

KU-RING-GAI CHASE CATHOLIC PARISH

'Seek God, Find God, Embrace God in Jesus'

Diocese of Broken Bay ~ 28th June 2020 ~ 13th Sunday in Ordinary Time ~ Year A
2 Kg 4:8-11, 14-16; Rom 6L3-4, 8-11; Mt 10:37-42

Entrance Antiphon: All peoples, clap your hands. Cry to God with shouts of joy!

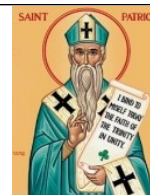
Responsorial Psalm:

Forever I will sing the goodness of the Lord.

Communion Antiphon: Bless the Lord, O my soul, and all within me, his holy name.

Our Mission Statement: 'Help others to recognise, through their experiences, that Jesus who died and is risen is the truth that lights up their lives'

Our Vision Statement: 'That the parishioners of Ku-ring-gai Chase Catholic Parish grow as missionary disciples and live as community in Christ inviting all people into our Parish, welcoming them to our Parish life and embracing the rich diversity of our community'



[Most] **MASSSES** are back at **KCCP** including weekdays at St Bernard's.
See below for all restored Mass times and locations.

Gospel Reflection © Greg Sunter

The gospel for today can be a difficult one to hear. It calls us to place our discipleship before our loyalty to family and even before our own life. It is important to place this passage in the broader context of not only the chapter in which it sits, but also within the gospel as a whole.

Today's passage appears at the conclusion of Chapter 10 in the Gospel of Matthew. The entire chapter deals with the commissioning and sending out of the disciples to 'proclaim the gospel, heal the sick, raise the dead, cleanse those who have leprosy and drive out demons.' (Mt 10:8) The previous chapter concludes with the words, 'The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.' (Mt 9:37-38) Chapter 10 is a response to this call. Jesus sends the disciples to 'work the harvest' through proclamation, healing and exorcism.

At the end of the chapter, having spelt out all the difficulties a disciple must face, Jesus assures them that even the smallest act of welcoming the disciple will be rewarded.

It's also important to understand that the Jewish audience of the Gospel of Matthew found themselves under increasing persecution and there was often division within families between those holding to orthodox Jewish beliefs and those following the new Christian way. For some early Christians, there was the very real choice to be made between following their faith and remaining loyal to family. The Gospel of Matthew repeatedly affirms Jesus as the promised Jewish messiah; as the fulfilment of Jewish prophecy. For early followers of the Christian way, this difficult message about being a follower was in the context of an affirmation that the message of Jesus was deeply grounded in their Jewish faith.

From the perspective of ...

What must it have been like to be one of those disciples of Jesus? Having followed their Rabbi, or teacher, for some time, he sends them out to 'have a go' at doing what he has been doing: preaching; proclaiming the good news; healing; curing lepers and casting out demons. The focus of a disciple is to be like their Rabbi. This is their first real test of being a disciple ... seeking to go out into the world without Jesus and do the things that they've seen their Rabbi do; to be like their Rabbi!

Historical Context – A cup of cold water

Jesus says, 'If anyone gives so much as a cup of cold water' to a disciple spreading the gospel, then their ultimate reward is assured. To give 'a cup of cold water' or 'a cold drink' to another person was the most basic act of hospitality or service. It is a metaphor for doing the absolute least service to another. Jesus is saying that even the most trivial act of service that recognises the work of the disciple will be welcomed and acknowledged. It suggests that 'practical loving kindness' is both the test and the result of discipleship.

Gospel Focus – Anyone who welcomes

Having spelled out the difficulties of discipleship throughout Ch 10, the gospel writer has Jesus reassuring the disciples that anyone who welcomes them welcomes him. There are echoes here of other parts of the Gospel of Matthew: the Beatitudes, with its blessings on the poor and humble of heart; the welcome of children, the 'little ones' of the kingdom; and the Last Judgment (Mt 24), that reminds us that whatever we do for the least in the world we do for Jesus. Jesus even describes the disciples as 'little ones' – a reminder both to them and to those who welcome them.



