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**READINGS AND REFLECTION  
FOR THE 30th SUNDAY IN ORDINARY TIME**

<http://cms.usccb.org/bible/readings/092720.cfm>

**A READING FROM THE BOOK OF EXODUS 22: 20-26**



Thus says the LORD:  
"You shall not molest or oppress an alien,  
for you were once aliens yourselves in the land of  
Egypt.  
You shall not wrong any widow or orphan.  
If ever you wrong them and they cry out to me,  
I will surely hear their cry.  
My wrath will flare up, and I will kill you with the sword;  
then your own wives will be widows,  
and your children orphans.

"If you lend money to one of your poor neighbours among my people,  
you shall not act like an extortioner toward him  
by demanding interest from him.  
If you take your neighbour's cloak as a pledge,  
you shall return it to him before sunset;  
for this cloak of his is the only covering he has for his body.  
What else has he to sleep in?  
If he cries out to me, I will hear him; for I am compassionate."

The Word of the Lord.

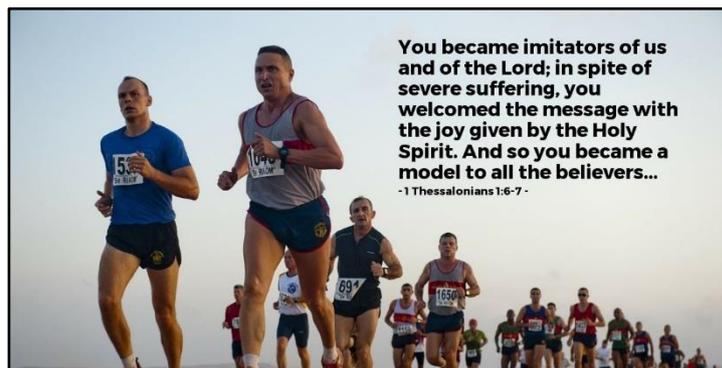
**RESPONSORIAL PSALM PS 17: 2-4 47, 51**

I love you, O LORD, my strength,  
O LORD, my rock, my fortress, my deliverer.  
My God, my rock of refuge,  
my shield, the horn of my salvation, my stronghold!  
Praised be the LORD, I exclaim,  
and I am safe from my enemies.  
**I LOVE YOU, LORD, MY STRENGTH.**

The LORD lives and blessed be my rock!  
Extolled be God my saviour.  
You who gave great victories to your king  
and showed kindness to your anointed.  
**I LOVE YOU, LORD, MY STRENGTH.**

## **A READING FROM PAUL'S FIRST LETTER TO THE THESSALONIANS 1:5-10**

Brothers and sisters:  
You know what sort of people  
we were among you for your sake.  
You became imitators of us  
and of the Lord,  
receiving the word in great affliction,  
with joy from the Holy Spirit,  
so that you became a model  
for all the believers  
in Macedonia and in Achaia.



For from you the word of the Lord has sounded forth  
not only in Macedonia and in Achaia,  
but in every place your faith in God has gone forth,  
so that we have no need to say anything.

For they themselves openly declare about us  
what sort of reception we had among you,  
and how you turned to God from idols  
to serve the living and true God  
and to await his Son from heaven,  
whom he raised from the dead:  
Jesus, who delivers us from the coming wrath.

The Word of the Lord.

All you who love me will keep my words,  
and my Father will love them and we will come to them. Jn 14:23

## A READING FROM THE GOSPEL ACCORDING TO MATTHEW 22: 34-40

When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, and one of them, a scholar of the law tested him by asking, "Teacher, which commandment in the law is the greatest?"

He said to him,  
"You shall love the Lord, your God,  
with all your heart,  
with all your soul,  
and with all your mind.  
This is the greatest and the first commandment.

The second is like it:  
You shall love your neighbour as yourself.  
The whole law and the prophets depend on these two commandments."

The Gospel of the Lord.



## REFLECTION

Google *Social Justice Statement Aust. Bishops 2020 MENTAL HEALTH IN AUSTRALIA TODAY*  
Key ideas in the final section ***We are all in this together.***

Our care for the most vulnerable, disadvantaged, pushed aside and for victims falling through the gaps tests our commitment to the Common Good.

**First Nations people and communities need health services which address** intergenerational trauma, social and economic disadvantage, self-harm and incarceration. Elders called for Indigenous input into decisions which affect their communities (*Statement of the Heart 2017*), a call yet to be answered in a spirit of national solidarity.

COVID-19 makes clear **we are one human family regardless of nationality or visa status.** Breaching international human rights, Australia has detained in inhuman conditions over 4000 asylum seekers and refugees, some for up to seven years, to send a message to people traffickers. **This \$1 billion per annum policy breaks their spirits, and does the rest of us spiritual harm.**

As a Church and society, let us respond to each person in his/her context. How might contextual factors contribute to if not cause a person's ill-health?

**We Bishops say sorry for the Catholic Church's complicity** in the removal of Indigenous children from their families and to all the survivors of childhood institutional abuse and their families. We commit to advocate for humane, just treatment of asylum seekers, refugees and humanitarian entrants. **The suffering of victims challenges us all to work for change.**

