



**This Sunday's Gospel: 24th Sunday in Ordinary Time Year B
(Mark 8:27-35)**

And Jesus went on with his disciples, to the villages of Caesarea Philippi; and on the way he asked his disciples, "Who do men say that I am?" And they told him, "John the Baptist; and others say, Elijah; and others one of the prophets." And he asked them, "But who do you say that I am?" Peter answered him, "You are the Christ." And he charged them to tell no one about him. And he began to teach them that the Son of man must suffer many things, and be rejected by the elders and the chief priests and the scribes, and be killed, and after three days rise again. And he said this plainly. And Peter took him, and began to rebuke him. But turning and seeing his disciples, he rebuked Peter, and said, "Get behind me, Satan! For you are not on the side of God, but of men."

And he called to him the multitude with his disciples, and said to them, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it.

This is the Gospel of the Lord

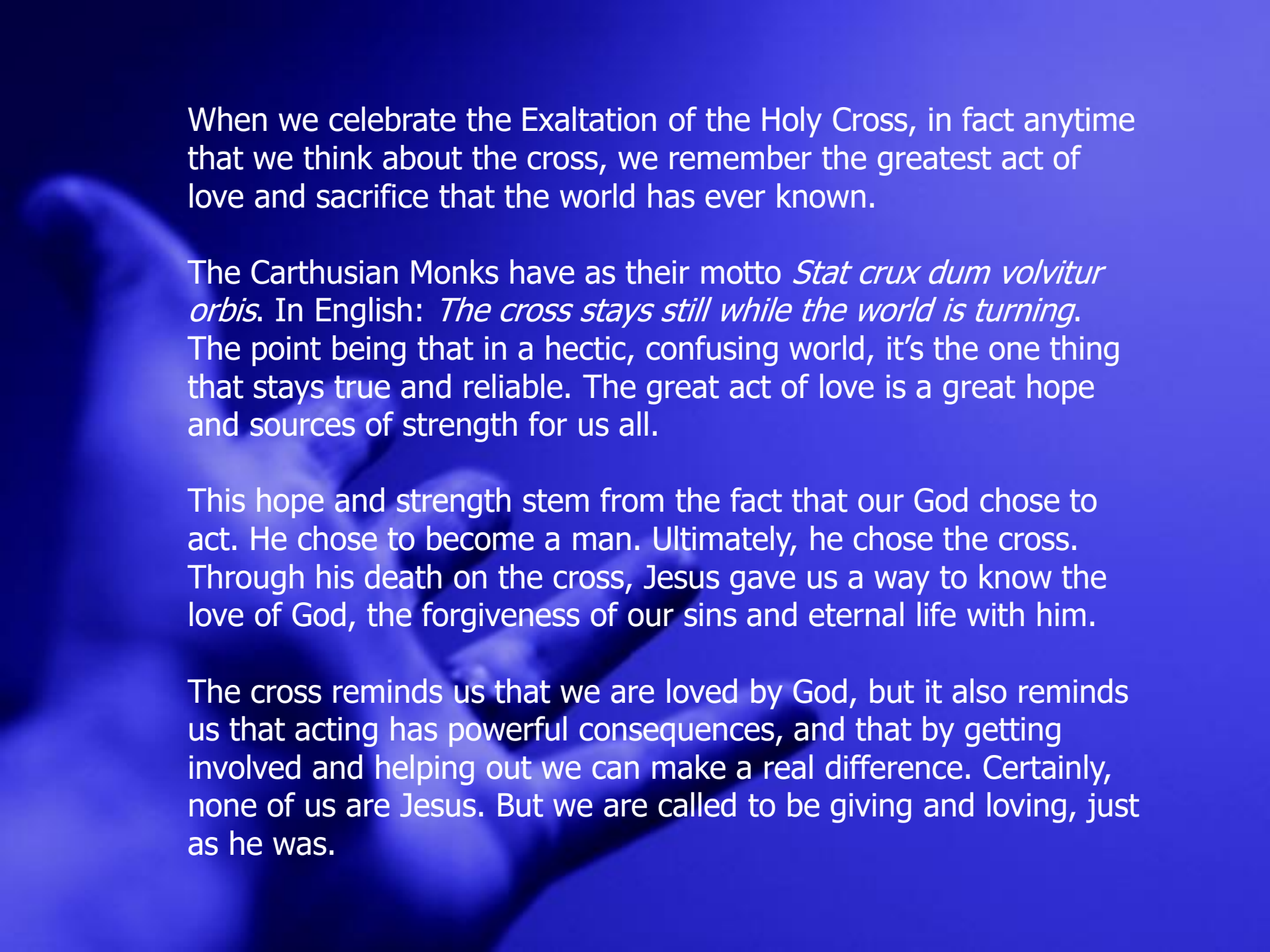
Prayer One

The Sign of the Cross

Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen

Reflection:

*This week we think about the theme of
ACTION! And there's no better way to
do this than to think about an important
Feast Day that we celebrated on
Saturday: **The Exaltation of the Holy
Cross***



When we celebrate the Exaltation of the Holy Cross, in fact anytime that we think about the cross, we remember the greatest act of love and sacrifice that the world has ever known.

The Carthusian Monks have as their motto *Stat crux dum volvitur orbis*. In English: *The cross stays still while the world is turning*. The point being that in a hectic, confusing world, it's the one thing that stays true and reliable. The great act of love is a great hope and sources of strength for us all.

This hope and strength stem from the fact that our God chose to act. He chose to become a man. Ultimately, he chose the cross. Through his death on the cross, Jesus gave us a way to know the love of God, the forgiveness of our sins and eternal life with him.

The cross reminds us that we are loved by God, but it also reminds us that acting has powerful consequences, and that by getting involved and helping out we can make a real difference. Certainly, none of us are Jesus. But we are called to be giving and loving, just as he was.



Final Prayer

Loving Father,

At this time we are reminded of the amazing things you have done for your people.

Give us that same spirit of love and generosity. Help us to be generous in acting for others, and courageous in facing the things we have to do. In all things, give us wise minds and loving hearts.

In the name of the Father and of the Son...

