

## RESPONDING TO THE PSALMS – June 2026

*a project of*

*the Spirituality Committee of the Bishops' Conference of England and Wales*

We use the Sunday Responsorial Psalm as a focus for prayer and reflection during the week ahead for yourself or to share with others.

You could note your own thoughts as a possible personal journal.

Our Ordinary Time begins with a celebration of the Body and Blood of Christ which reminds us to reflect on the meaning of the Eucharistic celebration and of what it means for us to live as members of the Body of Christ in the world, the Church, founded on the apostles whose memory ends the month.

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The Liturgy guarantees for us the possibility of such an encounter [with the Risen Lord]. For us a vague memory of the Last Supper would do no good. We need to be present at that Supper, to be able to hear his voice, to eat his Body and to drink his Blood. We need Him. In the Eucharist and in all the sacraments we are guaranteed the possibility of encountering the Lord Jesus and of having the power of his Paschal Mystery reach us. The salvific power of the sacrifice of Jesus, his every word, his every gesture, glance, and feeling reaches us through the celebration of the sacraments. I am Nicodemus, the Samaritan woman at the well, the man possessed by demons at Capernaum, the paralytic in the house of Peter, the sinful woman pardoned, the woman afflicted by haemorrhages, the daughter of Jairus, the blind man of Jericho, Zacchaeus, Lazarus, the thief and Peter both pardoned. The Lord Jesus who dies no more, who lives forever with the signs of his Passion continues to pardon us, to heal us, to save us with the power of the sacraments. It is the concrete way, by means of his incarnation, that he loves us. It is the way in which he satisfies his own thirst for us that he had declared from the cross. (Jn 19:28)



*Pope Francis Desiderio Desideravi – 2022 n.11*

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**Sunday 7 June**

**Solemnity of the Most Holy Body and Blood of Christ**

**Sunday 14 June**

**11th Sunday in Ordinary Time**

**Sunday 21 June**

**12th Sunday in Ordinary Time**

**Sunday 28 June**

**Solemnity of Saints Peter and Paul, Apostles**

Sunday 7 June 2026 Solemnity of the Most Holy Body and Blood of Christ A

**Responsorial Psalm**

Ps 147: 12-13. 14-15. 19-20. ~~R~~12a

O JERUSALEM, GLORIFY THE LORD! **OR:** ALLELUIA.

O Jerusalem, glorify the LORD!

O Sion, praise your God!

He has strengthened the bars of your gates;

he has blessed your children within you.

*Let us give God glory and praise for Christ's presence in the Eucharist.*

*Let us recognise with joy how we are together members of Christ's Body, the Church,*

He established peace on your borders;

he gives you your fill of finest wheat.

He sends out his word to the earth,

and swiftly runs his command.

*Let us thank God for the peace that we enjoy and pray for all who lack peace in their own land*

*We thank God that he feeds us with the Bread of Life and sustains us with the Word of God*

He reveals his word to Jacob;

to Israel, his decrees and judgements.

He has not dealt thus with other nations;

he has not taught them his judgements.

It is important to be thankful

*How can we appreciate in prayer the privilege we have of how God has revealed himself to us?*

*We need to pray that those who do not know God may find a way to hear the gospel.*

Sunday 14 June 2026 11th Sunday in Ordinary Time A

Responsorial Psalm

Ps 100(99):1-2. 3. 5. R3c

WE ARE HIS PEOPLE, THE SHEEP OF HIS FLOCK.

Cry out with joy to the LORD, all the earth.

Serve the LORD with gladness.

Come before him, singing for joy.

*Being a Christian is a great gift; how will we rejoice in that privilege?*

*Pray that we will find a deeper joy of serving God in response to that gift.*

Know that he, the LORD, is God.

He made us; we belong to him.

We are his people, the sheep of his flock.

*Stop and reflect with gratitude on your personal relationship with God in Christ*

*Then pray for the privilege of living as a member of the church, his flock.*

Indeed, how good is the LORD,

eternal his merciful love.

He is faithful from age to age.

*Thank God for the goodness we know in the world for all that is good has its origin in him.*

*Celebrate his faithful and merciful love which is expressed in the image of the Sacred Heart of Jesus*

Sunday 21 June 2026 12th Sunday in Ordinary Time

Responsorial Psalm

Ps 69(68):8-10. 14, 17. 33-35. *R*14c

IN YOUR GREAT MERCY, ANSWER ME, O LORD.

It is for you that I suffer taunts,  
that shame has covered my face.  
To my own kin I have become an outcast,  
a stranger to the children of my mother.  
Zeal for your house consumes me,  
and taunts against you fall on me.

*Pray for the courage and words to defend your Christian faith and values when you are challenged.  
Pray for all who are persecuted for their Christian faith throughout the world*

But I pray to you, O LORD,  
at an acceptable time.  
In your great mercy, answer me, O God,  
with your faithful salvation.  
LORD, answer, for your mercy is kind;  
in your great compassion, turn towards me.

*Thank God for his mercy and compassion to you now and in the past  
Ask for the grace to show God's compassion and mercy to those who need your help.*

The poor when they see it will be glad,  
and God-seeking hearts will revive;  
for the LORD attends to the needy,  
and does not spurn his own in their chains.  
Let the heavens and the earth give him praise,  
the seas and everything that moves in them.

*Pray for an end to poverty and need in our own country.  
Pray for prisoners and people who find their lives oppressive.*

**Sunday 28 June 2026 Solemnity of Saints Peter and Paul, Apostles**

**Responsorial Psalm**

Ps 34(33):2-3. 4-5. 6-7. 8-9. **R**5

FROM ALL MY TERRORS THE LORD SET ME FREE.

I will bless the LORD at all times,  
praise of him is always in my mouth.  
In the LORD my soul shall make its boast;  
the humble shall hear and be glad.

*Bless God today as we celebrate how our Church is built on the witness of the apostles.  
Pray to accept with humility the small part we are called to play in the history of salvation.*

Glorify the LORD with me;  
together let us praise his name.  
I sought the LORD, and he answered me;  
from all my terrors he set me free.

*As we celebrate let us praise God together with all who form the Church throughout the world.  
Look back and thank God again for the times he has responded to your call for help.*

Look towards him and be radiant;  
let your faces not be abashed.  
This lowly one called; the LORD heard,  
and rescued him from all his distress.

*Reflect on the dignity God gives us in our humanity and our baptism.  
Think about what it means for the God of the universe to care us, his lowly ones.*

The angel of the LORD is encamped  
around those who fear him, to rescue them.  
Taste and see that the LORD is good.  
Blessed the man who seeks refuge in him.

*Give thanks for people who have been like angels to you in your life by their care for you.  
Thank God for the way we taste and see his love for us in the eucharistic celebration.*