



We acknowledge the traditional custodians of this land and pay our respects to their Elders past, present and emerging.

30th Sunday in Ordinary Time – Year A Secondary

“The Greatest Commandment”

WE GATHER

God of Great Love;
You have loved us from the very beginning
and will continue to love us until the very end.
Help us to live Your love in the way we worship You,
treat others and treat ourselves.
We make this prayer in Jesus’ name.
Amen.

WE LISTEN

A reading from Matthew (22:34-40)

After Jesus had made the Sadducees look foolish, the Pharisees heard about it and got together. One of them was an expert in the Jewish Law. So he tried to test Jesus by asking, “Teacher, what is the most important commandment in the Law?”

Jesus answered:

Love the Lord your God with all your heart, soul, and mind. This is the first and most important commandment. The second most important commandment is like this one. And it is, “Love others as much as you love yourself.” All the Law of Moses and the Books of the Prophets are based on these two commandments.



For courage,
to show kindness and
understanding to those we don’t
get along with.
Lord, hear us.

For hope and trust,
that our compassion will inspire
kindness in others.
Lord, hear us.

For faith,
that we are loved just as we are.
Lord, hear us.

For our own needs...
Lord, hear us.



Living FAITH

WE REFLECT

It seems pretty easy for Jesus to say "love others as much as you love yourself", but Jesus didn't say that in 2020 while living in the age of social media, or during a time when societal pressures to act, look or be a certain way has never greater. The love of "self" for some is far more difficult to achieve than love for others. Kindness and compassion can at times be so much easier to offer with an outstretched hand rather than when it is focused inward.

What can be so easy to forget sometimes is that underneath all the white noise the world is constantly filling your head with, is the constant, never changing, never ending, quiet whisper of the unconditional love of God. God doesn't love you because of anything you say or do... God loves you just **because**. Just because you are **you**.

Close your eyes. Take a moment to think of all the different aspects of you that God loves. What can you do today, tomorrow and well into the future to love yourself as much as God loves you?

WE ARE SENT FORTH

Jesus,
You taught us to love others in the same way You love us.
Help us to love ourselves as you love, so that we can in turn
share that love with everyone around us.
In times of self doubt, help us to know Your voice,
as we listen to the Good News and proclaim it for others.
We make this prayer in the name of Jesus, Son of the Living God.
Amen.

***In the name of the Father, the Son and the Holy Spirit.
Amen.***

"Life with Christ is a wonderful adventure"

- St. John Paul II

Hands by Lina Trochez
Licensed under Creative Commons Zero (CC0) via <https://unsplash.com/photos/ktPKyUs3Qjs> Scripture quotations taken
from the New International Reader's Version (CEV)