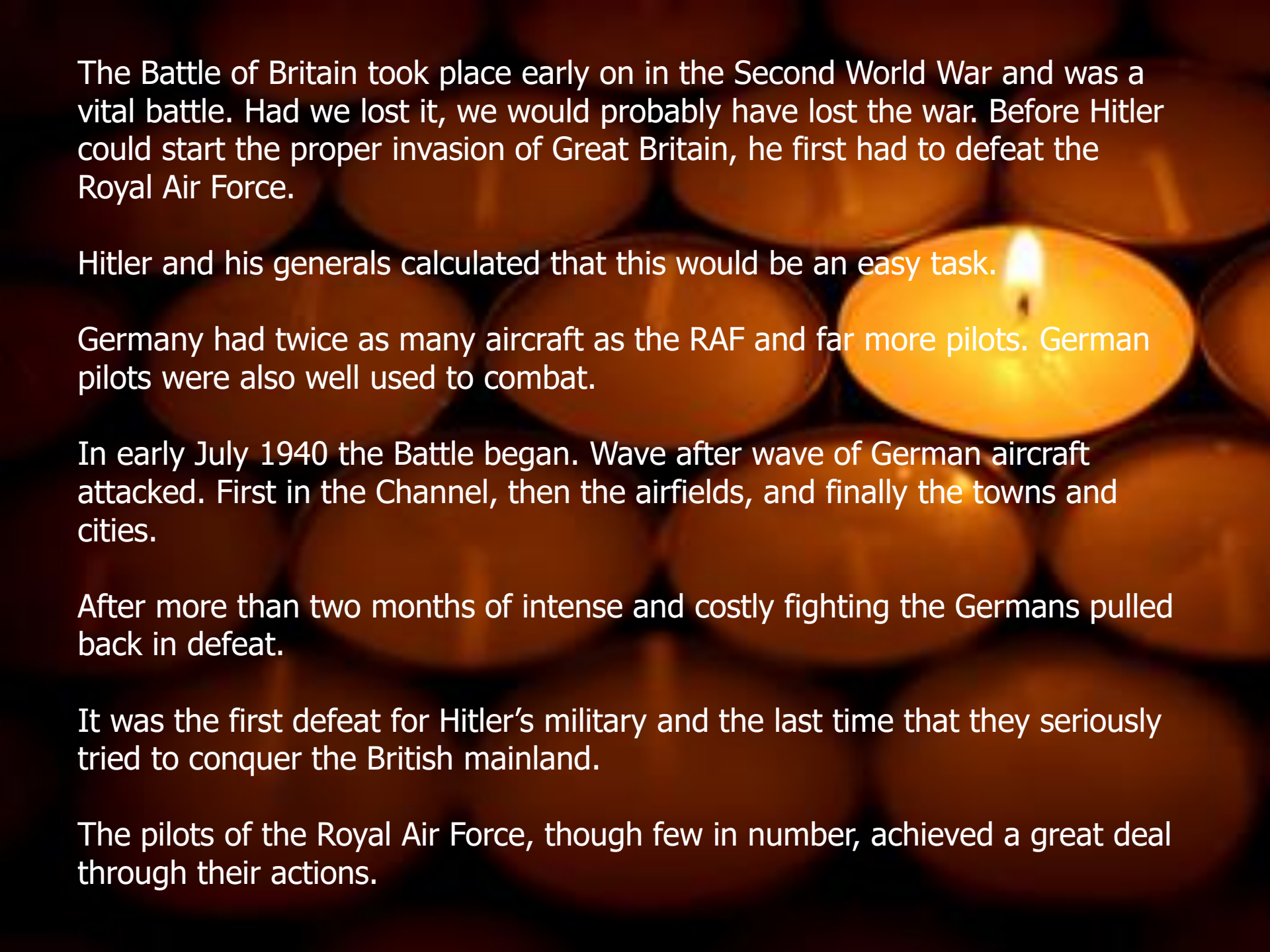
Prayer Two

The Sign of the Cross

Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen

Reflection

*During this week in 1940 Britain celebrated
the victory of the Royal Air Force over
Germany in the Battle of Britain.*



The Battle of Britain took place early on in the Second World War and was a vital battle. Had we lost it, we would probably have lost the war. Before Hitler could start the proper invasion of Great Britain, he first had to defeat the Royal Air Force.

Hitler and his generals calculated that this would be an easy task.

Germany had twice as many aircraft as the RAF and far more pilots. German pilots were also well used to combat.

In early July 1940 the Battle began. Wave after wave of German aircraft attacked. First in the Channel, then the airfields, and finally the towns and cities.

After more than two months of intense and costly fighting the Germans pulled back in defeat.

It was the first defeat for Hitler's military and the last time that they seriously tried to conquer the British mainland.

The pilots of the Royal Air Force, though few in number, achieved a great deal through their actions.



Final Prayer:

Loving Father,

You act in our lives and you ask us to act in the world around us, to defend what is good and to tackle injustice.

Give us the grace to know what is right and the courage to stick up for it.

In the name of the Father and of the Son...

Prayer Three

The Sign of the Cross

Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen



Reflection

It is easy to talk about action, but it is much harder to actually get up and do something. That's the point of this whole theme really...

This morning you are invited to think through some questions about what you do - or don't do - in the course of life. All of them have something to do with how we act: Our theme of the week.

[please read slowly, pausing briefly after each]

Is there anything you done lately that has made a difference?

Is there anything you have done lately that has had bad effects?

Is there anything that you don't do enough of?

Is there anything that you do that makes others feel happy and cared for?

Final Prayer

Loving Father,

By the strengths, skills and talents you have given us, we have the chance to act positively in the world around us and to change things for the better.

We ask you to guide our hearts and to guide our decisions, so that we may always chose what's good.

In the name of the Father and of the Son...



Final Thought...

**There are risks and costs
to action...**



**But they are far less
than the long range
risks of comfortable
inaction.**

~John F. Kennedy

Next weeks theme: SERVICE