



16th Sunday in Ordinary time Cycle B *Come away and rest*

Reading I **Jeremiah 23:1-6** (messianic reign)

Reading II **Ephesians 2:13-18** (all united in Christ)

Gospel **Mark 6:30-34** (return of the disciples)

Key Passage The apostles gathered around Jesus, and told him all that they had done and taught. He said to them. "Come away to a deserted place all by yourselves and rest a while." (Mark 6:30-31a)

Question of the Week: What do you do to rest so that you can return to work refreshed

Living as a disciple: This week take time each day to stop and pray, to little "Sabbath" moments during the day.

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