

TO SOW  
IS TO  
LOVE.



**Opening song:** a song of your choice

**Prayer:**

God, you sent true light to this world by offering your own Son. Don't cease to communicate your Spirit to Mankind. May your Spirit, who bears the seeds of Truth, be spread within the heart of each and every one so that it awakes Faith. May all of us form a single people within Christ by being reborn through the same Baptism. He who . . .

**First reading:** Isaiah 55:10-11

"For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it."

**Psalm 95**

**R. Proclaim God's mighty deeds to all peoples.**

Sing a new song to the Lord!  
Sing to the Lord, all the world!  
Sing to the Lord, and praise him! **R./**

Proclaim every day the good news that he has saved us.  
Proclaim his glory to the nations,  
his mighty deeds to all peoples. **R./**

Praise the Lord, all people on earth;  
praise his glory and might.  
Praise the Lord's glorious name. **R./**

Bow down before the Holy One when he appears;  
tremble before him, all the earth!  
Say to all the nations, "The Lord is king!" **R./**

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**Second reading: Romans 8:18-23**

"I consider that what we suffer at this present time cannot be compared at all with the glory that is going to be revealed to us. All of creation waits with eager longing for God to reveal his children. For creation was condemned to lose its purpose, not of its own will, but because God willed it to be so. Yet there was the hope that creation itself would one day be set free from its slavery to decay and would share the glorious freedom of the children of God. For we know that up to the present time all of creation groans with pain, like the pain of childbirth. But it is not just creation alone which groans; we who have the Spirit as the first of God's gifts also groan within ourselves as we wait for God to make us his children and set our whole being free."

**Gospel Acclamation**

**Alleluia, alleluia.** For God loved the world so much that he gave his only Son, so that everyone who believes in him may not die but have eternal life.

**The Gospel according to Saint Mark (Mk 4:1-20)**

"Again Jesus began to teach beside Lake Galilee. The crowd that gathered around him was so large that he got into a boat and sat in it. The boat was out in the water, and the crowd stood on the shore at the water's edge. He used parables to teach them many things, saying to them: "Listen! Once there was a man who went out to sow grain. As he scattered the seed in the field, some of it fell along the path, and the birds came and ate it up. Some of it fell on rocky ground, where there was little soil. The seeds soon sprouted, because the soil wasn't deep. Then, when the sun came up, it burned the young plants; and because the roots had not grown deep enough, the plants soon dried up. Some of the seed fell among thorn bushes, which grew up and choked the plants, and they didn't bear grain. But some seeds fell in good soil, and the plants sprouted, grew, and bore grain: some had thirty grains, others sixty, and others one hundred."

And Jesus concluded, "Listen, then, if you have ears!"

When Jesus was alone, some of those who had heard him came to him with the twelve disciples and asked him to explain the parables. "You have been given the secret of the Kingdom of God," Jesus answered. "But the others, who are on the outside, hear all things by means of parables, so that, 'They may look and look, yet not see; they may listen and listen, yet not understand. For if they did, they would turn to God, and he would forgive them.'"

Then Jesus asked them, "Don't you understand this parable? How, then, will you ever understand any parable? The sower sows God's message. Some people are like the seeds that fall along the path; as soon as they hear the message, Satan comes and takes it away. Other people are like the seeds that fall on rocky ground. As soon as they hear the message, they receive it gladly. But it does not sink deep into them, and they don't last long. So when trouble or persecution comes because of the message, they give up at once. Other people are like the seeds sown among the thorn bushes. These are the ones who hear the message, but the worries about this life, the love for riches, and all other kinds of desires crowd in and choke the message, and they don't bear fruit. But other people are like seeds sown in good soil. They hear the message, accept it, and bear fruit: some thirty, some sixty, and some one hundred."

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**Homily**

**The Apostle's Creed**

**Universal prayers**

**R.** Lord, send sowers of your love throughout the world.

Lord, we pray for the shepherds, for Francis our Pope, as well as those who take care of your flock so that the sheep may feel the love that comes from You through them. Let us pray. **R./**

Lord, grant us to become sowers of your love as you were throughout your life, so that all humans may receive your Gospel's message. Let us pray. **R./**

Lord, lay your eyes on all those Christians who have to hide in order to practice their religion and avoid reprisals. May the testimony of their faith and their love for others create important changes in their countries. Let us pray **R./**

Lord, send your Spirit upon our young people so that they might be awoken to the Church's greatest needs. May they also use the zeal of their youth for your service and become sowers of love. Let us pray. **R./**

Lord, grant Christians the desire to communicate with those who practice another religion so that everybody may know that the God of Christians is truly good. Let us pray. **R./**

**Prayer over the gifts**

Lord, contemplate the face of your Son and remember that he gave his life for our salvation; through him, who glorified you by offering his life, make it possible for everyone throughout the world, to recognize you as a God of love. May all peoples elevate to you the grace of Jesus, your Son, and our Savior. He who . . .

**Communion Antiphon**

Praise the Lord, all nations! Praise him, all peoples!  
His love for us is strong, and his faithfulness is eternal.

**Prayer after Communion**

God, who is most good, may this sacrament make us saints within a Church becoming ever more saint, so that every person receive, through her, the Salvation that your Son offered us on the Cross. He who . . .