

Sunday 24 October – THIRTIETH SUNDAY of ORDINARY TIME – Year B

Responsorial Psalm 125(126)

What marvels the Lord worked for us! Indeed we were glad.

When the Lord delivered Zion from bondage,
it seemed like a dream.

Then was our mouth filled with laughter,
on our lips there were songs.

*Think with gratitude of a time when God has indeed helped you out of difficulty
See how you can make today a time of joy, laughter and song*

The heathens themselves said: 'What marvels
the Lord worked for them!'

What marvels the Lord worked for us!
Indeed we were glad.

*Give thanks for the goodness God has shown you in your lifetime
See how you can share happiness with others today*

Deliver us, O Lord, from our bondage
as streams in dry land.

Those who are sowing in tears
will sing when they reap.

*Pray for all those who have no access to water and sanitation
Think how you can help someone in pain or sorrow today*

They go out, they go out, full of tears,
carrying seed for the sowing:

they come back, they come back, full of song,
carrying their sheaves.

*Pray for all who work on the land and serve our needs in different ways
Thank God for the fruits of the harvest and the produce of human labour*

Acknowledgements

Excerpts from *The Psalms: A New Translation* © 1963 The Grail (England) published by HarperCollins.