PASTORAL CENTRE

1-19 Woodcourt Road, Berowra Heights 2082

P.O. Box 335, Berowra Heights 2082

Phone: (02) 9456 2450

Email: parishkccp@bbcatholic.org.au

Website: www.bbcatholic.org.au/kccp

Centre Hours: 9am – 3.30pm.

Parish Priest Fr Shaju John, OSH

Assistant Priest Fr Joy Thomas, OSH

Parish Secretary Margaret Cooper

Bookkeeper Karen Price

Youth Ministry Co-ord. Michelle Chahine

School/Parish Liturgy L. Patricia Smith

Sacramental Team: kccpsacraments@gmail.com

WEEKEND MASSES

Saturday	5pm	St Bernard's
	6pm	St Patrick's
Sunday	8am	St Patrick's
	9am	St Bernard's
	10am	St Patrick's
	6pm	St Patrick's

WEEKDAY MASSES

St Bernard's	8am	Mon, Tues and Thurs.
	9am	Wednesday and Friday
	9am	Monday, Tues, Thurs and Sat.
St Patrick's	8am	Wednesday and Friday
	9am	Monday, Tues, Thurs and Sat.

RECONCILIATION

Every Saturday 9.30 am at St Patrick's
Every Friday After 9am Mass at St Bernard's,



KU-RING-GAI CHASE
CATHOLIC PARISH
Diocese of Broken Bay, Australia

[NB: First Friday Healing Mass @ St Bernard's and Night Vigil @ St Patrick's, are not as yet restored to the regular schedule]

Emergency sick calls 0468 341 841 (Out of office hours only) - HOSPITAL ADMISSION: If you are admitted to hospital, please write down your religion as Catholic to receive Catholic Services. *Be sure to notify the Pastoral Centre if hospitalised and you would like our own priests to attend.*

THIS WEEK'S READINGS and PRAYERS

ORDINARY TIME

Monday 29/06

Solemnity ~

Sts Peter & Paul, apostles

Mass of the Day, Gloria, Creed, Preface of Peter and Paul
Acts 12:1-11; 2 Tim 4:6-8, 17-18; Mt 16:13-19

Tuesday 30/06

Mass *ad libitum*
Amos 3:1-8, 4:11-12; Mt 8:23-27

Wednesday 01/07

Mass *ad libitum*
Amos 5:14-15, 21-24; Mt 8:28-34

Thursday 02/07

Mass *ad libitum*
Amos 7:10-17; Mt 9:1-8

Friday 03/07

Feast ~

St Thomas, apostle

Mass of Feast, Gloria
Preface of Apostles I-II
Eph 2:19-22; Jn 20:24-29

Saturday 04/07

Mass *ad libitum*
Amos 9:11-15; Mt 9:14-17

Ku-ring-gai Chase Parish
Remembers & prayers for...

RECENTLY DECEASED: Fely Ocampo, Mary Anne Weir, Per Bratlie, Selma Cabezas, Eve Davis (baby), Angelo Marson, Emilia Corpuz

ANNIVERSARIES: Dr Ken Gray, Eric Geoffrey Warren, Jim & Marie White, Vicente & Filomena Bañaga, Ruby & Reginald Warren, Herminia Bañaga, Elde & Andrea Daria, Gary Simpson, Geoff Hore, Harry Fox, Reba Mackett, Marie Wilson, Tony Dirckze, Fr Boberg, Felicidad Lizardo, Maree Hayden, Judy Huntley, C J John, Dave Longford, Donna & Peter O'Donohue, Ida O'Halloran, Peter O'Halloran, Kevin & Nancy Hester, Jim Treacy, Joseph Treacy, James Treacy

