several different religions and many who are atheists or are agnostic. Jesus Christ, the Son of God and Second Person of the Trinity is the only way to the Father for the believer and this needs to be reaffirmed by all believers. Jesus had a close personal relationship with God, evidenced by His frequent use of the word "Father" to Himself. He regularly prayed to His Father and taught His disciples to pray "Our Father". He lived a life without sin: His fellowship with the Father was only broken temporarily, when He took the whole weight of sin upon Himself on the Cross, before He died. He was resurrected on the third day and now reigns gloriously in heaven with the Father.

-Jane Stilling.

Entrance antiphon: All peoples, clap your hands. Cry to God with shouts of joy!

First Reading: 2Kings 4:8-11, 14-16

Responsorial Psalm: 88. Response: I will sing for ever of your love, O Lord.

Second Reading: Romans 6:3-4, 8-11

Gospel Acclamation: Alleluia, alleluia! Open our heart, O Lord,

to accept the words of your Son. Alleluia!

Gospel: Matthew: 10: 37-42

Memorial Acclamation: Save us, Saviour of the world, for by

your Cross and Resurrection you have set us free.

Communion Antiphon: Bless the Lord, O my soul, and all within me, his holy name.

"In the end, even the "yes" to love is a source of suffering, because love always requires expropriations of my "I", in which I allow myself to be pruned and wounded. Love simply cannot exist without this painful renunciation of myself, for otherwise it becomes pure selfishness and thereby ceases to be love."— Pope Benedict XVI





Thirteenth Sunday in Ordinary Time

Cycle A, 2023 Weekly Reflection: 5) "I am the way, the truth and the life" (Gospel of St John ch 14 v6) This is the fifth illustration of the Person of Jesus in

the Gospel of St John. The verse in its entirety reads "I am the way, the truth and the life, No-one comes to the Father except through me". Jesus made this statement after comforting his disciples by saying that He was going to prepare a place for them, that He would come back for them, so that they could be with Him. Jesus said He was the way to the Father: the word Way is mentioned six times in the Book of Acts, as early Christians were called followers of the Way (capital W).

Jesus emphasised the importance of speaking the truth. In St John's Gospel, there are more than forty-five references to truth, more than in any other book of the Bible: for example in John ch8 v31-32 it reads "Jesus said If you hold to my teaching, you are really my disciples. Then you will know the truth and the truth will set you free". Satan is depicted as the antithesis of truth. In John ch8 v44, Satan is described as a liar and the father of lies. In addition, Jesus reiterated to His disciples the importance of testing the truth and teaching the truth. There are thirty-three references to life in the Gospel of St John, sometimes in the single word life, as in John ch10 v10, when Jesus says "I have come that they may have life and have it to the full" or as the words eternal life. The most famous verse mentioning this is John ch3 v16, which reads "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." This means that the believer in Jesus Christ can have a fulfilling life on this earth, before proceeding to heaven, so being victorious over death.

In the second part of John ch14 v6, when Jesus says that no-one comes to the Father except through Him, He is making a very exclusive statement, which is contrary to much of the thinking in this world's system, which purports that all faiths lead to God. In twenty-first century Britain, there are