

## Gospel

Mk. 7:1-8, 14-23

✠ The Gospel of our Lord Jesus Christ according to Mark  
Glory to you Lord Jesus Christ

When the Pharisees and some of the scribes who had come from Jerusalem gathered around Jesus, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written, 'This people honours me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.' You abandon the commandment of God and hold to human tradition."

Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile." When he had left the crowd and entered the house, his disciples asked him about the parable. He said to them, "Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile, since it enters, not the heart but the stomach, and goes out into the sewer?" (Thus he declared all foods clean.) And he said, "It is what comes out of a person that defiles. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

The Gospel of the Lord

**Praise to you Lord Jesus Christ.**

## THE FOURTEENTH SUNDAY AFTER PENTECOST

29<sup>th</sup> August, 2021



*"... not hearers who forget but doers who act."*

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### Sentence

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. James 1.17

### Prayer of the Day

Cleanse our consciences, O Lord, and enlighten our hearts through the daily presence of your Son Jesus Christ, that when he comes in glory to be our judge we may be found undefiled and acceptable in his sight; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

### First Reading

Song of Songs 2:8-13

#### A reading from the Song of Songs

The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. My beloved speaks and says to me: "Arise, my love, my fair one, and come away; for now the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away.

Hear the word of the Lord.

Thanks be to God.

### Psalm 45:1-2, 6-9 — A.P.B.A. Page 268

- 1 My heart is astir with fine phrases,  
I make my | song . for a | king:  
my tongue is the | pen . of a | ready | writer.
- 2 You are the fairest of men,  
grace | flows . from your | lips:  
therefore has God | blessed you . for | ever . and | ever.
- 6 Your throne is the throne of God it en | dures for | ever:  
and the sceptre of your | kingdom . is a | righteous | sceptre.

- 7 You have loved righteousness and | hated | evil:  
therefore God, your God \* has anointed you  
with the oil of | gladness . a | bove your | fellows.
- 8 All your garments are fragrant  
with myrrh | aloes . and | cassia:  
music from ivory | pala . ces | makes you | glad.
- 9 King's daughters are among your | noble | women:  
the queen is at your right | hand in | gold of | Ophir.

### Second Reading

Jas. 1:17-27

#### A reading from the letter of James

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act — they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

Hear the word of the Lord.

Thanks be to God.

### Gospel Acclamation

Alleluia, alleluia!

The Father gave us birth by his message of truth, that we might be as the first fruits of his creation.

Alleluia!