

Here's a text if you've only a minute ...

The upright shall rejoice at the presence of God;
they shall exult with glad rejoicing!

Psalms

For everyone who exalts himself will be humbled,
and the one who humbles himself will be exalted.

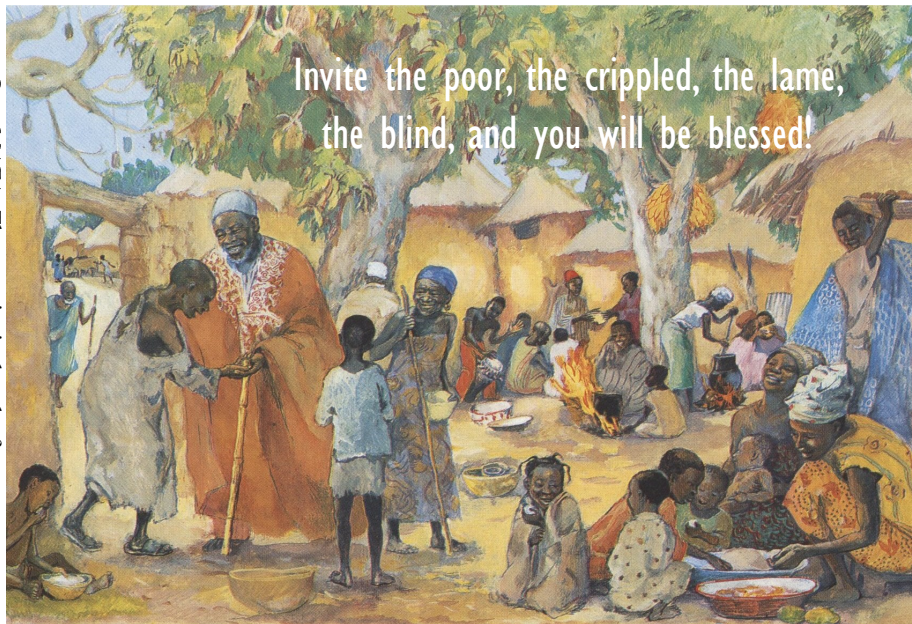
Gospel

'Do a few things but do them well ... simple tasks are holy'.

St Francis of Assisi

Almighty God,
every good thing comes from you.
Fill our hearts with love for you, increase our faith,
and by your constant care protect the good you have given us.
Old Opening Prayer

This week's texts if you want to reflect further:
Sirach 3: 17–20, 28–29; Ps. 67 (68); Heb 12:18–19, 22–24; Lk 14: 1. 7–14



JesusMAFA: The poor invited to the feast

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM

© Maria Lang 'My yoke is easy'



PREGO LEAFLET

**Twenty-Second Sunday in Ordinary Time
Year C, 31st August 2025**

'Take my yoke upon you
and learn from me, for I am gentle
and lowly in heart.' (Matt. 11.20)

The themes of today's readings are humility, generosity, and respect and care for all.

In the **First Reading** Sirach advises us to be thoughtful and attentive to others. We are to be modest, not seeking praise or approval for our action: everything good is a gift from God, and to be shared with others.

The **Psalms** is a song of thanksgiving and hope, calling us to rejoice and trust in God's care. Everyone is valuable in God's eyes. This care for the suffering and oppressed points to Jesus, who came to serve the poor.

Jesus uses the setting of eating together at a feast to teach us the values of the Kingdom of God (**Gospel**). We are to put others before ourselves, showing kindness and compassion to everyone, especially those who cannot repay us. By following Jesus's own values of selfless giving and humility, we radiate God's love to others. We will be rewarded at the resurrection with our own place at the heavenly banquet.

The **Second Reading** presents Jesus as the mediator of the new covenant. Each of us can rejoice, celebrating our identity in God's family, where everyone has the same rights as a firstborn child.

As **Pilgrims of Hope** in this Jubilee year, we pray to be attentive and kind towards everyone we encounter this week. We think especially of those on the margins of society, and in areas of violence and war.



Opening Prayer

God of might, giver of every good gift,
put into our hearts the love of your name,
so that, by deepening our sense of reverence,
you may nurture in us what is good and, by your watchful care,
keep safe what you have nurtured.

First Reading Sirach 3: 17–18, 20, 28–29

My son, perform your tasks in meekness;
then you will be loved by those whom God accepts.
The greater you are, the more you must humble yourself;
so you will find favour in the sight of the Lord.
For great is the might of the Lord;
he is glorified by the humble.
The affliction of the proud has no healing,
for a plant of wickedness has taken root in him.
The mind of the intelligent will ponder a parable,
and an attentive ear is the desire of the wise.

I make myself comfortable and settle in my place of prayer: perhaps a favourite room, or in the garden, or somewhere on a quiet walk. Then I gently become still. I try to empty my mind of any thoughts and emotions occupying me, entrusting them to God to hold for now.

I ask the Holy Spirit to help me become more aware of God's presence, both within me and around me. Perhaps I sense the warmth and tenderness of this presence; I can simply savour this for a while.

When ready, I carefully read and reread the passage through. I pause at any word or phrase that draws me, pondering its significance. How does it make me feel? Uneasy, hopeful, encouraged ... something else?

Sirach encourages his son to practice gentleness and humility. Maybe I'm reminded of times when I've seen or experienced gentleness around me. I ponder the impact of this quality on relationships, and the love it conveys.

Perhaps I reflect on tasks I've been involved with, or still am now. Do I approach them steadily, small steps at a time ... or do I try to accomplish too much? How careful am I in listening carefully to others' ideas before my own? I ponder...

I speak openly from my heart to the Lord about any emotion or thought that has arisen during this time, reminding myself that I am totally and unconditionally loved, just as I am.

With thanks and humility, I slowly draw my prayer to a close, offering words of my own choice.

Gospel Luke 14: 1, 7–14

One Sabbath, when Jesus went to dine at the house of a ruler of the Pharisees, they were watching him carefully. Now he told a parable to those who were invited, when he noticed how they chose the places of honour, saying to them, 'When you are invited by someone to a wedding feast, do not sit down in a place of honour, lest someone more distinguished than you be invited by him, and he who invited you both will come and say to you, "Give your place to this person", and then you, with shame, will take the lowest place. But when you are invited, go and sit in the lowest place, so that when your host comes he may say to you, "Friend, move up higher." Then you will be honoured in the presence of all who sit at table with you. For everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.'

He said also to the man who had invited him, 'When you give a dinner or a banquet, do not invite your friends, or your brothers and sisters or your relatives or rich neighbours, lest they also invite you in return and you be repaid. But when you give a feast, invite the poor, the crippled, the lame, the blind, and you will be blessed, because they cannot repay you. For you will be repaid at the resurrection of the just.'

I take a few slow, deep breaths to help me enter into stillness, entrusting anything troubling me into God's safe hands.

In time, I turn to the Gospel. Perhaps I picture Jesus being welcomed to the feast, watched carefully by the Pharisees. I notice their self-importance as they jostle for the places of honour. I watch the expressions on their faces, their body language; perhaps some uncomfortable shuffling ...

What feelings or memories does this stir within me? Have there been times when I've felt side-lined, embarrassed or humiliated? Or occasions when I've been encouraged and supported by others? I think with gratitude of these.

Jesus teaches me to show respect, compassion and care to everyone. Perhaps there are ways in which I can create a more inclusive environment in my community or church? I ponder this.

Is there a grace I seek to help me? I speak to Jesus as to a trusted friend, and listen carefully to what he might be saying to me.

When ready, I end my prayer in gratitude with a slow sign of the cross.