



United States
Conference of
Catholic Bishops

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Twenty-Eighth Sunday in Ordinary Time

National Mental Health Sunday

Liturgical Resource



NATIONAL MENTAL HEALTH SUNDAY — LITURGICAL RESOURCE

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142A TWENTY-EIGHTH SUNDAY IN ORDINARY TIME

FIRST READING

Isaiah 25:6-10a The Lord will prepare a feast and wipe away the tears from every face.

A reading from the Book of the Prophet Isaiah

On this mountain the LORD of hosts
will provide for all peoples
a feast of rich food and choice wines,
juicy, rich food and pure, choice wines.
On this mountain he will destroy the veil
that veils all peoples,
the web that is woven over all nations;
he will destroy death forever.
The Lord GOD will wipe away
the tears from every face;
the reproach of his people he will remove
from the whole earth; for the LORD has spoken.
On that day it will be said:
“Behold our God, to whom we looked to save us!
This is the LORD for whom we looked;
let us rejoice and be glad that he has saved us!”
For the hand of the LORD will rest on this mountain.

The word of the Lord.

R. Thanks be to God.

RESPONSORIAL PSALM

Psalm 23:1-3a, 3b-4, 5, 6

R. (6cd) I shall live in the house of the Lord all the days of my life.

The LORD is my shepherd; I shall not want.
In verdant pastures he gives me repose;
beside restful waters he leads me;
he refreshes my soul.

R. I shall live in the house of the Lord all the days of my life.

He guides me in right paths
for his name's sake.
Even though I walk in the dark valley
I fear no evil; for you are at my side
with your rod and your staff
that give me courage.

R. I shall live in the house of the Lord all the days of my life.

You spread the table before me
in the sight of my foes;
you anoint my head with oil;
my cup overflows.

R. I shall live in the house of the Lord all the days of my life.

Only goodness and kindness follow me
all the days of my life;
and I shall dwell in the house of the LORD
for years to come.

R. I shall live in the house of the Lord all the days of my life.

SECOND READING

Philippians 4:12-14, 19-20 I can do all things in him who strengthens me.

A reading from the Letter of Saint Paul to the Philippians

Brothers and sisters:

I know how to live in humble circumstances;

I know also how to live with abundance.

In every circumstance and in all things

**I have learned the secret of being well fed and of going hungry,
of living in abundance and of being in need.**

I can do all things in him who strengthens me.

Still, it was kind of you to share in my distress.

My God will fully supply whatever you need,

in accord with his glorious riches in Christ Jesus.

To our God and Father, glory forever and ever. Amen.

The word of the Lord.

R. Thanks be to God.

ALLELUIA

cf. Ephesians 1:17-18

R. Alleluia, alleluia.

May the Father of our Lord Jesus Christ enlighten
the eyes of our hearts, so
that we may know what is the hope
that belongs to our call.

R. Alleluia, alleluia.

GOSPEL

A Longer Form

Matthew 22:1-14 Invite to the wedding feast whomever you find.

+ A reading from the holy Gospel according to Matthew

**Jesus again in reply spoke to the chief priests and elders of the
people**

in parables, saying,

**“The kingdom of heaven may be likened to a king
who gave a wedding feast for his son.**

He dispatched his servants

**to summon the invited guests to the feast,
but they refused to come.**

A second time he sent other servants, saying,

**‘Tell those invited: “Behold, I have prepared my banquet, my calves
and fattened cattle are killed,
and everything is ready; come to the feast.”’**

**Some ignored the invitation and went away,
one to his farm, another to his business.**

**The rest laid hold of his servants,
mistreated them, and killed them.**

**The king was enraged and sent his troops,
destroyed those murderers, and burned their city.**

**Then he said to his servants, ‘The feast is ready,
but those who were invited were not worthy to come.**

**Go out, therefore, into the main roads
and invite to the feast whomever you find.’**

**The servants went out into the streets
and gathered all they found, bad and good alike,
and the hall was filled with guests.**

But when the king came in to meet the guests,
he saw a man there not dressed in a wedding garment.
The king said to him, 'My friend, how is it
that you came in here without a wedding garment?'
But he was reduced to silence.
Then the king said to his attendants, 'Bind his hands and feet,
and cast him into the darkness outside,
where there will be wailing and grinding of teeth.'
Many are invited, but few are chosen."

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

OR B Shorter Form

Matthew 22:1-10 Invite to the wedding feast whomever you find.

+ A reading from the holy Gospel according to Matthew

Jesus again in reply spoke to the chief priests and elders of the
people

in parables, saying,

"The kingdom of heaven may be likened to a king who gave a
wedding feast for his son.

He dispatched his servants

to summon the invited guests to the feast, but
they refused to come.

A second time he sent other servants, saying,

'Tell those invited: "Behold, I have prepared my banquet, my calves
and fattened cattle are killed,
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The king was enraged and sent his troops, destroyed those
murderers, and burned their city.

Then he said to his servants, 'The feast is ready,
but those who were invited were not worthy to come.

Go out, therefore, into the main roads
and invite to the feast whomever you find.'

The servants went out into the streets
and gathered all they found, bad and good alike, and the
hall was filled with guests."

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

PRAYER OF THE FAITHFUL

The celebrant introduces the intercessions and an assisting minister or one of those present announces the intentions. From the following intentions those best suited to the occasion may be used or adapted, or other intentions that apply to mental health may be composed.

