

16th Sunday of Ordinary Time (Year B) – 18th July 2021

## **Preparation**

- If possible arrange candles, crucifix and Gospel/ Sunday Missal on a table.

## **Introduction**

Today we hear about how Jesus and His disciples tried to take some rest away from the crowds, but instead people guessed where they were going and were there to meet them when they got there! Instead of being annoyed Jesus felt pity for them as they were “ like sheep without a shepherd”.

As we gather at home today, we thank God for our families and for this time we spend together in prayer. We do this today, knowing that God is with us, helping us always especially when times are difficult.

Make the Sign of the Cross – a sign of the love God has for us. An adult lights the candles.

## **Penitential Act**

Adults and children think about how you have behaved in the past week. Especially when our daily routines are different just now. Have you shown patience to those around you? Have you been kind and helpful even when you don't feel like it and it's difficult?

Lead the children in singing the “Sorry Song”.

We are sorry,  
Truly sorry,  
Heal us Lord,  
In Your love,  
Help us to do better, Help us to be kinder. Forgive us,  
Forgive us.

(To the Tune of Frère Jacques)

## **Gloria (Sung)**

Glory to God in the highest,  
and peace to His people on earth.  
Lord God, heavenly King,  
Almighty God and Father,  
we worship You, we give You thanks,  
we praise You for Your glory.  
Lord Jesus Christ,  
only Son of the Father,  
Lord God, Lamb of God,  
You take away the sin of the world:  
have mercy on us;  
You are seated at the right hand of the Father:  
receive our prayer.  
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 the Father.  
**Amen**

All stand to welcome the Gospel singing the Gospel Acclamation:  
(Sing to the tune of 'If You're Happy and You Know It')

Alleluia, alleluia, praise the Lord, Alleluia, alleluia, praise the Lord,  
As we listen to the story,  
let us praise him for his glory. Alleluia, alleluia, praise the Lord (1)

## **Gospel of Mark 6:30-34**

A reading from the Holy Gospel according to St. Mark

Explain and demonstrate – make three crosses: one on your forehead,  
one on your lips and one on your heart. In this way we think God's word,  
we speak God's word and we keep God's word in our hearts as we say  
together:

## **“Glory to You Oh Lord”**

Use this link to read the Gospel if you don't have a Sunday Missal

<https://cafod.org.uk>Education>Children'sLiturgy>

Read the Gospel aloud to the children. At the end say:

## **“The Gospel of The Lord”**

All reply : **“Praise to You Lord Jesus Christ”**

Lead a Discussion on the Gospel

What happened in the Gospel today?

Jesus and his disciples headed by boat to a quiet place as the disciples were tired as they had been working very hard.

What happened when they reached the “ quiet place?”

The crowd guessed where they were going and got there before them.

How do you think the disciples felt when they saw this?

( Angry, disappointed, frustrated .....)

How did Jesus react when He saw the crowd?

Jesus was full of compassion and even though He was tired He took pity on the people and as a good shepherd takes care of his sheep – Jesus looked after the people teaching them as they wanted Him to.

In this way Jesus also teaches us an important lesson. He shows that if someone needs our help, we should not ignore them even if we are tired and would prefer to rest or just spend some time doing exactly what we want to do for ourselves!

We should be kind and look after others first.

Let's try and remember the needs of others especially this week!

## Prayers of the Faithful

Lord Jesus,

Thank you for all your loving kindness and for taking care of all our needs. Help us to share with everyone in need.

Lord in Your Mercy -Hear our Prayer

Lord Jesus,

Help those who are sick. Comfort them and restore them to good health.

Lord in Your Mercy -Hear our Prayer

We now pray together saying:

Our Father, who art in heaven,  
Hallowed be Thy name:  
Thy Kingdom come, Thy will be done,  
On earth as it is in heaven.  
Give us this day our daily bread,  
And forgive us our trespasses,  
As we forgive those who trespass against us; And lead us not into  
temptation,  
But deliver us from evil.

Amen.

We can also say the following prayer as a Spiritual Communion:

Spiritual Communion (Prayer of St. Alphonsus Liguori)

My Jesus,  
I believe You are present in the Most Blessed Sacrament.  
I love You above all things and I desire to receive You into my soul.  
Since I cannot now receive You Sacramentally,  
Come at least spiritually into my soul,  
I embrace You as if You were already come,  
and I unite myself wholly to You.  
Never permit me to be separated from You. Amen.

#### Closing Prayer

Lord Jesus, Help us to love You as we should and to show Your love to others- especially to those who are poor or sick or lonely. Amen.

#### References

1. The Complete Children's Liturgy Book. Katie Thomson, published by Kevin Mayhew. P196.