

Readings: Feria

First Reading: Col 1:21-23

Brothers and sisters:
You once were alienated and hostile in mind because of evil deeds;
God has now reconciled you
in the fleshly Body of Christ through his death,
to present you holy, without blemish,
and irreproachable before him,
provided that you persevere in the faith,
firmly grounded, stable,
and not shifting from the hope of the Gospel that you heard,
which has been preached to every creature under heaven,
of which I, Paul, am a minister.

Responsorial Psalm: Ps 54:3-4, 6 and 8

R (6) God himself is my help.

O God, by your name save me,
and by your might defend my cause.
O God, hear my prayer;
hearken to the words of my mouth.
R God himself is my help.

Behold, God is my helper;
the Lord sustains my life.
Freely will I offer you sacrifice;
I will praise your name, O LORD, for its goodness.
R God himself is my help.

Gospel Reading: Lk 6:1-5

One Sabbath Jesus was going through the corn fields and his disciples began to pick heads of grain crushing them in their hands for food. Some of the Pharisees asked them, "Why do you do what is forbidden on the Sabbath?" Then Jesus spoke, "Have you never read what David did when he and his men were hungry?" He entered the house of God, took and ate the bread of the offering and even gave some to his men, though only priests are allowed to eat that bread." And Jesus added, "The Son of Man is Lord and rules over the sabbath."

