

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

You have taught your people that the one who is righteous must be kind.

First Reading

You, O God, are compassionate and gracious, slow to anger,
O Lord, abundant in mercy and fidelity; turn and take pity on me.

Psalm

The Spirit himself intercedes for us.

Second Reading

Lord, be merciful to your people.
Fill us with your gifts
and make us always eager to serve you
in faith, hope and love. *Old Opening Prayer*

This week's texts if you'd like to reflect further:
Wisdom 12: 13.16–19; Ps. 85 (86); Romans 8: 26–27; Matthew 13: 24–43



'Let both grow together
until the harvest ...'

If you'd like to receive Prego by email each week, sign up at
www.stbeunosoutreach.wordpress.com

ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



PREGO LEAFLET

**Sixteenth Sunday in Ordinary Time
Year A, 19th July 2026**

The Lord is our Helper

Our readings this Sunday reveal a God who is merciful and compassionate; who is lenient in judgement. He cares for us with love and forgiveness.

In our **First Reading** the author of Wisdom reflects on how God's power is revealed in the mildness of his judgement. His compassion teaches us to be kind in our turn towards others.

The **Psalm** is a song of praise enumerating the qualities of God. The Lord is good and forgiving, compassionate and gracious. We can surely appeal to him in all our troubles.

In the **Second Reading**, St Paul teaches us to pray in the Spirit. The Spirit prays within us and expresses the mind of God.

The **Gospel** presents us with three parables, all concerned with growth. The main one, about the weeds growing amidst the wheat, can be applied to our own lives, to the world around us and to the Church. God is patient, slow to judge. We can count on his mercy.

This week, may we ask the Lord to help us to be less judgemental and to look on others with kindness, as we would wish them to treat us.



Opening Prayer

Show favour, O Lord, to your servants
and mercifully increase the gifts of your grace,
that, made fervent in hope, faith and charity,
they may be ever watchful in keeping your commands.

Second Reading Romans 8: 26–27

Brothers and Sisters:
The Spirit helps us in our weakness.
For we do not know what to pray for as we ought,
but the Spirit himself intercedes for us
with groanings too deep for words.
And he who searches hearts
knows what is the mind of the Spirit,
because the Spirit intercedes for the saints
according to the will of God.

As I come to pray, I take the time to slow down. I remind myself that I am already in God's presence, that he loves me unconditionally and holds me in being.

I savour this moment and open my heart to welcome the Spirit. I ask the Spirit to pray within me.

When I am ready, I read the passage slowly a couple of times.
What strikes me here?

Perhaps I am very aware of my weaknesses that hinder my prayer.

I let this surface, and allow the Spirit to intercede and to 'groan' within me.

The Spirit knows what I need, and I open myself to his healing power.

Maybe I ask for the grace to cooperate always with this movement of the Spirit, and not hide or ignore my faults, my limitations or my reluctance.

God knows the inmost workings of my heart. I pray in gratitude for the work of his Spirit within me.

I sit in silence, empty and open before my God, just allowing the Spirit to fill my heart and mind.

Before I end my prayer, I ask the Spirit to continue to fill the heart of the church, of my community.

And I pray:

*Come Holy Spirit fill the hearts of the faithful
and enkindle in them the fire of your love ...*

Gospel Matthew 13: 24–30 (shortened version)

At that time: Jesus put another parable before the crowd, saying, 'The kingdom of heaven may be compared to a man who sowed good seed in his field, but while everyone was sleeping, his enemy came and sowed weeds among the wheat, and went away. So when the plants came up and bore grain, then the weeds appeared also. And the servants of the master of the house came and said to him, 'Master, did you not sow good seed in your field? How then does it have weeds?' He said to them 'An enemy has done this'. So the servants said to him, 'Then do you want us to go and gather them?' But he said, 'No, lest in gathering the weeds you root up the wheat along with them. Let both grow together until the harvest, and at harvest time I will tell the reapers, "Gather the weeds first and bind them in bundles to be burned, but gather the wheat into my barn".'

I settle to pray, giving myself time to relax my body, to become aware of how I'm feeling. I breathe in God's goodness, and place myself before his loving gaze.
I rest here for some time.

I take up the Gospel and read it a couple of times.

This is another parable Jesus is giving me. I accept it as a gift that has special meaning for me personally.

With whom and with which part of the story do I identify?

... the person who sowed the seed and whose enemy planted the weeds?

... the person who trusted enough to let wheat and weeds to grow together?

... the servants who wanted to pull up the weeds and maybe damage the wheat?

... the enemy who sabotaged someone else's plans?

Perhaps I remember past events where this applied, or maybe I find it relevant to my life today.

I ponder my reactions and speak to the Lord of this.

What graces do I wish to ask for? ... whether with regard to myself, or as I contemplate the world around me?

Maybe I seek greater tolerance, or patience, or trust, or compassion for others and myself ...?

I place all of this in the Lord's hands, trusting in him.

I end my prayer with a 'Glory be ...'