PRAYERS FOR THE SICK: Wilma Brayshaw, Shirley Kelynack, Judy Farrell, Maureen Brophy, John Cosgrove (Snr), Marie Mickelson, Margaret Hinton, Dan Leavy, Alfredo R De Ramos, Marie Mickelson, Doug Hawkins, Felicity Fone, Graeme Kachel, Antonio, Anna Nicholson, Pat Bowden, Peter Brooks, Brian Treacy, Erick Enriquez, Charles Abela, Elaine Estrellado, Maureen Sharpe, Penny Rigor, Jwona Nowak, Irena Fellmann, Elaine Longmuir, Michael McGaullay, Estrellado, Cathy Gleeson, Rosalinda de Ramos, Jaz Pitts, Georgia Meyers, Angela Smith, Matthew Franklin, Jeanette Bakker, Ewa Rakozy, Jean Cook, Betty Borg, Morrie Ramsden, Brian Neary, Edwina Subramany, Aiko Concepcion, John Buckley, Ellen Asistente, Sam Calacoci, Barbara Jones, Arlene Josen, Kath Lock, Cadia Maestri, Marcelina De Ramos, Matthew Conlon, Patrick Dorahy, John Macy, Tom Dawson, Narelle Cartwright, Mary Fernandes, Patricia Sanders, Monique Leyden, Frederick Novak, Barbara & Maciej Maciejewski, Alfredo De Ramos Sr.

St Bernard's Church update:

Thank you for your help financial assistance so far to achieve this much needed restoration.

Stage 1: New roof complete; **Stage 2:** Exterior complete; **State 3:** Interior staining complete.

Huge thanks to those who have contributed for the restoration of St Bernard's Church.

The invoice for these works came to \$40,000 of which you have contributed an amazing \$19,000!!

What an incredible achievement in this the 50th Anniversary Year of St Bernard's Church. Please know your generosity will be of benefit to present and future parishioners for many years to come.

The roof was replaced through insurance (which involved a \$2000 excess payment) and the restoration has seen the external parapet painted; rotting eaves replaced and painted; painting of all external doors and windows; new toilet doors and the painting thereof; painting of a number of internal ceilings; the staining of all interior windows and doors with 5 coats! of marine grade varnish; plus a number of assorted smaller jobs.

We still have a very long way to go to balance the books on this restoration but your efforts so far just had to be publicly recognised.

In this Golden Anniversary Year we ask that you please consider making a donation to balance the books on this restoration. Thank you so very much. Fr Shaju & Fr Joy.

KCCP BANK ACCOUNT DETAILS:

BSB: 062 784 Account: 1238 8001

Name: Ku-ring-gai Chase Catholic Parish—Church Account

When making donations to our bank account please be specific if you wish to split your donations between the 1st and 2nd collections.

Please ensure we all follow the Government Regulations on returning to Mass

- * If unwell - **DO NOT** come to mass and please, see your doctor;
- * Follow **ALL** directions from the **USHERS**.
- * Remain 1.5m away from others - please **DO NOT** embrace others;
- * Sanitise your hands on arrival and departure;
- * Stay in your allotted pew - communion will be brought to you;
- * **Weekday** attendees **MUST** write your name and contact details in the book (with your own pen);
- * When Mass is concluded please leave the church quickly to allow for cleaning
- * **UPDATED: Collections—please note well:** The plate will be **TAKEN** around at weekend Masses, and you are asked **NOT TO** touch the plate.
- * If you prefer, you have the option of using our Tap N Go at the back (which we strongly recommend the use of for the health and safety of all) or perhaps you would prefer to do a direct deposit into our bank (see details below) or set up a regular Monthly Credit Card Deduction, Authority form available on request from the parish office.

We congratulate the following children of our parish who received their First Reconciliation during the past week



Lucas R
Kieran F
Christiana M
Amy P
Sophia C
Ava P
Archie T
Milla B
Kieran P
Sienna F-T
Olive O'K
Ava D
Jackson C
Sophia C
Katya V D W
Jack W
Amanda A
Darcy S
Sienna R
Edward W
Ben G
Ella B
Emma S
Catherine M
Isabelle H
Oliver J
Noah D
Emma D
Tyler S
Rajil A
Brandon C

