

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

I bore you on eagle's wings and brought you to myself. *First Reading*

You shall be to me a kingdom of priests and a holy nation. *First Reading*

When Jesus saw the crowds, he had compassion for them, because they were harassed and helpless. *Gospel*

Almighty God, our hope and our strength,  
without you we falter.  
Help us to follow Christ  
and to live according to your will. *Old Opening Prayer*

This week's texts if you want to explore further:  
Exodus 19: 2-6; Psalm 99 (100); Romans 5: 6-11; Matthew 9: 36-10: 8



'Heal the sick, raise the dead,  
cleanse lepers, cast out demons.'

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**ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM**



### PREGO LEAFLET

Eleventh Sunday in Ordinary Time  
Year A, 14th June 2026

He bore them on eagles' wings.  
He had compassion for them.

In this week's readings, two images stand out to give us an idea of the relationship of the Lord with his people; with us.

The first reminds us that God carried the people of Israel 'on eagles' wings'. If they keep his covenant, they will become a holy nation. (**First Reading**)

The second, in Matthew's **Gospel**, is the compassion of Jesus for his people. Feeling sorry for them, he calls his twelve disciples and gives them authority to heal and support them in their helplessness.

When we fully realise the extent of this compassion, we may want to cry out and sing with joy, like the **Psalmist**.

However, as the people failed to obey the Lord's voice, God shows yet again his merciful love through the death of his Son for them; for us. (**Second Reading**)

This week, then, we might like to focus our prayer especially on those people in the world who feel harassed and helpless, trusting that the Lord will look after them.



### Opening Prayer

O God, strength of those who hope in you,  
graciously hear our pleas,  
and, since without you mortal frailty can do nothing,  
grant us always the help of your grace,  
that in following your commands  
we may please you by our resolve and our deeds.

### First Reading Exodus 19: 2–6a

**I**n those days: The people of Israel came into the wilderness of Sinai, and they encamped in the wilderness. There Israel encamped before the mountain, while Moses went up to God. The Lord called to him out of the mountain, saying, ‘Thus you shall say to the house of Jacob, and tell the people of Israel: “You yourselves have seen what I did to the Egyptians, and how I bore you on eagles’ wings and brought you to myself. Now therefore, if you will indeed obey my voice and keep my covenant, you shall be my treasured possession among all peoples, for all the earth is mine; and you shall be to me a kingdom of priests and a holy nation.” ’

Today I come to spend some quality time with my Lord. What is on my mind? Problems ... anxieties ... people clamouring for my attention ...? I take a couple of deep breaths, and endeavour to ignore them for now. This time is for the Lord: everything and everyone else can wait.

In time, I read the text slowly, several times. Perhaps I imagine God is saying these words to me personally. What strikes me?

God is reminding the Israelites of all that he has done for them so far. I ponder. What has he done for me? Have I ever felt carried along ‘*on eagles’ wings*’? I pause a moment, considering what it must be like to move freely, secure above the difficulties on the ground, and to safely reach the destination I am yearning for.

Maybe only with hindsight do I realise how God has carried me in this way through the major events of my life. I give thanks for these moments.

I may notice that God is inviting me to join him in total freedom: ‘*If you will indeed ... keep my covenant ...*’. How does this make me feel?

Perhaps I recall times in my life when I have felt burdened by rules: ‘I must ...’; ‘I should ...’; ‘I ought ...’. I speak to the Lord about what is in my mind and in my heart.

How far do I see myself as a member of ‘*a holy nation*’: part of God’s own people? What does this mean to me in practical terms?

As my prayer time comes to a close, I allow the events and people wanting my attention to come once more to the fore. I speak to the Lord about them.

I thank him for giving me this welcome breathing space in his presence today.

### Gospel Matthew 9: 36–10: 8

**W**hen Jesus saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, ‘The harvest is plentiful, but the labourers are few; therefore pray earnestly to the Lord of the harvest to send out labourers into his harvest.’ And he called to him his twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every disease and every affliction. The names of the twelve Apostles are these: first, Simon, who is called Peter, and Andrew his brother; James the son of Zebedee, and John his brother; Philip and Bartholomew; Thomas and Matthew the tax collector; James the son of Alphaeus, and Thaddaeus; Simon the Zealot, and Judas Iscariot, who betrayed him. These twelve Jesus sent out, instructing them, ‘Go nowhere among the Gentiles and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. And proclaim as you go, saying, “The kingdom of heaven is at hand.” Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without paying; give without pay.’

How am I as I come to pray today? Expectant, anxious, eager ...? Whatever my answer, I accept it without judging. The Lord will meet me where I am.

When I feel a bit quieter, I read the text until I am really familiar with it. Perhaps I mull over a particular phrase which ‘speaks’ to me especially.

If Jesus was looking at today’s crowds, what groups would he see as ‘*harassed and helpless*’? Maybe I am among this crowd myself, or have been?

I pause, reflect, and share with the Lord.

Jesus calls his twelve friends by name before sending them out. I may want to add my own name to that list. How do I feel being given authority, with the ability to heal and relieve afflictions? In what practical ways, however small, can I fulfil the mission Jesus gives me among the people around me?

I ask the Lord to help me, and show me how I can best work for him. I listen to his words.

Perhaps the task would be much easier if I had other people to help me. What could I do to encourage others to join me in supporting those who feel lost?

Finally, I thank the Lord, who knows my deep desires, for any insights into how I can make his Kingdom better known and accepted.