  
*A reading from the letter to the Hebrews*

With so many witnesses in a great cloud on  
every side of us, we too, then, should throw off  
everything that hinders us, especially the sin  
that clings so easily, and keep running steadily  
in the race we have started. Let us not lose  
sight of Jesus, who leads us in our faith and  
brings it to perfection: for the sake of the joy  
which was still in the future, he endured the  
cross, disregarding the shamefulfulness of it, and  
from now on has taken his place at the right of  
God's throne.

Think of the way he stood such opposition from  
sinners and then you will not give up for want of  
courage. In the fight against sin, you have not  
yet had to keep fighting to the point of death.

*The word of the Lord. Thanks be to God.*

**GOSPEL ACCLAMATION**

**Alleluia, alleluia!**  
**Open our heart, O Lord, to accept**  
**the words of your Son. Alleluia!**

**GOSPEL Luke 12:49 - 53**

*A reading from the Holy Gospel according to Luke.*  
Jesus said to his disciples: 'I have come to  
bring fire to the earth, and how I wish it were  
blazing already! There is a baptism I must still  
receive, and how great is my distress till it is  
over!

'Do you suppose that I am here to bring peace  
on earth? No, I tell you, but rather division. For  
from now on a household of five will be divided;  
three against two and two against three; the  
father divided against the son, son against  
father, mother against daughter, daughter  
against mother, mother-in-law against  
daughter-in-law, daughter-in-law against  
mother-in-law.'

*The Gospel of the Lord. Praise to you Lord Jesus Christ*

**NICENE CREED**

**I believe in one God, the Father almighty,**  
**maker of heaven and earth,**  
**of all things visible and invisible.**  
**I believe in one Lord Jesus Christ,**  
**the Only Begotten Son of God,**  
**born of the Father before all ages.**  
**God from God, Light from Light,**  
**true God from true God,**  
**begotten, not made, consubstantial with**  
**the Father; through him all things were made.**

For us men and for our salvation  
he came down from heaven,  
All bow for following three lines:  
and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.

For our sake he was crucified  
under Pontius Pilate, he suffered death and  
was buried, and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven and is seated  
at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit, the Lord, the giver  
of life, who proceeds from the Father and  
the Son, who with the Father and the Son is  
adored and glorified, who has spoken through  
the prophets.

I believe in one, holy,  
catholic and apostolic Church.  
I confess one Baptism for the forgiveness  
of sins and I look forward to the resurrection  
of the dead and the life of the world to come.  
**Amen**

**LITURGY OF THE EUCHARIST**

*Pray brothers and sisters, .....*  
**May the Lord accept the sacrifice at your**  
**hands for the praise and glory of his name,**  
**for our good and the good of all his holy Church.**

**PRAYER OVER THE OFFERINGS**

Receive our oblation, O Lord,  
by which is brought about a glorious  
exchange, that, by offering what you have  
given, we may merit to receive you very  
self. Through Christ our Lord.

**EUCHARISTIC PRAYER**

The Lord be with you. **And with your spirit.**  
Lift up your hearts. **We lift them up to the Lord.**  
Let us give thanks to the Lord our God.  
**It is right and just.**

**AFTER THE CONSECRATION**

*The mystery of faith.*  
**Save us, Saviour of the world, for by your**  
**Cross and Resurrection you have set us free.**

**COMMUNION ANTIPHON**

**With the Lord there is mercy;**  
**in him is plentiful redemption.**

**PRAYER AFTER COMMUNION**

Made partakers of Christ through these  
Sacraments, we humbly implore your mercy,  
Lord, that, conformed to his image on earth,  
we may merit also to be his coheirs in  
heaven. Who lives and reigns for ever and  
ever.