

Sunday Readings

9th August 2026

Collect

Almighty ever-living God,
whom, taught by the Holy Spirit,
we dare to call our Father,
bring, we pray, to perfection in our hearts
the spirit of adoption as your sons and daughters,
that we may merit to enter into the inheritance
which you have promised.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit, one God, for ever and ever.

FIRST READING

A reading from the first book of the Kings
19:9,11-13

In those days: Elijah reached Horeb, the mount of God. There he came to a cave and lodged in it. And behold, the word of the LORD came to him. And he said, 'Go out and stand on the mount before the LORD.' And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

The word of the Lord. *Thanks be to God.*

Responsorial Psalm

Psalm 84:9-14 R/. v.8

R/. Let us see, O Lord, your mercy, and give us your saving help.

I will hear what the Lord God has to say,
a voice that speaks of peace.
His help is near for those who fear him
and his glory will dwell in our land. **R/.**

Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven. **R/.**

The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps. **R/.**



SECOND READING

A reading from the letter of St Paul
to the Romans

9:1-5

Brothers and Sisters: I am speaking the truth in Christ. I am not lying. My conscience bears me witness in the Holy Spirit — that I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my brothers and sisters, my kinsmen according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises. To them belong the patriarchs, and from their race, according to the flesh, is the Christ, who is God over all, blessed for ever. Amen.

The word of the Lord. *Thanks be to God.*

Gospel Acclamation

Psalm 130(129):5

Alleluia, alleluia.
I long for you, O LORD,
my soul longs for his word.
Alleluia.

GOSPEL

Matthew 14:22-33

The Lord be with you. *And with your Spirit.*

A reading from the holy Gospel according to Matthew.
Glory to you, O Lord.

After the crowd had eaten and were satisfied: Immediately Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, and said, 'It is a ghost!' and they cried out in fear. But immediately Jesus spoke to them, saying, 'Take heart; it is I. Do not be afraid.' And Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat and walked on the water and came to Jesus. But when he saw the wind, he was afraid, and beginning to sink he cried out, 'Lord, save me.' Jesus immediately reached out his hand and took hold of him, saying to him, 'O you of little faith, why did you doubt?' And when they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

The Gospel of the Lord,
Praise to you, Lord Jesus Christ.

The Nineteenth Sunday in Ordinary Time

Lectionary Year A

The Word of God

Saint of the Week

Wednesday 12 August 2026

St Jane Frances de Chantal
(1572 -1641)

"If Peter had not taken the risk, he would never have learnt the meaning of faith. The road to faith passes through obedience to the call of Jesus. Unless a definite step is demanded, the call vanishes into thin air, and if men imagine that they can follow Jesus without taking this step, they are deluding themselves like fanatics...For faith is only real when there is obedience, never without it, and faith only becomes faith in the act of obedience." (Dietrich Bonhoeffer, *The Cost of Discipleship*, p.63-64)

"Faith is only real where there is obedience." That hurts a little. That is a little demanding of God don't you think? Surely there is a way I can have faith in God and not have to obey him all the time. There has to be a way I can skirt that issue or at least amend it. God is demanding a lot if "faith is only real where there is obedience." Cannot I not simply believe and that be good enough for God?

When Peter gets out of the boat he is being obedient to Christ's calling. Peter wanted to do everything that Jesus did, like a good student of a rabbi. He hears the call, "Come," and leaves the comfort of the boat.

Bonhoeffer's words hurt but they are true. Faith without obedience is not faith. We can believe in Christ but if we are not willing to follow Christ's call our faith is null and void. If we ignore the calling that Christ is laying on our hearts, our faith has become useless. To get the full sense, power and purpose of faith, we have to take it out of the closet, dust it off, and use it by being obedient to the one who is calling us.

Prayer of the Week

A Prayer of St Francis de Sales

Do not look forward to the changes and chances of this life with fear. Rather, look to them with full confidence that, as they arise, God to whom you belong will in his love enable you to profit by them. He has guided you thus far in life, do you but hold fast to his dear hand, and he will lead you safely through all trials. Whenever you cannot stand, he will carry you lovingly in his arms.

Do not look forward to what may happen tomorrow. The same eternal father who takes care of you today will take care of you tomorrow, and every day of your life, either he will shield you from suffering or he will give you unfailing strength to bear it. Be at peace then, and put aside all useless thoughts, all vain dreads and all anxious imaginations. Amen.

Jeanne Frances Fremiot was born in Dijon, France on January 18th, 1572, the daughter of the royalist President of the Parliament of Burgundy. She married the Baron de Chantal when she was 20 and then lived in the feudal castle of Bourbilly. Baron de Chantal was accidentally killed while out shooting in 1601. Left a widow at twenty-eight, with four children, the broken-hearted baroness took a vow of chastity. Chantal gained a reputation as an excellent manager of the estates of her husband while also providing alms and nursing care to needy neighbours.

During Lent in 1604, Jeanne met Saint Francis de Sales, the bishop of Geneva who was preaching at



the Sainte Chapelle in Dijon. They became close friends, and de Sales became her spiritual director. With his support, and that of her father and brother (the Archbishop of Bourges), and

after providing for her children, she left for Annecy, to start the Congregation of the Visitation.

The Congregation of the Visitation was canonically established at Annecy on Trinity Sunday, 6 June, 1610. The order accepted women who were rejected by other orders because of poor health or age. During its first eight years, the new order was also unusual in its public outreach, in contrast to most female religious who remained cloistered and adopted strict ascetic practices. When people criticized her, Chantal famously said, "What do you want me to do? I like sick people myself; I'm on their side."

Her reputation for sanctity and sound management resulted in many visits by (and donations from) aristocratic women. The order had 13 houses by the time de Sales died, and 86 before Jeanne herself died at the Visitation Convent in Moulins, aged 69. St. Vincent de Paul served as her spiritual director after de Sales' death. She was buried in the Annecy convent next to de Sales. The order had 164 houses by 1767, when she was canonized.