ENTRANCE ANTIPHON

**To you I call; for you will surely heed me,
O God;
turn your ear to me; hear my words.
Guard me as the apple of your eye;
in the shadow of your wings protect me.**

GLORIA

**Glory to God in the highest,
and on earth peace to people of good will.**

**We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.**

**Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.**

COLLECT

Almighty ever-living God,
grant that we may always conform our will to yours
and serve your majesty in sincerity of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.
Amen.

FIRST READING — Ex 17:8-13

A reading from the book of Exodus.

The Amalekites came and attacked Israel at Rephidim. Moses said to Joshua, 'Pick out men for yourself, and tomorrow morning march out to engage Amalek. I, meanwhile, will stand on the hilltop, the staff of God in my hand.' Joshua did as Moses told him and marched out to engage Amalek, while Moses and Aaron and Hur went up to the top of the hill. As long as Moses kept his arms raised, Israel had the advantage; when he let his arms fall, the advantage went to Amalek. But Moses' arms grew heavy, so they took a stone and on this he sat, Aaron and Hur supporting his arms, one on one side, one on the other; and his arms remained firm till sunset. With the edge of the sword Joshua cut down Amalek and his people.

The word of the Lord.
Thanks be to God.

PSALM — Ps 120

Response:
Our help is in the name of the Lord who made heaven and earth.

1. I lift up my eyes to the mountains:
from where shall come my help?
My help shall come from the Lord
who made heaven and earth. **(R.)**

2. May he never allow you to stumble!
Let him sleep not, your guard.
No, he sleeps not nor slumbers,
Israel's guard. **(R.)**

3. The Lord is your guard and your shade;
at your right hand he stands.
By day the sun shall not smite you
nor the moon in the night. **(R.)**

4. The Lord will guard you from evil,
he will guard your soul.
The Lord will guard your going and coming
both now and for ever. **(R.)**

SECOND READING — 2 Tm 3:14-4:2

A reading from the second letter of St Paul to Timothy.

You must keep to what you have been taught and know to be true; remember who your teachers were, and how, ever since you were a child, you have known the holy scriptures - from these you can learn the wisdom that leads to salvation through faith in Christ Jesus. All scripture is inspired by God and can profitably be used for teaching, for refuting error, for guiding people's lives and teaching them to be holy. This is how the man who is dedicated to God becomes fully equipped and ready for any good work.

Before God and before Christ Jesus who is to be judge of the living and the dead, I put this duty to you, in the name of his Appearing and of his kingdom: proclaim the message and, welcome or unwelcome, insist on it. Refute falsehood, correct error, call to obedience - but do all with patience and with the intention of teaching.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia! May the Father of our Lord Jesus Christ enlighten the eyes of our mind, so that we can see what hope his call holds for us. Alleluia!

GOSPEL — Lk 18:1-8

A reading from the holy Gospel according to Luke.

Jesus told his disciples a parable about the need to pray continually and never lose heart. 'There was a judge in a certain town' he said 'who had neither fear of God nor respect for man. In the same town there was a widow who kept on coming to him and saying, "I want justice from you against my enemy!" For a long time he refused, but at last he said to himself, "Maybe I have neither fear of God nor respect for man, but since she keeps pestering me I must give this widow her just rights, or she will persist in coming and worry me to death." '

And the Lord said, 'You notice what the unjust judge has to say? Now will not God see justice done to his chosen who cry to him day and night even when he delays to help them? I promise you, he will see justice done to them, and done speedily. But when the Son of Man comes, will he find any faith on earth?'

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH

**I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,**

(all bow during the next three lines)

**and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.**

**For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.**

**I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.**

PRAYER OVER THE OFFERINGS

Grant us, Lord, we pray,
a sincere respect for your gifts,
that, through the purifying action of your grace,
we may be cleansed by the very mysteries we serve.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

**Behold, the eyes of the Lord
are on those who fear him,
who hope in his merciful love,
to rescue their souls from death,
to keep them alive in famine.**

PRAYER AFTER COMMUNION

Grant, O Lord, we pray,
that, benefiting from participation in heavenly things,
we may be helped by what you give in this present age
and prepared for the gifts that are eternal.
Through Christ our Lord.
Amen.

