The first reading and the gospel are linked by the theme of hospitality. Ever ready and gratuitous hospitality is a sign of service to our neighbours. The kind generosity shown by Abraham towards his visitors is a good example. The story of Martha and Mary stresses that service, even service to Christ, cannot be separated from hearing his word. St Paul is a model of service to his fellows. This is what we might take away from the second reading.

**Entrance Antiphon:** See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O LORD, for it is good.

**1st Reading:** Genesis 18:1-10a “Lord, do not pass by your servant.”

**Responsorial Psalm:** Ps 15: 2-3a.3bc-4ab.5 (R.1a) Lord, who may abide in your tent.

**2nd Reading:** Colossians 1:24-28 “The mystery hidden for ages but now made manifest to his saints.”

**Gospel Acclamation**

V. Alleluia. **R.** Alleluia.

V. Blessed are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience.

**R.** Alleluia.

**Gospel:** Luke 10:38-42 “Martha received him. Mary has chosen the good portion.”

**Communion Antiphon:**
The LORD, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.
Today we hear of the hospitality that was given to the three men in the first reading and to Jesus in the gospel reading. In the first reading Abraham and Sarah are welcoming three mysterious visitors. To show their hospitality they offered their visitors water to wash their feet and food to feed their hungry stomachs and drink to quench their thirst. In the gospel reading it is Mary and Martha who are receiving Jesus. Martha took her time to prepare food whilst Mary took her time sitting at the feet of Jesus listening to his teaching.

There are quite a number of things to reflect on in these two readings. The story of Martha and Mary is so familiar. We have heard and seen so many people being referred to as either Mary or Martha depending on what they will be doing. Reflecting on the two one can realise that none of them was doing any wrong. Martha chose to minister to Jesus by preparing for the food. On the other hand Mary chose to be ministered to by Jesus by being fed by the word of God. Martha seem not to be happy with what Mary is doing. In her mind she thought that Mary should be helping her. Jesus intervened and told Martha that Mary had chosen the greatest of all the things. Jesus is not saying cooking was nothing but he is saying listening to the word of God is better. Reflecting deeper on this we learn that we all make choices in life but what we choose we should do without complaining or grumbling just like what Martha is doing. Secondly we learn that in all the choices that we make there are some which are better than others. What do we prioritize in life?

In the first reading we see Abraham and Sarah also offering a gesture of hospitality. What is of more importance to note is that they too had to do the serving of food but above all to wait upon these men as they were eating. In Abraham we see kind of striking of a balance. We learn that all need to be done but at different times. Let us take time to be hospitable and also to listen to sit at the feet of the Lord.

**Points of Reflection**

- As we have seen the need for caring for the needs of a visitor; how do we practise hospitality in our own lives?
- If Jesus was to speak to you today, what burdens and anxieties would he tell you to let go?
- What have you done so far to find more time in your daily life sitting at the feet of Jesus?
PLEASE PRAY FOR, VISIT, CALL OUR SICK

Tinashe Kantamingo, Mbuya Washaya Ashleigh Calcina John Bhika, Clare Umalley, Tendai Musungate, Jamal Cooney, Fr. Hilary Steblecki OFM, Diane Cutler, Myle Bhika, Anastacia Fernandes, Modi Dick Louis Muchenje, Cecilia Mandaza, Edwin Carr, Mr. Mhlanga, Mr. Mashapure, Mr. Madzara, Grace Pfute, Vongai Pfute, Winnie Fernando, Odetta Mavura, Joseph Chiundiza, John Vincent Chirimanzi, Evaristo Chabuka, Hawa Kassire, Laure Marie Bunze, Margaret Mahdoo, Mr. & Mrs. Leroux, Sr. Caterina Savini, Eveline Mhlanga, Gogo Matibiri, Constantine Chikombe, Felicia Adelaite Raftopoulos, Monique Adams, Betty Chitsumba, and all the Sick

NOTICES:

1. The Administrator is still appealing for Bond Paper and Altar Wine. The Bond Paper and Altar Wine can be left in Mrs. Kanengoni’s Office.

2. All girls interested in becoming Altar Servers may please kindly see the Altar Servers Mass Coordinator Thomas Elephant or Ray Garwe for registration soon after the Masses in the Altar Servers Changing Room.

3. Harare Dunhu ArchZvita Council will be holding Seminarians Mubatanidzwa on Saturday 27th July 2019 at the Catholic University starting at 8:30am ending at 4:30pm. This is to raise School Fees and the Upkeep of Seminarians. All Parishioners are encouraged to attend and support this fundraising initiative. Parishioners who are willing to pay school fees and the upkeep of Seminarians are welcome to see the Administrator for more information.

4. The 2019 Archdiocese of Harare Priestly & Diacone Ordination will take place on 3rd August 2019 at Seke Teacher’s College starting at 9:00am. We are all encouraged to go and support our new Priests.

5. Please kindly make note of our Ecocash Biller Code in the Bulletin should you need to pay offertory or other payments.

6. There will be a Youth Mass to focus on Vocations. Date: Sunday 28 July 2019. Venue: Jubilee Hall. Time: 8am. The purpose of this Mass is to create a platform for our young people to interact with different religious congregations and those in marriage life. All the young people from all communities are obliged to attend this Mass. There will be refreshments after Mass. All parents and guardians are encouraged to support this noble cause. Choir practice shall be held today after 8am Mass to prepare for this Mass.