Riley Z
Emma M
Connor E
Alex B
Sophia H-B
Ashleigh I
Christian I
Rishona G
Eliana P
Giuliana F
Edward O
Ava L
Zola G
Roisin S
Karl C
Mitchell M
Davide M
William F
Mikayla M
Thomas C
Ethan A
Noah H
Audrey R
Natalia S
Ethan S
Archer W
Adam C
Robyn D G
Isabella W
Saxon P
Mason P
Oliver K
Xavier k
Lachlan G
Samuel A-R
Niall C
Charlize L

It was such a long wait for all everyone involved between the preparation for and reception of this Sacrament. We thank our Sacramental Team: Peta, Louise, Debra, Phil and Grace, and all group facilitators for their time in preparing the children so beautifully and to the children themselves for their reverence when receiving the Sacrament.



Giving credit where it is deserved for a most wonderful job

We mentioned a couple of weeks ago about the workmanship and quality of the work provided by Byron Morgan of Reuben Decorators. As mentioned above, this job is now complete at St Bernard's and we wanted to again acknowledge the attention to detail and professionalism of Byron, his team, and his #1 team member, Neil. **Thank you all for a job very well done!**

Reuben Decorators: High Quality Professional Painting and Decorating
ABN 71708657610; Private and Commercial; Painting/Wallpapering/Special Effects;
Contact Byron Reuben Morgan on 0421 789 958
or on reubendecorators@gmail.com

Pope Francis' Prayer Intention for June:



The Way of the Heart.

We pray that all those who suffer may find their way in life, allowing themselves to be touched by the Heart of Jesus.

Current St Bernard's Rosters	SBB - Date	Time	Usher	Senior Server	1st Reader	2nd Reader
	04-July-2020	5pm	Jerome Gomez	Garth Graham	Kerrin Enright	John Ryan
	05-July-2020	9am	Moauli Griffiths	Denis Steiner	Clare McLoughlin	Matthius McLoughlin
Current St Patrick's Rosters	SPA - Date	Time	Usher	Senior Server	1st Reader	2nd Reader
	04-July-2020	6pm	Chris Smith	Mani Subramany	Sue Watts	Paul Worthington
	05-July-2020	8am	Tess & Francis Lizardo	Malcolm Cross	Simone Noel	Sub-requested
	05-July-2020	10am	Peter Daly	Darrin Patterson	Deborah de Voss	David De-Fina
	05-July-2020	6pm	Les Fogden	Keith Fone	Youth Reader	Youth Reader

The 250 Club!

Week 1: 23/06/2020 ~
Number: 043 ~
Winner: Unsubscribed ~
Amount: \$25.00

FINAL Live-streamed Mass this Sunday 9am

With things slowly returning to normal, this Sunday's 9am Mass will be the final mass live-streamed via Facebook from KCCP

To live-stream Mass from our parish, simply 'like' our Facebook page and you'll be all set. <https://www.facebook.com/Ku-ring-gai-Chase-Catholic-Parish-1789189034642054/>

I take this opportunity to publicly thank those who assisted in the live-streaming of our masses over the last months with somewhat limited resources. I especially extend this thanks to our parishioner and Youth Co-ordinator, Michelle Chahine, who has given freely of her time in the live-streaming of the majority of the masses over this entire period of time via our Facebook page. May God bless you abundantly Michelle for your willingness and ability to bring His Word into the lives and homes of our parishioners during this pandemic. **Fr Shaju & Fr Joy.**

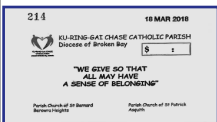


A letter to the People of God in the Diocese of Broken Bay ~ [Bishop Anthony 23 June 2020] My dear brothers and sisters in Christ,