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Concordat cum originali: + Eamon Martin Archbishop of Armagh. Commentary by Fr. Gerry Moloney CSsR. The English translation of the entrance and communion antiphons, the opening prayers, prayers over the gifts, gloria, creed, and prayers after communion from The Roman Missal, © 2010 International Commission of English in the Liturgy Corporation. Jerusalem Bible version of the scriptures copyright: Darton, Longman & Todd Ltd., and Doubleday & Co. Inc. Responsorial psalms are copyright The Grail and/or Geoffrey Chapman Ltd. Published in Ireland by Redemptorist Communications (www.redcoms.org); Published in the UK by Redemptorist Publications (www.rpbooks.co.uk)

Redemptorist Communications

29TH SUNDAY IN ORDINARY TIME

Sunday Message

THE WORD

Year C • 19 October 2025 • Colour: Green • Psalter Week 1

KEEP ON PRAYING

LK 18:1-8

The widow is persistent. She won't give up. She keeps asking the judge for justice, even though it is clear he's not interested in her case. After all, he is an unjust judge who has no fear of God and no respect for people. The pleadings of a mere widow cut no ice with him.

But she won't leave him alone. She won't desist. The woman wants justice and she's determined to get it. Maybe she's being cheated out of her inheritance, or is being abused in some way, but whatever the reason she is utterly convinced she has right on her side.

And then the judge gives in, not because he is interested in justice or moved with compassion, but because he's afraid of her. When he says that the widow will 'worry him to death,' what the Greek text literally says is: 'she will hit me under the eye.' In other words, the judge who neither fears God nor respects people grants her request because he is scared the widow will give him a black eye.

The message of the parable is this: Prayer isn't simply saying pious words. Like the persistent widow, we can't be content merely to pray for whatever it is we seek, we must actively seek it. ■

SAY

"Lord, help me to never lose heart. Help me to trust in you at all times. Amen."

DO

Look at your prayer life. Why do you pray? How often do you pray?

LEARN

The Christian knows the importance of prayer

The Christian knows that God is close to him or her

PRAY

Today is Mission Sunday. Pray for the Church's missionary work throughout the world and for missionaries everywhere.

REFLECT

Many years ago, a Redemptorist colleague offered three tips on how to pray that I have never forgotten.

The first is this: Pray the way you can – not the way you can't. There are lots of different ways to pray and different forms of prayer. Use the method that suits you best. Some pray the rosary. Some recite prayers they learned by rote as children. Others like meditation or lectio divina or eucharistic adoration or spiritual reading.

The point is, there is no right or wrong way to pray. All that is important is that you do pray. So, pray the way you can – not the way you can't.

Second tip: Say what you mean. In other words, be honest with God. Honesty and frankness are essential in any relationship, and it's the same with our relationship with God. If you feel angry with God, let it out. If you're full of joy, let it show. If you feel anxious or upset about something, express it. If you feel bored, express that, too.

The Book of Job is a wonderful example of honesty in prayer. Job feels so upset, bewildered, angry over the undeserved misfortune that has befallen him, and he lets God know it in no uncertain terms. He is not afraid to tell God exactly how he feels. In Gethsemane, Jesus, full of raw emotion, cries out to God in his pain and anguish. He doesn't hold back. The Book of Psalms contains prayers for almost every occasion. So, tip two: Say what you mean. Whatever it is you want to say to God, say it.

Third tip: Mean what you say. There are two aspects to meaning what you say. First, to really think about what you're saying. There is a danger when we pray that we go through the motions. We rattle off a prayer without really focusing on the words. It's easy to get distracted. It happens to me all the time. I start to pray and before I know it, I'm planning tomorrow's work schedule or wondering about a meeting I have that afternoon, or how well Liverpool will do in the Premier League next season. Distractions, failure to concentrate, are a constant challenge to prayer. When it happens just refocus, and get back on track.

The second aspect to this third tip is this: Practice what you pray; live what you profess. When we pray the Our Father and say the words 'as we forgive those who trespass against us' – the challenge is to forgive those who trespass against us. The challenge is to do what we say, to make good what we pray.

When we gather around the Eucharistic table in praise and thanks and pledge to serve our brothers and sisters as one family united in love, then that it what we must try to do. We go from church to world to try to live what we profess. So, tip three: when you pray, mean what you say.

These three tips are easy to remember. The challenging bit is to try to put them into practice. ■