7. Parents whose children were baptized are requested to check their photos with the media team after Mass.

Day/Date | Readings | Mass Timetable
---|---|---
Mon 22 July | St. Mary Magdelene (F) GL, CR | 9.00am (E) | 1.05pm (E) | 5.30pm (S)
 tide, Religious (m*) | Exod. 14:21-15:1, Mt. 12:46-50 | 9.00am (E) | 1.05pm (E) | 5.30pm (S)
Wed 24 July | St. Sharbel Makhluf (m*), Exod. 16:1-5.9-15, Mt. 13:1-9 | 9.00am (E) | 1.05pm (E) | 5.30pm (S)
Thu 25 July | St. James (F) GL, CR, 2Cor. 4:7-15, Mt.20:20-28 | 9.00am (E) | 1.05pm (E) | 5.30pm (S)
Fri 26 July | Ss. Joachim & Anne (m), Exod. 20:1-17, Mt.13:18-23 | 9.00am (E) | 1.05pm (E) | 5.30pm (S)
Sat 27 July | Exod. 24:3-8, Mt. 13:24-30 | 9.00am (E) | 5.30pm (E)
Sun 28 July | 17th SUNDAY IN ORDINARY TIME GL, CR I | 07:00 (E) | 08:00 (S) | 08:00 (Youth Mass) | 09:00 (Children’s Mass) | 10:00(E) | 11.30am (S) | 13:00 (F/P) | 17:30(E)

To all visitors: We welcome you to the Cathedral of the Sacred Heart of Jesus. It is wonderful to have you today. For more information please visit the Liturgy Information desk on Sundays after morning Masses at the tent outside the main entrance of the church or visit the Repository.

Choir Roster

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<thead>
<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Group</th>
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<tbody>
<tr>
<td>Sunday 21 July</td>
<td>8:00am</td>
<td>Parish Choir</td>
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<td>11:30am</td>
<td>Maria Hosi Yedonga &amp; St. Joseph</td>
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<tr>
<td>Sunday 28 July</td>
<td>8:00am</td>
<td>Youth &amp; Vocations</td>
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<td>11:30am</td>
<td>Parish Choir</td>
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<tr>
<td>Sunday 4 August</td>
<td>8:00am</td>
<td>Parish Choir</td>
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<td>11:30am</td>
<td>Districts 1 &amp; 2</td>
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<td>Mid wk 22-26 July</td>
<td>5:30pm</td>
<td>St Anthony</td>
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<td>Mid wk 29 July-2 August 2019</td>
<td>5:30pm</td>
<td>Ss Bhakita &amp; Raphael</td>
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<td>Mid wk 5-9 August 2019</td>
<td>5:30pm</td>
<td>Ss Claire &amp; Theresa Ruva Duku</td>
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Our priests are some of the hardest working members of the Church. The typical priest works every weekend and holiday, lives in the same building as their office, not to mention they’re being asked to care of more souls and take on more responsibilities and roles than ever before. We asked a few parish how we could best let them know we’re thankful for them and all the work they do for us. In no particular order:

1. Pray for Your Priests
   “The most important thing a parishioner can do for his/her priest is pray for them. We are always praying for someone, even required to offer a Mass every Sunday and Holy Day of Obligation on behalf of our parishioners. It’s just good to know that they pray for us everyday.”

2. Celebrate Their Special Days
   “Celebrating the priest’s birthday and ordination day are good thoughts, too.”

3. Offer to Help
   “Don’t wait to be asked! Priests are ordained to give, and it’s hard for us to ask for things.”
   “Volunteer your time to the parish as a sign of support and service.”
   “Consider increasing your tithe to show your support for the parish and priest.”

4. Go to Mass and/or Confession
   “Nothing will make a priest happier.”

5. Write Them a Note Expressing Your Gratitude
   “A note, especially to a priest with whom you’ve lost touch, letting him know how his priesthood impacted your life - and that you’re still with the program - means a lot.”
   “Simple notes mean a great deal to priests these days. Things like notes of appreciation after funerals and weddings a simple compliment after a well prepared homily.”

6. Say Thank You
   “Even something as simple as saying to the priest after confession "Thank you for your ministry and I will pray for you" can mean a great deal.”
   “Make a video asking random parishioners one thing they would like to thank Fr. for.”

7. Let Him Know You Have His Back
   “When you witness a situation when someone is being rude to a priest, let him know that you noticed and express compassion.”

8. Establish a Relationship
   “Say hello before telling him what’s wrong.”

9. Have Realistic Expectations and Be Helpful
   “He’s probably not a plumber, so don’t expect him to fix the leaky pipe. But definitely do ask him if he knows it’s leaking.”
   “Always assume good will. Offering feedback is helpful, but criticism and complaint given without humility and sincere love is draining after a while.”

10. Give Him Space
    “Sometimes it's good to be just left alone, too. Stay away from what is called "unkind kindness" which is assuming Father is (Lonely, depressed, stressed, anxious, etc) when sometimes he needs to just blow off some steam.”

11. Invite Him Over
    “It's nice when people think to invite me to family gatherings: special birthdays or anniversary celebrations, holiday dinners (even though I usually decline because I'm with my own family - it's nice to be invited).”

12. Don't Be a “Priest Collector”
    “Don’t think that you have to have the priest over every Sunday. Don't expect to be the priest's friend - he is your pastor and he needs to keep things professional. Don't brag to fellow parishioners how "Close you guys are" as then that creates animosity or jealousy and THAT stresses the priest out.”

13. Strive for Holiness
    “Ultimately, being the saint God desires them to be! There’s nothing more exciting for a priest than witnessing holiness in the lives of the people to whom he ministers; not only is that an experience of grace that his labor is bearing fruit but it’s also tremendously edifying in his own pursuit of holiness.”

I hope this list has inspired you to do something for our priests. Remember, each priest has his own preferences and ways that make him feel appreciated. Every priest I contacted mentioned a well-thought, meaningful letter or card mentioning specific ways he helped you. Maybe that’s a great place to start. No matter what you do, let’s make sure we let our priests know just how much we care for them. Feel free to add additional ways or creative takes on the above.