

ENTRANCE ANTIPHON

The merciful love of the Lord fills the earth;
by the word of the Lord the heavens were
made, alleluia.

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,
lead us to a share in the joys of heaven,
so that the humble flock may reach
where the brave Shepherd has gone before.
Who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.
Amen.

FIRST READING Acts 2:14, 36-41

A reading from the Acts of the Apostles.

On the day of Pentecost Peter stood up with
the Eleven and addressed the crowd with a
loud voice: 'The whole House of Israel can be
certain that God has made this Jesus whom
you crucified both Lord and Christ.'
Hearing this, they were cut to the heart and said
to Peter and the apostles, "What must we do,
brothers?" "You must repent," Peter answered
"and every one of you must be baptised in the
name of Jesus Christ for the forgiveness of
your sins, and you will receive the gift of the
Holy Spirit. The promise that was made is for
you and your children, and for all those who
are far away, for all those whom the Lord our
God will call to himself." He spoke to them
for a long time using many arguments, and
he urged them, "Save yourselves from this
perverse generation." They were convinced by
his arguments, and they accepted what he said
and were baptised. That very day about three
thousand were added to their number.

The word of the Lord.
Thanks be to God.

PSALM

Ps 22 (23)

Response:

The Lord is my shepherd; there is nothing I
shall want.
Or Alleluia!

- The Lord is my shepherd; there is nothing I
shall want.
Fresh and green are the pastures where he
gives me repose.
Near restful waters he leads me, to revive
my drooping spirit. (R.)
- He guides me along the right path; he is
true to his name.
If I should walk in the valley of darkness no
evil would I fear.
You are there with your crook and your staff,
with these you give comfort. (R.)
- You have prepared a banquet for me in the
sight of my foes.
My head you have anointed with oil; my cup
is overflowing. (R.)
- Surely goodness and kindness shall follow
me all the days of my life.
In the Lord's own house shall I dwell for ever
and ever. (R.)

SECOND READING 1 Peter 2:20-25

A reading from the first letter of St Peter.

The merit, in the sight of God, is in bearing
punishment patiently when you are punished
after doing your duty. This, in fact, is what you
were called to do, because Christ suffered for
you and left an example for you to follow the
way he took. He had not done anything wrong,
and there had been no perjury in his mouth. He
was insulted and did not retaliate with insults;
when he was tortured he made no threats but
he put his trust in the righteous judge. He was
bearing our faults in his own body on the cross,
so that we might die to our faults and live for
holiness; through his wounds you have been
healed. You had gone astray like sheep but
now you have come back to the shepherd and
guardian of your souls.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia! I am the good shepherd,
says the Lord;
I know my own sheep and my own know me.
Alleluia!

GOSPEL Jn 10:1-10

A reading from the holy Gospel according to
John.

Jesus said: "I tell you most solemnly, anyone
who does not enter the sheepfold through the
gate, but gets in some other way is a thief and a
brigand. The one who enters through the gate is
the shepherd of the flock; the gatekeeper lets
him in, the sheep hear his voice, one by one he
calls his own sheep and leads them out. When
he has brought out his flock, he goes ahead of
them, and the sheep follow because they know
his voice. They never follow a stranger but run
away from him: they do not recognise the voice
of strangers."

Jesus told them this parable but they failed to
understand what he meant by telling it to them.
So Jesus spoke to them again:
"I tell you most solemnly, I am the gate of the
sheepfold.

All others who have come are thieves and
brigands; but the sheep took no notice of them.
I am the gate. Anyone who enters through me
will be safe: he will go freely in and out and be
sure of finding pasture. The thief comes only to
steal and kill and destroy. I have come so that
they may have life and have it to the full."

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, we pray, O Lord,
that we may always find delight in these paschal
mysteries,
so that the renewal constantly at work within us
may be the cause of our unending joy.
Through Christ our Lord.
Amen.

