

ENTRANCE ANTIPHON

To you I call; for you will surely heed me,
O God;
turn your ear to me; hear my words.
Guard me as the apple of your eye;
in the shadow of your wings protect me.

GLORIA

Glory to 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.

COLLECT

Almighty ever-living God,
grant that we may always conform our will to
yours
and serve your majesty in sincerity of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.
Amen.

FIRST READING

Ex 17:8-13

A reading from the book of Exodus.
The Amalekites came and attacked Israel at
Rephidim. Moses said to Joshua, 'Pick out men
for yourself, and tomorrow morning march
out to engage Amalek. I, meanwhile, will stand
on the hilltop, the staff of God in my hand.'
Joshua did as Moses told him and marched
out to engage Amalek, while Moses and Aaron
and Hur went up to the top of the hill. As long
as Moses kept his arms raised, Israel had
the advantage; when he let his arms fall, the
advantage went to Amalek. But Moses' arms
grew heavy, so they took a stone and on this
he sat, Aaron and Hur supporting his arms, one
on one side, one on the other; and his arms
remained firm till sunset. With the edge of the
sword Joshua cut down Amalek and his people.
The word of the Lord.
Thanks be to God.

PSALM

Ps 120

Response:
Our help is in the name of the Lord who made
heaven and earth.

1. I lift up my eyes to the mountains:
from where shall come my help?
My help shall come from the Lord
who made heaven and earth. (R.)

2. May he never allow you to stumble!
Let him sleep not, your guard.
No, he sleeps not nor slumbers,
Israel's guard. (R.)
3. The Lord is your guard and your shade;
at your right hand he stands.
By day the sun shall not smite you
nor the moon in the night. (R.)
4. The Lord will guard you from evil,
he will guard your soul.
The Lord will guard your going and coming
both now and for ever. (R.)

SECOND READING

2 Tm 3:14-4:2

A reading from the second letter of St Paul to
Timothy.
You must keep to what you have been taught
and know to be true; remember who your
teachers were, and how, ever since you were
a child, you have known the holy scriptures -
from these you can learn the wisdom that leads
to salvation through faith in Christ Jesus. All
scripture is inspired by God and can profitably
be used for teaching, for refuting error, for
guiding people's lives and teaching them to be
holy. This is how the man who is dedicated to
God becomes fully equipped and ready for any
good work.
Before God and before Christ Jesus who is to
be judge of the living and the dead, I put this
duty to you, in the name of his Appearing and
of his kingdom: proclaim the message and,
welcome or unwelcome, insist on it. Refute
falsehood, correct error, call to obedience - but
do all with patience and with the intention of
teaching.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia! May the Father of our Lord
Jesus Christ enlighten the eyes of our mind,
so that we can see what hope his call holds
for us. Alleluia!

GOSPEL

Lk 18:1-8

A reading from the holy Gospel according to
Luke.
Jesus told his disciples a parable about the
need to pray continually and never lose heart.
'There was a judge in a certain town' he said
'who had neither fear of God nor respect for
man. In the same town there was a widow who
kept on coming to him and saying, "I want
justice from you against my enemy!" For a long
time he refused, but at last he said to himself,
"Maybe I have neither fear of God nor respect
for man, but since she keeps pestering me I
must give this widow her just rights, or she will
persist in coming and worry me to death."'
And the Lord said, 'You notice what the
unjust judge has to say? Now will not God see
justice done to his chosen who cry to him day
and night even when he delays to help them? I
promise you, he will see justice done to them,
and done speedily. But when the Son of Man
comes, will he find any faith on earth?'

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

PROFESSION OF FAITH

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 during the next 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.

PRAYER OVER THE OFFERINGS

Grant us, Lord, we pray,
a sincere respect for your gifts,
that, through the purifying action of your grace,
we may be cleansed by the very mysteries we
serve.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

Behold, the eyes of the Lord
are on those who fear him,
who hope in his merciful love,
to rescue their souls from death,
to keep them alive in famine.

