

**First Reading Dt 4:1-2, 6-8**

*You may add nothing to the word which I speak to you – keep the commands of the Lord.*

Moses said to the people: ‘Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim, “No other people is as wise and prudent as this great nation.” And indeed, what great nation is there that has its gods so near as the Lord our God is to us whenever we call to him? And what great nation is there that has laws and customs to match this whole Law that I put before you today?’

**Responsorial Psalm****Ps 14:2-5. R. v.1**

*(R.) The just will live in the presence of the Lord.*

1. Lord, who shall dwell on your holy mountain?  
He who walks without fault;  
he who acts with justice  
and speaks the truth from his heart. *(R.)*
2. He who does no wrong to his brother,  
who casts no slur on his neighbour,  
who holds the godless in disdain,  
but honours those who fear the Lord. *(R.)*
3. He who keeps his pledge, come what may;  
who takes no interest on a loan  
and accepts no bribes against the innocent.  
Such a man will stand firm for ever. *(R.)*

**Second Reading****Jas 1:17-18, 21-22, 27**

*Be doers of the word.*

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created.

Accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves.

Pure, unspoilt religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

**Gospel Acclamation Jas 1:18**

*Alleluia, alleluia!*

*The Father gave us birth by his message of truth,  
that we might be as the first fruits of his creation.*

*Alleluia!*

**Gospel Mk 7:1-8, 14-15, 21-23**

*You forget the commandments of God and hold on to human tradition.*

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first



## Reflection by Greg Sunter

No matter how good the intention, sometimes misguided principles can lead to false action. This is what Jesus chastised the Pharisees about. The traditions that had been established through the Pharisees and the Lawyers were certainly based on the Law as stated in the Torah. However, the practices that had been established to try to help people honour the Torah had effectively replaced the Law. In order to maintain spiritual cleanliness, a tradition of physical cleanliness had emerged – particularly around interaction with Gentiles and around eating. However, the purpose of the tradition had become lost. The need for physical cleanliness had replaced the maintenance of spiritual cleanliness.

The Pharisees observe some of the disciples eating without properly washing their hands and challenge Jesus about it. They are upholding the tradition that has effectively become the Law. Jesus reminds them – somewhat forcefully – that these external practices are not the Law; rather the Law is observed internally. Jesus goes so far as to call the Pharisees hypocrites. It is a criticism of them that the gospel writers attribute to Jesus quite frequently. For Jesus, hypocrisy was one of the greatest failings. Because Jesus placed such a high price on integrity of word and action he could not abide those who proclaimed to be just, pious or forgiving and yet acted in ways that were contrary to these claims. His chastisement of the Pharisees – calling them hypocrites – was a challenge to their observation of external practices and rituals instead of seeking to understand the Torah as a call to a change of heart. Jesus points out that no amount of ritual cleansing will make a person clean within. Similarly, evil and uncleanness come from within a person – one doesn't 'catch it' from contact with strangers.

sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, 'Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?' He answered, 'It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

This people honours me only with lip-service,  
while their hearts are far from me.

The worship they offer me is worthless,  
the doctrines they teach are only human  
regulations.

You put aside the commandment of God to  
cling to human traditions.'

He called the people to him again and said, 'Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean.'

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