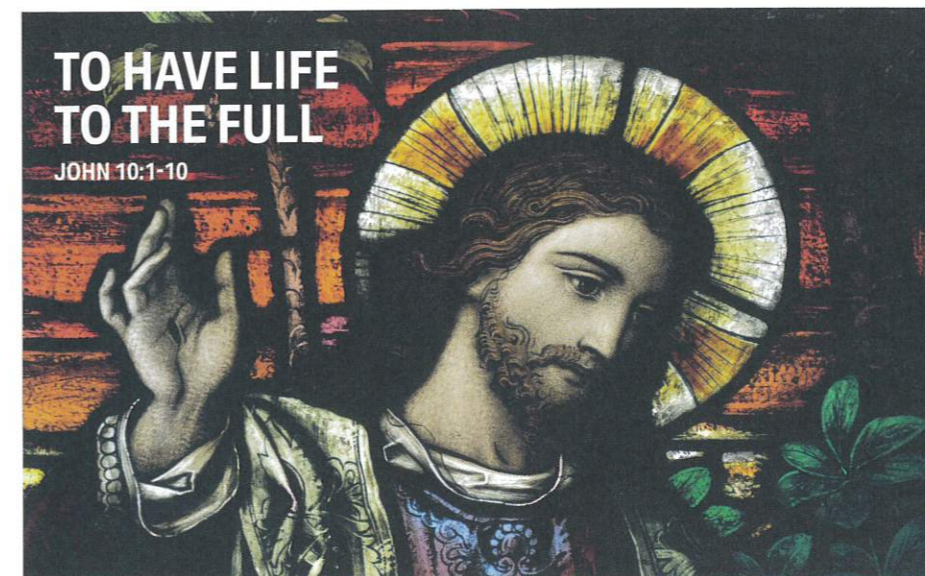
COMMUNION ANTIPHON

The Good Shepherd has risen,
who laid down his life for his sheep
and willingly died for his flock, alleluia.

PRAYER AFTER COMMUNION

Look upon your flock, kind Shepherd,
and be pleased to settle in eternal pastures
the sheep you have redeemed
by the Precious Blood of your Son.
Who lives and reigns for ever and ever.
Amen.

Sunday Message

THE WORD

"I have come so that they may have life and have it to the full" is Jesus' promise in today's Gospel. He comes to bring us the fullness of life.

The fullness of life is something that everyone who is truly human looks for. Many of us go to great lengths to try to enjoy life to the full. We want to have the latest and the best of everything. We attend self-help classes, seek the most rewarding careers, go travelling. Yet, despite all our efforts, we can still end up dissatisfied.

The Christian believes it is only in knowing Jesus that we will find real meaning and experience true life. But very often we are not good at really believing this or putting it into practice. Very often we look every place but in the right place. We forget what Jesus told us: he alone is the answer to all that we are looking for. He is our good shepherd. Follow him, listen to his voice, and we will have the fullness of life. We will experience the joy of living. ■

REFLECT

In today's Gospel, Jesus makes clear his wish for us: he wants everyone to have life and have it to the full. He wants everyone to enjoy the fullness of life, to experience life in all its beauty and potential, to treasure and support life in every aspect, in every respect.

It means opposing abortion and euthanasia. It means doing all we can to help young couples set up home and start a family. The Christian community, Pope Francis stated in his letter for the 2025 jubilee year, should be at the forefront in pointing out the need for a social covenant to support and foster hope, one that is inclusive and not ideological, working for a future filled with the laughter of babies and children, in order to fill the empty cradles in so many parts of our world.

Pro-life also means providing adequate health care and supports for those struggling economically or who are on the fringes of society. It means promoting a healthy work/life balance, so that we can spend quality time with loved ones and have

time for ourselves to unwind, to nurture our minds and passions, and to be able to enjoy life in its extraordinary beauty and richness. It means cultivating an attitude of gratitude for all we have been given and the blessings we can take too easily for granted. It means protecting our precious planet, which is God's gift to us to respect and cherish. It means being pro-life in everything we do, in our attitudes and in our actions, from womb to tomb.

Pope Francis put it like this: "Our defence of the innocent unborn needs to be clear, firm and passionate, for at stake is the dignity of a human life, which is always sacred and demands love for each person, regardless of his or her stage of development. Equally sacred, however, are the lives of the poor, those already born, the destitute, the abandoned, the underprivileged, the vulnerable infirm and the elderly exposed to covert euthanasia, the victims of human trafficking, new forms of slavery, and every form of rejection."

DO

Examine your life. Could you describe yourself as someone who is pro-life in everything you say and do?

PRAY

This is vocations Sunday. Pray for an increase in vocations to the priesthood and religious life, and that all Christians will live out their vocation to preach the Good News. Pray also that people everywhere may experience the joy of living.

LEARN

It is through Jesus that we enter into the life of God

Jesus is our good shepherd

The final words of today's Gospel provide one of the shortest and most succinct statements of Jesus' mission: "I have come that they may have life and have it to the full." The chapter and verse are easy to remember: John 10.10

SAY

"Lord, you are my good shepherd.
Help me to follow you faithfully
always. Amen."

He was pointing out that pro-life doesn't stop in the delivery room when a child is born. It covers the entirety of life, from beginning to end. It is to work for a world where everybody can experience the joy of living. Joy of living is the powerful phrase Pope Francis uses.

It means you cannot be pro-life and be indifferent to poverty and injustice. You cannot be pro-life and cut off money to aid organisations that help the poor. You cannot be pro-life and support the death penalty or genocide wherever it takes place or wars of conquest. You cannot be pro-life and at the same time be racist or bigoted or abusive. To be pro-life is to treasure all life as sacred.

The book of Genesis tells us that God saw all that God had made and found it very good. To have enthusiasm for life is to celebrate and delight in the gift of life God has given us. It is, in the words of Pope Francis, to recover the joy of living. ■