

RESPONDING TO THE PSALMS – June 2022

- a project of the Spirituality Committee of the Bishops' Conference of England and Wales

“The Responsorial Psalm is an integral part of the Liturgy of the Word which has great liturgical and pastoral importance since it fosters meditation on the Word of God.” [GIRM n.61]

The idea is to take an idea from the psalm for your focus for a day or two, for yourself or shared with others.

After each psalm there is space to type or write your own thoughts as a possible personal journal.

Sunday 5 June 2022 Pentecost

“This sacred season fifty days comes to an end on Pentecost Sunday, which commemorates the giving of the Holy Spirit to the apostles, the beginnings of the Church and its mission to every tongue and people and nation.” [Ceremonial of Bishops 376.]

Responsorial Psalm: Psalm 103(104):1,24,29-31,34

Send forth your spirit, O Lord, and renew the face of the earth.

Bless the Lord, my soul!
Lord God, how great you are,
How many are your works, O Lord!
The earth is full of your riches.

***We need to bless God because without the gift of the Spirit where would we be?
Our faith story begins with creation so let us praise God for the riches of the created world.***

You take back your spirit, they die,
returning to the dust from which they came.
You send forth your spirit, they are created;
and you renew the face of the earth.

***God's Spirit is life giving and creative. Let's reflect on how that is true in our own lives.
Despite all the struggles around us look to see how God continually renews life on earth.***

May the glory of the Lord last for ever!
May the Lord rejoice in his works!
May my thoughts be pleasing to him.
I find my joy in the Lord.

Look around at our world and identify ways in which it indeed proclaims the glory of our Creator God. Consider your own life and be deeply thankful for the joy we can have in our God.

Sunday 12 June 2022 The Most Holy Trinity

Responsorial Psalm: Psalm 8:4-9

How great is your name, O Lord our God, through all the earth!

When I see the heavens, the work of your hands,
the moon and the stars which you arranged,
what is man that you should keep him in mind,
mortal man that you care for him?

While today we know so much more, let us join the psalmist in expressing wonder at God's universe.

How do we show that we are grateful and amazed at God's care and concern for each of us?

Yet you have made him little less than a god;
with glory and honour you crowned him,
gave him power over the works of your hand,
put all things under his feet.

We thank God for giving us our personal relationship with the Father, Son, and Spirit.

We need to be grateful that God gives creation into our care to sustain us in life.

All of them, sheep and cattle,
yes, even the savage beasts,
birds of the air, and fish
that make their way through the waters.

Reflect on the sheer diversity of the world and stand back in wonder at God's rich creativity.

Let us renew our commitment to care for all of creation for future generations as God asks of us.

Sunday 19 June 2022 Corpus Christi

“This solemnity is also intended to teach the faithful how to share in the Eucharistic sacrifice and to have it more profoundly influence their life, to revere the presence of Christ the Lord in the sacrament, and to offer the thanks due for God’s gifts.” [*Ceremonial of Bishops* 376.]

Responsorial Psalm; Psalm 109(110):1-4

You are a priest for ever, a priest like Melchizedek of old.

The Lord’s revelation to my Master:

‘Sit on my right:

your foes I will put beneath your feet.’

***We thank God who reveals himself to us in the gifts of the Bread and Wine of the Eucharist.
We pray that we will use the strength God give us to do good, to overcome evil.***

The Lord will wield from Zion

your sceptre of power:

rule in the midst of all your foes.

***Reflect on God’s promise of a new Jerusalem [Zion] where we can all enjoy the heavenly feast.
Put your trust in God as you think of any difficulties you face in life at the present moment.***

A prince from the day of your birth

on the holy mountains;

from the womb before the dawn I begot you.

Pray for all who have power and responsibility in the world to exercise it with the mind of the Spirit.

Think how God calls us as a chosen race, God’s holy people, to work with others in God’s service.

The Lord has sworn an oath he will not change.

‘You are a priest for ever,

a priest like Melchizedek of old.’

As a priestly people let us renew our commitment to prayer in our daily lives.

Thank God for his constancy to us, and those priests and religious who have shown that to us

Sunday 26 June 2022 13th Sunday in Ordinary Time [C]

Responsorial Psalm: Psalm 15(16):1-2,5,7-11

O Lord, it is you who are my portion.

Preserve me, God, I take refuge in you.
I say to the Lord: 'You are my God.
O Lord, it is you who are my portion and cup;
it is you yourself who are my prize.'

Thank God that we can find refuge and comfort in him.

Let us remember that our destiny, our prize as pilgrims here on earth, is to know God in heaven.

I will bless the Lord who gives me counsel,
who even at night directs my heart.
I keep the Lord ever in my sight:
since he is at my right hand, I shall stand firm.

Bless God who day and night guides us in all we do - if we let him.

Stop and renew your baptismal promises as your guide to life.

And so my heart rejoices, my soul is glad;
even my body shall rest in safety.
For you will not leave my soul among the dead,
nor let your beloved know decay.

How can you express your interior happiness that God is always with us?

Pray with hope for those you love who have died.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness for ever.

Pray for guidance in the decisions you will make in coming days.

Ask that all you do will be for the greater glory of God

June 29 Saints Peter and Paul, Apostles

Responsorial Psalm: Psalm 33(34):2-9

From all my terrors the Lord set me free.

or *The angel of the Lord rescues those who revere him.*

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad.

***Let us bless God with “the glorious company of the Apostles”, especially Peter and Paul.
Let us thank God for choosing us, as he did them, from among the humble of the earth.***

Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free.

***Try to keep this day as a feast day, a time to praise and glorify God.
Begin a conversation with God about how you feel, a Christian following in the footsteps of
apostles.***

Look towards him and be radiant;
let your faces not be abashed.
This poor man called, the Lord heard him
and rescued him from all his distress.

***Just be glad that God knows us by name, that we have that personal relationship with Christ.
Reflect on how God has been good to you in difficult moments of life.***

The angel of the Lord is encamped
around those who revere him, to rescue them.
Taste and see that the Lord is good.
He is happy who seeks refuge in him.

***Just as the angel set Peter free ask the Lord to send his angel to strengthen you as a disciple.
Let us think how to tell the world that, as with Paul, God has stood by us and given us power.***