For the Church and, in a particular way, for the U.S. Bishops' National Catholic Mental Health Campaign, that it may raise awareness of the mental health crisis, reduce stigma, and inspire loving action,

We pray to the Lord.

R. Lord, hear our prayer.

For the nation and for all individuals across the country who are impacted by loneliness, anxiety, depression, grief, addiction, and mental illness, that God may bless and sustain them with his grace and consolation,

We pray to the Lord.

R. Lord, hear our prayer.

For caretakers and all those who accompany women and men who experience mental health challenges and mental illness, that they may be strengthened in their ministries of care,

We pray to the Lord.

R. Lord, hear our prayer.

For our own mental health struggles and mental and spiritual wellness, and for those who are impacted in our local communities and families, that we may find healing and hope in the Lord and in one another,

We pray to the Lord.

R. Lord, hear our prayer.

For this assembly and for Catholics everywhere, that our eyes and ears may be opened to see and hear those who struggle with mental health and mental illness,

We pray to the Lord.

R. Lord, hear our prayer.

For all those who have died, especially those who died by suicide, that they may know rest and refreshment in the Kingdom, and that the Lord may welcome them home,

We pray to the Lord.

R. Lord, hear our prayer.

PRAYER OF BLESSING FOR THOSE STRUGGLING WITH MENTAL HEALTH ISSUES

A minister who is a priest or deacon says the prayer of blessing with hands outstretched over the assembly which will include those who are struggling with mental health issues; this should be done following the Prayer of the Faithful.

OPTION A General Mental Health Concerns

**Lord, our God,
you sent your Son into the world
to bear our infirmities
and to endure our sufferings.**

**For all those who struggle with mental health conditions:
loneliness, anxiety, depression, grief, addiction, or mental illness.**

**We ask that your blessing will give them strength
to journey through these trials and challenges
through the power of patience, comfort, and accompaniment,
and that with your grace they may find healing, health, and hope.**

**Through Christ our Lord.
R. Amen.**

OPTION B Struggles with Addiction or Suicidal Thoughts

**God of mercy,
we bless you in the name of your Son, Jesus Christ,
who ministered to all who came to him.**

**Give your strength to your servants,
enfold them in your love and compassion
and restore them to new life in you.**

**Lord, look with compassion on all those
who struggle with addiction, depression, and doubt.**

**Give them the assurance of your unfailing mercy,
strengthen them with the hope of tomorrow.**

**Through Christ our Lord.
R. Amen.**

PRAYER OF BLESSING FOR CARETAKERS AND MENTAL HEALTH MINISTERS

A minister who is a priest or deacon imparts this blessing on those in the assembly who are to be acknowledged; this should be done following the Prayer of the Faithful.

OPTION C Mental Health Caretakers

**Lord God, in your loving kindness
you sent your Son to be our shepherd and guide.
Continue to send workers in your vineyard
to sustain and accompany your people.**

**Bless all caretakers, families, and loved ones
who support those with mental health conditions.**

**Let your Spirit uphold them always
as they continue to take up their responsibility
among those who are in most need of this care.**

**Through Christ our Lord.
R. Amen.**

OPTION D Mental Health Ministers

**Lord God of all compassion,
you sent your Son to proclaim, heal, and save.**

**Bless our brothers and sisters who have responded to your call
to walk with your people in their mental health journey,
to be ministers of compassion and pastoral concern,
to proclaim Good News and to provide healing and care.**

**May their ministry inspire us in this important work,
dispel stigmas and be a sign of your divine compassion.**

**Give them loving hearts to receive those in most need,
with tenderness, peace, patience, and grace.
Strengthen them in their service and guide their steps
and give them comfort in their own struggles.**

**Through Christ our Lord.
R. Amen.**

ADDITIONAL CONSIDERATIONS

- Consider choosing **music and hymns** that focus on healing, hope, and health.
- Display and provide **resources** on local or national mental health support/efforts available for parishioners and visitors (i.e., in the vestibule/narthex). You may also wish to have staff or volunteers on hand answering any questions about mental health ministries or the work of your local community or diocese/eparchy around mental health.
 - ALSO: You may wish to download prayer cards and other resources from the USCCB website related to the **National Catholic Mental Health Campaign**, available here: <https://www.usccb.org/healing-and-hope>
- The **National Mental Health Novena** (available at <https://www.usccb.org/mental-health-novena>) takes place from October 10 to 18 each year. You may wish to share the novena on the parish website, in the parish bulletin, or in other parish communications. Here is an adaptable promotion of the novena:

Catholics across the United States are praying in solidarity with the U.S. bishops this week with a special novena for mental health each day from October 10 to 18. You are invited to join in prayer at <https://www.usccb.org/mental-health-novena>.
- Consider launching a **mental health ministry** starting with Mental Health Sunday.
- For **ongoing support**, the following resources are available:
 - **USCCB – National Catholic Mental Health Campaign**, raising awareness, reducing stigma, and advocating for collaborative action around mental health: <https://www.usccb.org/mentalhealth>
 - **Catholic Charities USA – Whole Hearted**, a parish-based trauma-awareness resource that integrates spirituality and religious praxis with behavioral health: <https://www.catholiccharitiesusa.org/publications/whole-hearted/>
 - **International Association of Catholic Mental Health Ministers**, a global leader in networking ministry leaders working in mental health ministry and care: <https://catholicmhm.org/> (in addition, linked on the site is the partnership with the **Pope’s Worldwide Prayer Network** to offer a monthly prayer for mental health)



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[usccb.org/mentalhealth](https://www.usccb.org/mentalhealth)