

COLLECT

Almighty God,
 who called your Church to bear
 witness
 that you were in Christ reconciling
 the world to yourself:
 help us to proclaim the good news
 of your love,
 that all who hear it may be drawn to
 you;
 through him who was lifted up on
 the cross,
 and reigns with you in the unity of
 the Holy Spirit,
 one God, now and for ever.

FIRST READING

Deuteronomy 4:1-2. 6-9

A reading from the book of Deuteronomy.

Moses spoke to the people; he said: So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the LORD, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the LORD your God with which I am charging you. You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, "Surely this great nation is a wise and discerning people!" For what other great nation has a god so near to it as the LORD our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today? But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children.

PSALM Psalm 15

R *Those who do what is right
 will dwell in the presence of the
 Lord.*

Lord, who may dwell in your
 tabernacle?
 who may abide upon your holy hill?

Whoever leads a blameless life and
 does what is right,
 who speaks the truth from his
 heart. **R**

There is no guile upon his tongue;
 he does no evil to his friend;
 he does not heap contempt upon his
 neighbour.
 In his sight the wicked are rejected,
 but he honours those who fear the
 Lord. **R**

He has sworn to do no wrong
 and does not take back his word.
 He does not give his money in hope
 of gain,
 nor does he take a bribe against the
 innocent.

Whoever does these things
 shall never be overthrown. **R**

SECOND READING James 1:17-end

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.

GOSPEL

Mark 7:1-8. 14-15. 21-23

Hear the gospel of our Lord Jesus Christ according to Mark.

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?" Jesus 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. 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."

POST COMMUNION

God our creator,
 you feed your children with the true
 manna,
 the living bread from heaven:
 let this holy food sustain us through
 our earthly pilgrimage
 until we come to that place where
 hunger and thirst are no more;
 through Jesus Christ our Lord.