PRAYER AFTER COMMUNION

Grant, O Lord, we pray,
that, benefiting from participation in heavenly
things,
we may be helped by what you give in this
present age
and prepared for the gifts that are eternal.
Through Christ our Lord.
Amen.

Sunday Message

29TH SUNDAY IN ORDINARY TIME

THE WORD

Year C • 19 October 2025 • Colour: Green • Psalter Week 1



The widow is persistent. She won't give up. She keeps asking the judge for justice, even though it is clear he's not interested in her case. After all, he is an unjust judge who has no fear of God and no respect for people. The pleadings of a mere widow cut no ice with him.

But she won't leave him alone. She won't desist. The woman wants justice and she's determined to get it. Maybe she's being cheated out of her inheritance, or is being abused in some way, but whatever the reason she is utterly convinced she has right on her side.

And then the judge gives in, not because he is interested in justice or moved with compassion, but because he's afraid of her. When he says that the widow will 'worry him to death,' what the Greek text literally says is: 'she will hit me under the eye.' In other words, the judge who neither fears God nor respects people grants her request because he is scared the widow will give him a black eye.

The message of the parable is this: Prayer isn't simply saying pious words. Like the persistent widow, we can't be content merely to pray for whatever it is we seek, we must actively seek it. ■

REFLECT

Many years ago, a Redemptorist
colleague offered three tips on how
to pray that I have never forgotten.

The first is this: Pray the way you can – not
the way you can't. There are lots of different
ways to pray and different forms of prayer.
Use the method that suits you best. Some
pray the rosary. Some recite prayers they
learned by rote as children. Others like
meditation or lectio divina or eucharistic
adoration or spiritual reading.

The point is, there is no right or wrong way
to pray. All that is important is that you do
pray. So, pray the way you can – not the way
you can't.

Second tip: Say what you mean. In other
words, be honest with God. Honesty and
frankness are essential in any relationship,
and it's the same with our relationship with
God. If you feel angry with God, let it out.
If you're full of joy, let it show. If you feel

anxious or upset about something, express
it. If you feel bored, express that, too.

The Book of Job is a wonderful example
of honesty in prayer. Job feels so upset,
bewildered, angry over the undeserved
misfortune that has befallen him, and he
lets God know it in no uncertain terms. He
is not afraid to tell God exactly how he feels.
In Gethsemane, Jesus, full of raw emotion,
cries out to God in his pain and anguish.
He doesn't hold back. The Book of Psalms
contains prayers for almost every occasion.
So, tip two: Say what you mean. Whatever it
is you want to say to God, say it.

Third tip: Mean what you say. There are two
aspects to meaning what you say. First,
to really think about what you're saying.
There is a danger when we pray that we
go through the motions. We rattle off a
prayer without really focusing on the words.
It's easy to get distracted. It happens to
me all the time. I start to pray and before
I know it, I'm planning tomorrow's work
schedule or wondering about a meeting I

SAY

"Lord, help me to never lose heart.
Help me to trust in you at all times.
Amen."

DO

Look at your prayer life. Why do you pray? How
often do you pray?

LEARN

The Christian knows the importance of prayer

The Christian knows that God is close to him
or her

PRAY

Today is Mission Sunday. Pray for the Church's
missionary work throughout the world and for
missionaries everywhere.



have that afternoon, or how well Liverpool
will do in the Premier League next season.
Distractions, failure to concentrate, are
a constant challenge to prayer. When it
happens just refocus, and get back on track.

The second aspect to this third tip is this:
Practice what you pray; live what you
profess. When we pray the Our Father and
say the words 'as we forgive those who
trespass against us' – the challenge is to
forgive those who trespass against us. The
challenge is to do what we say, to make
good what we pray.

When we gather around the Eucharistic
table in praise and thanks and pledge to
serve our brothers and sisters as one family
united in love, then that it what we must try
to do. We go from church to world to try to
live what we profess. So, tip three: when you
pray, mean what you say.

These three tips are easy to remember.
The challenging bit is to try to put them
into practice. ■