

## Here's a text if you've only a minute ...

O Lord, you are good and forgiving,  
full of mercy to all who call to you.

*Entrance Antiphon*

O sing to the Lord ... exult at his presence!

*Psalm*

'For everyone who exalts himself will be humbled,  
and the one who humbles himself will be exalted.'

*Gospel*

'Humility is not thinking less of yourself,  
but thinking of yourself less.'

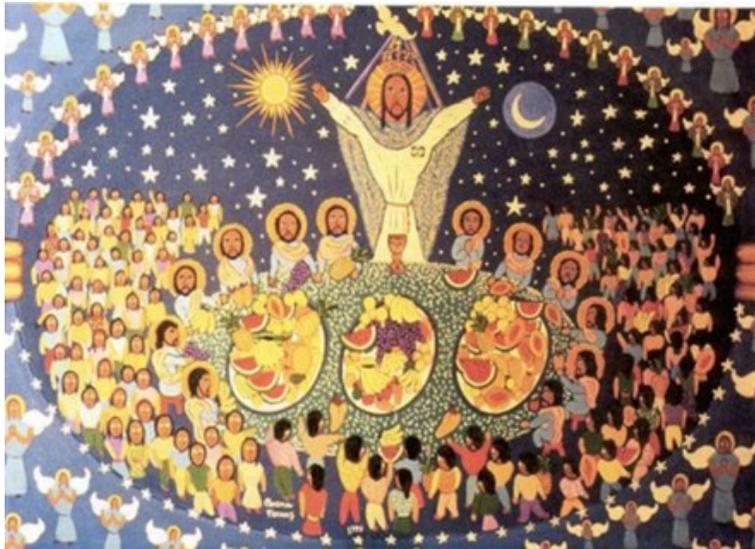
*Anon.*

Almighty God,  
every good thing comes from you.  
Fill our hearts with love for you, increase our faith,  
and by your constant care protect the good you have given us.

*Old Opening Prayer*

This week's texts if you want to reflect further:  
Ecclus 3: 17–20, 28–29; Ps. 67 (68); Heb 12:18–19, 22–24; Lk 10: 1. 7–14

Corina Feraz (Brazil, d.2018), *Banquet in Heaven*



Everyone is a 'first-born child' and a citizen of heaven!

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**ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM**



Twenty-Second Sunday in Ordinary Time  
Year C, 28th August 2022

'Shoulder my yoke and learn from me,  
for I am gentle and humble in heart.'

The readings for this Sunday speak of humility, and help us think about the order of things in the kingdom of God.

The **First Reading** advises us to be gentle, humble and attentive, warning against pride. God is the source of whatever strength and goodness we have. By behaving humbly we will find the Lord's favour, which is all that finally matters.

This theme is echoed in the **Gospel**, where Jesus teaches us how to live according to his vision of a good society. Everyone is invited and welcomed equally, for we share a common humanity. By caring for and putting others first, 'repayment will be made to you when the virtuous rise again'.

The **Psalmist** sings of God's care for those on the margins, rejoicing at God's generosity to his people, bringing them new life.

The author of the **Second Reading** urges the Hebrews, and us, to remain faithful. Jesus, as mediator, has instituted a new covenant for his followers, and we can each celebrate our identity as a child of God and 'citizen of heaven'. There is no need to be afraid: we are not alone but part of God's family.

Let's rejoice, and like the psalmist, sing our praises to the Lord for his generosity. May we be attentive and gentle in all we say and do this week, always responding to God's call.

We continue to pray for the peace of the world, and for all who suffer.



### Opening Prayer

God of might, giver of every good gift,  
put into our hearts the love of your name,  
so that, by deepening our sense of reverence,  
you may nurture in us what is good and, by your watchful care,  
keep safe what you have nurtured.

## Psalm 67 (68)

**R./ In your goodness, O God,  
you prepared a home for the poor.**

**T**he just shall rejoice at the presence of God,  
they shall exult and dance for joy.  
O sing to the Lord, make music to his name;  
rejoice in the Lord, exult at his presence.

Father of the orphan, defender of the widow,  
such is God in his holy place,  
God gives the lonely a home to live in;  
he leads the prisoners forth into freedom.

You poured down, O God, a generous rain:  
when your people were starved you gave them new life.  
It was there that your people found a home,  
prepared in your goodness, O God, for the poor.

I find a space to pray and make myself comfortable. I may be in a favourite place inside, or outside in the warmth of the summer. Wherever I am, I notice how I am feeling and get ready for my prayer. Taking as long as I need to settle, I savour some time in silent stillness, dwelling on the Lord's presence within me and around me. I invite the Holy Spirit to guide my prayer.

When ready, I slowly read and reread this psalm of praise. Where am I drawn? I mull over any word, phrase, or image that forms. Perhaps I notice a particular word like 'father' ... 'defender' ... freedom' ... 'new life' ... 'home' ...?

Why is this touching my heart? How is it speaking to me?

I speak openly to the Lord of this, just as I would to a good friend, and listen to what he may say.

Perhaps I ponder on the 'home' God has prepared for me, and the graces I've been given to help me recognise God's goodness.

In time, and with gratitude for all I've received, I slowly bring my prayer to a close, ending with '*Glory be*'...

## Gospel Luke 10: 1, 7-14

**O**n a Sabbath day Jesus had gone for a meal to the house of one of the leading Pharisees; and they watched him closely. He then told the guests a parable, because he had noticed how they picked the places of honour. He said this, 'When someone invites you to a wedding feast, do not take your seat in the place of honour. A more distinguished person than you may have been invited, and the person who invited you both may come and say, "Give up your place to this person." And then, to your embarrassment, you would have to go and take the lowest place. No; when you are a guest, make your way to the lowest place and sit there, so that, when your host comes, they may say, "My friend, move up higher." In that way, everyone with you at table will see you honoured. For everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.'

Then he said to his host, 'When you give a lunch or dinner, do not ask your friends, brothers, relations or rich neighbours, for fear they repay your courtesy by inviting you in return. No; when you have a party, invite the poor, the crippled, the lame, the blind; that they cannot pay you back means that you are fortunate, because repayment will be made to you when the virtuous rise again.'

Settling into stillness, I set aside anything that may be troubling me, entrusting it into God's safe hands for now.

I read the Gospel slowly and carefully, pausing wherever I am drawn. Perhaps I picture Jesus seated at the table. I notice what's going on, just as the Pharisees are watching Jesus. The guests, full of their own self-importance, are jostling for the places of honour.

What feelings or memories does this stir within me? Have there been times when I've felt embarrassed or humiliated? Have there been times when I've felt the need to gain the approval of others ... or am I able to be my authentic self, placing my trust in God? I think with gratitude of times when I've been guided by others, and of those who've helped me.

I ponder Jesus looking upon me with love, noticing the course of my life. I speak to him from my heart about any feelings or emotions that arise, and listen carefully to what he might be saying to me.

When ready, I end my prayer with a slow, prayerful sign of the cross, thanking Jesus for this time together.