My dear brothers and sisters in Christ, René Girard, the French historian, literary critic, and philosopher of social science, wrote that "There is an irresistible urge in human communities from time to time to purge themselves by choosing an innocent victim from among their ranks, on whom to blame all of their own faults and vileness" (The Scapegoat, 1989, p. 40). While he wrote these words towards the end of last century, I think that they are still relevant for us today, 20 years into the twenty-first century. There seems to be an irresistible temptation in human nature to blame others. In the English language, we even have the verb "to scapegoat" which means to blame someone for something bad that has happened. Scapegoat has its origins in the Hebrew Scriptures, specifically the Book of Leviticus: "Then Aaron shall lay both his hands on the head of the live goat, and confess over it all the iniquities of the people of Israel, and all their transgressions, all their sins, putting them on the head of the goat, and sending it away into the wilderness by means of someone designated for the task. The goat shall bear on itself all their iniquities to a barren region; and the goat shall be set free in the wilderness". (Leviticus 16:21-22) The original concept was to confess one's transgressions or sins and then to be freed from them by ritually placing them on the head of the goat. Unfortunately, the true meaning of acknowledgement of failings, confession of sins, and liberation from past ways of living, has been lost in this context. The secular world simply defaults to blame. In our time, the blame is rarely self-blame. Rather, it is blame of others – the government, the police, the Pope, the bishop, the priests and deacons, the parish council, the youth, the schools... the list is endless. As the community of the Church, our vocation is different. The "blame game" is nowhere to be found in the Good News of Jesus Christ. Instead, as brothers and sisters of the Lord, our calling is one of virtuous living. It includes genuine devotion to God and our Catholic tradition. Living virtuous lives by no means places us over or above others. It does however; allow the power of the Holy Spirit to work through us so that others might meet Christ in us and through this encounter, they will know the love and mercy of God. There is no room for blame in this way of living. I would like to propose to you that this call, this vocation, is common to all the baptised. It is our commission to be evangelists of the Good News of Jesus Christ. Evangelists are called to share Christ with others. The next step is to acknowledge that we belong to an evangelising community. Pope Francis reminds us that an evangelising community gets involved in people's lives and stands by people every step of the way, no matter how difficult or lengthy the journey. (cf The Joy of the Gospel, 24) This is an essential part of our mission and will cause us to have a daily concern to spread the love and goodness of God. It can be challenging work; however, it is not without its rewards. The desire to share our Christian joy is itself a gift from God who has taken the initiative of loving us first. This week, I encourage you to spend some quiet time in prayer and contemplation with the Lord. Discover and re-discover what God's saving love has done and is doing in your life. Then, go out and proclaim that love as a witness to the Gospel, the Good News of Jesus Christ.

May the love, the joy, and the peace of Christ be with you. + Anthony

AVAILABLE NOW:



July 2020
–
June 2021

Planned Giving Envelopes from the back of our Churches
[For details to make the switch to credit card giving, please call the office on 9456 2450].

NEEDED

a person or persons from our Parish to join the Combined Churches of Berowra committee for the 2020 local event: **'Carols under the Star'**.



Unfortunately our representative for last year cannot continue in the role and we take this opportunity to thank Kirsten MacKinnon for all her time and skill at the 2019 extravaganza. **The role simply involves:**

- * Monthly meeting;
- * Organising a Colouring Competition.

Please contact the office on 9456 2450 if you can help out by representing St Bernard's Catholic Church at this very well received annual event.



The St Vincent de Paul Society is calling for donations to the **Vinnies COVID-19 Winter Appeal**, helping people doing it tough in our communities due to coronavirus. To echo the words of Jesus to his disciples in this week's gospel: "Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me." Every day at Vinnies, we see that ordinary people are able to make an extraordinary difference in their local communities. We are inspired by the joy of the Gospels and our Catholic social teachings to do things that matter. The spirit to feed, heal, shelter, nurture, and inspire – the power to change lives – is in everyone. As we enter this winter in the shadow of coronavirus, your commitment to helping those experiencing disadvantage, poverty, loneliness and homelessness is still very much needed and appreciated.



