

ANCE ANTIPHON

and, I trust in your merciful love. My heart
 rejoices in your salvation. I will sing to the
 Lord who has been bountiful with me.

ESSENTIAL ACT

ere sent to heal the contrite of heart:
 Have mercy. Lord, have mercy.
 Come to call sinners:
 Have mercy. Christ, have mercy.
 Be seated at the right hand of the
 Father to intercede for us:
 Have mercy. Lord, have mercy.
 Almighty God have mercy on us ... Amen.

LORIA

o God in the highest,
 earth peace to people of good will,
 give us, we bless you,
 praise you, we glorify you,
 because you thank for your great glory,
 O God, heavenly King,
 O God, almighty Father,
 O Jesus Christ, Only Begotten Son,
 O God, Lamb of God, Son of the Father,
 who take away the sins of the world,
 have mercy on us;
 who take away the sins of the world,
 accept our prayer;
 who are seated at the right hand of the Father,
 have mercy on us.
 O God alone are the Holy One,
 O God, none are the Lord,
 O God, none are the Most High,
 O God, Christ, with the Holy Spirit,
 O God, glory of God the Father. Amen.



NG PRAYER

we pray, almighty God, that, always pondering
 all things, we may carry out in both word and
 deed that which is pleasing to you.
 Praise our Lord Jesus Christ.....

LITURGY OF THE WORD

READING 1 Samuel 26:2 7-9, 12-13, 22-23

ing from the first book of Samuel.

et off and went down to the wilderness of Ziph,
 accompanied by three thousand men chosen from
 the tribe of Judah to search for David in the wilderness of Ziph.
 The dark David and Abishai made their way
 through the dark forest, where they found Saul asleep
 with his spear stuck in the ground beside
 him, with Abner and the troops lying around him.
 Abishai said to David, 'Today God has put your
 name on your power; so now let me pin him to the
 ground with his own spear. Just one stroke! I will not
 strike him twice.' David answered Abishai, 'Do
 not do that, for who can lift his hand against the Lord's
 anointed and be without guilt?' David took the spear
 and the pitcher of water from beside Saul's head,
 and they made off. No one saw, no one knew, no one
 was up; they were all asleep, for a deep sleep from
 the Lord had fallen on them.

David crossed to the other side and halted on the top
 of the mountain a long way off; there was a wide
 valley between them. David then called out, 'Here
 I am, O king's spear. Let one of the soldiers come

across and take it. The Lord repays everyone for his
 uprightness and loyalty. Today the Lord put you in
 my power, but I would not raise my hand against the
 Lord's anointed.

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM Ps 102:1-4.8-10.12-13

R. The Lord is compassion and love.

1. My soul, give thanks to the Lord,
 all my being, bless his holy name.
 My soul, give thanks to the Lord
 and never forget all his blessings. [R]
2. It is he who forgives all your guilt,
 who heals every one of your ills,
 who redeems your life from the grave,
 who crowns you with love and compassion. [R]
3. The Lord is compassion and love,
 slow to anger and rich in mercy.
 He does not treat us according to our sins,
 nor repay us according to our faults. [R]
4. As far as the east is from the west
 so far does he remove our sins.
 As a father has compassion on his sons,
 the Lord has pity on those who fear him. [R]

SECOND READING 1 Corinthians 15:45-49.

A reading from the first letter of St Paul to the Corinthians.

The first man, Adam, as scripture says, be-came
 a living soul; but the last Adam has become a life-
 giving spirit. That is, first the one with the soul, not
 the spirit, and after that, the one with the spirit. The
 first man, being from the earth, is earthly by nature;
 the second man is from heaven. As this earthly man
 was, so are we on earth; and as the heavenly man
 is, so are we in heaven. And we, who have been
 modelled on the earthly man, will be modelled on the
 heavenly man.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

**Alleluia, alleluia! I give you a new
 commandment: love one another, just as I have
 loved you, says the Lord. Alleluia!**

GOSPEL Luke 6:27- 38

A reading from the holy Gospel according to Luke.

Jesus said to his disciples: 'I say this to you who are
 listening: Love your enemies, do good to those who
 hate you, bless those who curse you, pray for those
 who treat you badly. To the man who slaps you on
 one cheek, present the other cheek too; to the man
 who takes your cloak from you, do not refuse your
 tunic. Give to everyone who asks you, and do not ask
 for your property back from the man who robs you.
 Treat others as you would like them to treat you. If
 you love those who love you, what thanks can you
 expect? Even sinners love those who love them. And
 if you do good to those who do good to you, what
 thanks can you expect? For even sinners do that
 much. And if you lend to those from whom you hope
 to receive, what thanks can you expect? Even sinners
 lend to sinners to get back the same amount. Instead,
 love your enemies and do good, and lend without any
 hope of return. You will have a great reward, and you
 will be sons of the Most High, for he himself is kind to



focus on sunday

It is natural to stand up to people and 'get even' with them.
 The message of the gospels runs differently:
 we must learn to be as compassionate and forgiving
 as God our Father is when we turn to Him for forgiveness.



Be compassionate as your Father is compassionate

the ungrateful and the wicked.
 'Be compassionate as your Father is
 compassionate. Do not judge, and
 you will not be judged yourselves;
 do not condemn, and you will not
 be condemned yourselves; grant
 pardon, and you will be pardoned.
 Give, and there will be gifts for
 you: a full measure, pressed down,
 shaken together, and running over,
 will be poured into your lap; because
 the amount you measure out is the
 amount you will be given back.'

**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
 who 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

AFTER THE CONSECRATION

The mystery of faith.

We proclaim your Death, O Lord,
 and profess your Resurrection until
 you come again.



Compassion is, to my mind at least, not one
 of those skills that can be learned. I often think
 compassion is quite impossible to explain but it
 is an intuitive awareness of the gift that offers
 compassionate experience is. While a key element of my health
 pastoral ministry toolbox, it is something that is intrinsic in the person
 who strives to offer an experience of compassion in an authentic
 way. It is not learned or forced. Compassionate care is an experience
 to be shared and is known often without the use of words or platitudes
 but rather through the awareness that someone cares for me.
 Now as I struggle to make sense of it all. Indeed, having recently
 taught a workshop on compassionate care, I came to the conclusion
 that compassion is one of the most important things we can offer
 to anyone pained and struggling, while also being one of the most
 challenging. It is so hard sometimes to be compassionate
 when we want to be.

The liberation theology movement has I believe compassion
 at its heart. It reminds us of our call to be compassionate, to be present
 in the struggle of the 'other'. It reminds us of God's 'preferential
 option for the poor' – the poor in mind, body and spirit and how each
 of us are challenged and called to be agents of this preferential
 love. It reminds us to walk that road that can at times be less travelled
 and offer the hand of God to those we would rather walk away from.

Margaret Naughton
 Compassion and Ministry, in Sacred Heart Messenger, March 2022. www.messenger.ie

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