

## COLLECT

Almighty God,  
who called your Church to bear witness  
that you were in Christ reconciling the  
world to yourself:  
help us to proclaim the good news of  
your love,  
that all who hear it may be drawn to  
you;  
through him who was lifted up on the  
cross,  
and reigns with you in the unity of the  
Holy Spirit,  
one God, now and for ever.

## FIRST READING

**Deuteronomy 4:1-2. 6-9**

*A reading from the book of  
Deuteronomy.*

Moses spoke to the people; he said:  
So now, Israel, give heed to the statutes  
and ordinances that I am teaching  
you to observe, so that you may live  
to enter and occupy the land that the  
LORD, the God of your ancestors,  
is giving you. You must neither add  
anything to what I command you nor  
take away anything from it, but keep  
the commandments of the LORD your  
God with which I am charging you. You  
must observe them diligently, for this  
will show your wisdom and discernment  
to the peoples, who, when they hear  
all these statutes, will say, "Surely this  
great nation is a wise and discerning  
people!" For what other great nation  
has a god so near to it as the LORD our  
God is whenever we call to him? And  
what other great nation has statutes  
and ordinances as just as this entire law  
that I am setting before you today? But  
take care and watch yourselves closely,  
so as neither to forget the things that  
your eyes have seen nor to let them slip  
from your mind all the days of your life;  
make them known to your children and  
your children's children.

## PSALM Psalm 15

**R** *Through the greatness of your  
mercy, I will come into your house.*

Lord, who may dwell in your  
tabernacle?  
Who may rest upon your holy hill?

Whoever leads an uncorrupt life  
and does the thing that is right; **R**

Who speaks the truth from the heart  
and bears no deceit on the tongue;  
Who does no evil to a friend  
and pours no scorn on a neighbour; **R**

In whose sight the wicked are not  
esteemed,  
but who honours those who fear the  
Lord.

Whoever has sworn to a neighbour  
and never goes back on that word; **R**

Who does not lend money in hope of  
gain,  
nor takes a bribe against the innocent;  
Whoever does these things  
shall never fall. **R**

## SECOND READING James 1:17-end

*A reading from the letter of James.*

Every generous act of giving, with every  
perfect gift, is from above, coming  
down from the Father of lights, with  
whom there is no variation or shadow  
due to change. In fulfilment of his own  
purpose he gave us birth by the word  
of truth, so that we would become a  
kind of first fruits of his creatures. You  
must understand this, my beloved: let  
everyone be quick to listen, slow to  
speak, slow to anger; for your anger  
does not produce God's righteousness.  
Therefore rid yourselves of all sordidness  
and rank growth of wickedness, and  
welcome with meekness the implanted  
word that has the power to save your  
souls. But be doers of the word, and not  
merely hearers who deceive themselves.  
For if any are hearers of the word and  
not doers, they are like those who look  
at themselves in a mirror; for they look  
at themselves and, on going away,  
immediately forget what they were like.  
But those who look into the perfect law,  
the law of liberty, and persevere, being  
not hearers who forget but doers who  
act – they will be blessed in their doing.  
If any think they are religious, and do  
not bridle their tongues but deceive  
their hearts, their religion is worthless.  
Religion that is pure and undefiled  
before God, the Father, is this: to care  
for orphans and widows in their distress,

and to keep oneself unstained by the  
world.

## GOSPEL Mark 7:1-8. 14-15. 21-23

*Hear the gospel of our Lord Jesus  
Christ according to Mark.*

When the Pharisees and some of the  
scribes who had come from Jerusalem  
gathered around Jesus, they noticed  
that some of his disciples were eating  
with defiled hands, that is, without  
washing them. (For the Pharisees, and  
all the Jews, do not eat unless they  
thoroughly wash their hands, thus  
observing the tradition of the elders;  
and they do not eat anything from the  
market unless they wash it; and there  
are also many other traditions that they  
observe, the washing of cups, pots,  
and bronze kettles.) So the Pharisees  
and the scribes asked him, "Why do  
your disciples not live according to  
the tradition of the elders, but eat  
with defiled hands?" Jesus said to  
them, "Isaiah prophesied rightly about  
you hypocrites, as it is written, 'This  
people honours me with their lips, but  
their hearts are far from me; in vain  
do they worship me, teaching human  
precepts as doctrines.' You abandon  
the commandment of God and hold to  
human tradition." Then he called the  
crowd again and said to them, "Listen  
to me, all of you, and understand:  
there is nothing outside a person that  
by going in can defile, but the things  
that come out are what defile. For it is  
from within, from the human heart, that  
evil intentions come: fornication, theft,  
murder, adultery, avarice, wickedness,  
deceit, licentiousness, envy, slander,  
pride, folly. All these evil things come  
from within, and they defile a person."

## POST COMMUNION

God our creator,  
you feed your children with the true  
manna,  
the living bread from heaven:  
let this holy food sustain us through  
our earthly pilgrimage  
until we come to that place where  
hunger and thirst are no more;  
through Jesus Christ our Lord.