If you are able to make a contribution of non-perishable food, clothing or monetary donations to the Vinnies COVID-19 Winter Appeal, please visit our **Vinnies Drive Thru at Our lady of the Rosary Cathedral on Saturday 27th June and Sunday 28th June from 10.00am-4.00pm on both days** and support our local youth as they help us care for our community. Please help us to help others. *Thank you (envelopes are at the back of our churches)*

Facebook Video Link - <https://www.facebook.com/SVDPYOUTHCONFERENCEASQUITH/videos/291003388945064/?v=e>



Plenary Council 2020 - Official New Dates for the Plenary Council Assemblies

The two assemblies for the Fifth Plenary Council of Australia will be held in Adelaide from 3-10 October 2021, and in Sydney from 4-9 July 2022.

The full media release is at https://mcusercontent.com/466af249e088db70ab864d088/files/546b4bd4-6c0d-4bf5-818c-a2bef105584d/DATES_LOCKED_IN_FOR_PLENARY_COUNCIL_ASSEMBLIES.pdf

For more information on the latest Plenary Council news, subscribe at <https://plenarycouncil.catholic.org.au/plenary-post/>

Entrance Antiphon: All peoples, clap your hands. Cry to God with shouts of joy!

Penitential Act: (All.) I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, *(and, striking their breast, they say):* through my fault, through my fault, through my most grievous fault; *(then they continue):* therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

(P.) May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. (R.) Amen.

The 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.

First Reading: 2 Kgs 4:8-11. 14-16 ~ **A reading from the second book of the Kings**

One day as Elisha was on his way to Shunem, a woman of rank who lived there pressed him to stay and eat there. After this he always broke his journey for a meal when he passed that way. She said to her husband, 'Look, I am sure the man who is constantly passing our way must be a holy man of God. Let us build him a small room on the roof, and put him a bed in it, and a table and chair and lamp; whenever he comes to us he can rest there.'

One day when he came, he retired to the upper room and lay down. 'What can be done for her?' he asked. Gehazi (his servant) answered, 'Well, she has no son and her husband is old.' Elisha said, 'Call her.' The servant called her and she stood at the door. 'This time next year,' Elisha said 'you will hold a son in your arms.'

The Word of the Lord (R.) Thanks be to God.

Responsorial Psalm: (R.) **Forever I will sing the goodness of the Lord.**

1. I will sing for ever of your love, O Lord; through all ages my mouth will proclaim your truth. Of this I am sure, that your love lasts for ever, that your truth is firmly established as the heavens. (R.)
2. Happy the people who acclaim such a king, who walk, O Lord, in the light of your face, who find their joy every day in your name, who make your justice the source of their bliss. (R.)
3. For it is you, O Lord, who are the glory of their strength; it is by your favour that our might is exalted: for our ruler is in the keeping of the Lord; our king in the keeping of the Holy One of Israel. (R.)

Second Reading: Rom 6:3-4. 8-11 ~ **A reading from the letter of St Paul to the Romans**

When we were baptised in Christ Jesus we were baptised in his death; in other words, when we were baptised we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life.

But we believe that having died with Christ we shall return to life with him: Christ, as we know, having been raised from the dead will never die again. Death has no power over him any more. When he died, he died, once for all, to sin, so his life now is life with God; and in that way, you too must consider yourselves to be dead to sin but alive for God in Christ Jesus.

The Word of the Lord (R.) Thanks be to God.

Gospel Acclamation:

Alleluia, alleluia!

You are a chosen race, a royal priesthood, a holy people.

Praise God who called you out of darkness and into his marvellous light. Alleluia!

Gospel: Mt 10:37-42 ~ **A reading from the holy Gospel according to Matthew**

Jesus instructed the Twelve as follows: 'Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me. Anyone who does not take his cross and follow in my footsteps is not worthy of me. Anyone who finds his life will lose it; anyone who loses his life for my sake will find it.

'Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me.

'Anyone who welcomes a prophet because he is a prophet will have a prophet's reward; and anyone who welcomes a holy man because he is a holy man will have a holy man's reward.

'If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward.'

The Gospel of the Lord (R.) Praise to you Lord Jesus Christ.

The Creed:

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord,

(At the words that follow, up to and including the Virgin Mary, all bow).

who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell;

on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Communion Antiphon: Bless the Lord, O my soul, and all within me, his holy name.