

ENTRANCE ANTIPHON (or a hymn) As for me, in justice I shall behold your face; I shall be filled with the vision of your glory.

RESPONSORIAL PSALM (Ps 68)

ANTIPHON: Turn to the Lord in your need, and you will live.

RESPONSE: Turn to the Lord in your need, and you will live.

LECTOR: This is my prayer to you, my prayer for your favour. In your great love, answer me, O God, with your help that never fails: Lord, answer, for your love is kind; in your compassion, turn towards me. **R.**

LECTOR: As for me in my poverty and pain let your help, O God, lift me up. I will praise God's name with a song; I will glorify him with thanksgiving. **R.**

LECTOR: The poor when they see it will be glad and God-seeking hearts will revive; for the Lord listens to the needy and does not spurn his servants in their chains. **R.**

LECTOR: For God will bring help to Zion and rebuild the cities of Judah. The sons of his servants shall inherit it; those who love his name shall dwell there. **R.**

GOSPEL ACCLAMATION Alleluia, alleluia! Your words, Lord, are spirit and life; you have the words of everlasting life. Alleluia!

COMMUNION ANTIPHON (or a hymn) The sparrow finds a home, and the swallow a nest for her young: by your altars, O Lord of hosts, my King and my God. Blessed are they who dwell in your house, for ever singing your praise.

Or

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

TODAY'S READINGS Deuteronomy 30:10-14; Colossians 1:15-20; Luke 10:25-37

NEXT WEEK (16th Sunday, Year C) Genesis 18:1-10; Ps 14; Colossians 1:24-28; Luke 10:38-42

*Brighten up
your day with
The Majellan*

Praying with St Gerard

St Gerard Majella, a Redemptorist brother, has long been known as a helper of families, especially expectant mothers, new mothers, and children. You can ask him to support your petition by his prayers. Your request will be sent to Redemptorist communities in Australia so that they can pray for your intention in their Masses. Details at www.majellan.media/your-prayers



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Turning a blind eye is not the Christian way



12 July 2022 15th Sunday Year C

You sometimes see it in a person's eyes. They are trying their very best to put up a brave front. To tell the world and to convince themselves that everything is fine. However, all is not well. They are one small step away from falling apart and breaking down.

Mental health and wellbeing have for a long time taken a back seat and, in some cultures, and societies are still considered taboo. Many people struggle to talk or share about a loved one who has had a breakdown and it's even harder if they have had or are going through a breakdown. This makes supporting them or their loved ones challenging and difficult.

In the gospel reading of the Good Samaritan, a traveller is attacked by brigands. It wasn't his fault that he was robbed and assaulted.

The same can be said for people with mental health issues. It's not their fault. Sadly, very few people choose to go near them. Like the priest and the levite who walked past, the question that comes to mind, "What can I possibly do to help this person? Perhaps it's better for someone else to come along to help them."

But what if no one else comes along? And what if no one else notices the warning signs of the impending breakdown?

Jesus poses this question, "Which of these

three do you think proved himself a neighbour to the man who fell into the brigands' hands?" "The one who took pity," was the reply.

It was a strong movement of the heart and the soul that moved the Samaritan into action. Though he didn't have the time to care for the traveller and return him back to health, he left the man in the care of the innkeeper.

So, perhaps if we ever notice someone doing it tough mentally, we don't need to act like the Samaritan and shoulder the primary responsibility, but we can assist in other ways. Keeping the hotline for Beyond Blue or Lifeline on hand or attending a workshop on mental health first aid.

In December 2021, the first insights from the National Study of Mental Health and Wellbeing 2020-21 were released. It showed that 15% of Australians experienced high or very high levels of psychological distress. For those between the ages of 16 and 34 this increased to 20%. That's one in every five young Australians.

To be like the Samaritan to help a person in distress takes courage, and as Christians we are called upon to help those in need. We don't always need to do the heavy lifting but we also can't ignore another person's suffering.

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