

First Reading: Deuteronomy 4:1-2, 6-8

***He heluhelu mai ka Puke ‘alima a Mose, ‘o ke Kānāwai Lua***

‘Ōlelo akula ‘o Mose i nā mamo a ‘Isera‘ela:

Moses said to the people:

“‘Ānō ho‘i, e ho‘olohe, e ka ‘Isera‘ela, i nā kānāwai

"Now, Israel, hear the statutes

a me nā ‘ōlelo kūpa‘a

and decrees

a‘u e a‘o aku nei iā ‘oukou, e mālama,

which I am teaching you to observe,

i ola ‘oukou, i komo ho‘i ‘oukou, a noho ma ka ‘āina

that you may live, and may enter in and take possession of the land

a lēhova ke Akua o ko ‘oukou po‘e kūpuna

which the LORD, the God of your fathers,

e hā‘awi mai ai no ‘oukou.

is giving you.

I mālama ai ‘oukou i nā kauoha a lēhova ko ‘oukou Akua

In your observance of the commandments of the LORD, your God,

me ka mea a‘u e kauoha aku nei iā ‘oukou,

which I enjoin upon you,

mai ho‘opili mai ‘oukou i kekahi ‘ōlelo

you shall not add to what I command you

‘a‘ole ho‘i ‘oukou e ho‘oemi iho ia.

nor subtract from it.

E mālama ho‘i ‘oukou, a e hana aku,

Observe them carefully,

no ka mea, ‘o ko ‘oukou na‘auao kēia,

for thus will you give evidence

a me ko ‘oukou ‘ike i mua o nā lāhui kanaka,

of your wisdom and intelligence to the nations,

ka po‘e e lohe i kēia mau kānāwai a pau, a e ‘ī a‘e lākou,

who will hear of all these statutes and say,

“He ‘oia‘ī‘o, ‘o kēia lāhui kanaka nui,

'This great nation is truly  
he po'e kānaka na'auao a me ka 'ike."  
a wise and intelligent people.'

No ka mea, 'o wai lā ka lāhui kanaka nui,

For what great nation is there

iā lākou ke Akua e ho'okoko ana iā lākou,  
that has gods so close to it

e like me lēhova ko kākou Akua,

as the LORD, our God, is to us

ma nā mea a pau a kākou i kāhea aku ai iā ia?  
whenever we call upon him?

A 'o wai ho'i ka lāhui kanaka nui, iā ia nā kāmāwai,

Or what great nation has statutes

a me nā 'ōlelo kūpa'a ma ka pono  
and decrees

e like me kēia kāmāwai a pau

that are as just as this whole law

a'u e waiho nei i mua o 'oukou i kēia lā?  
which I am setting before you today?"

***Ka hua'ōlelo a ka Haku, the word of the Lord***

Second Reading: James 1:17-18, 21b-22, 27

***He heluhelu mai ka 'Episetole ho'olaha a 'Iakobo***

E o'u hoahānau, 'o nā punahele ho'i:

Dearest brothers and sisters:

'O nā ha'awina maika'i a pau a me nā makana hemolele a pau,

All good giving and every perfect gift is from above,

no luna mai ia i iho mai ai mai ka Makua o ka mālamalama,

coming down from the Father of lights,

'a'ole ona 'ano hou, 'a'ole loa ia e luli iki.

with whom there is no alteration or shadow caused by change.

No kona makemake iho i ho'ohānau mai ai 'o ia iā kākou

He willed to give us birth

ma ka 'ōlelo 'oia'i'o,

by the word of truth

i lilo a'e kākou i mau hua mua o ka po'e āna i hana ai.

that we may be a kind of firstfruits of his creatures.

E 'apo mai 'oukou me ke akahai i ka 'ōlelo i pāku'i 'ia,

Humbly welcome the word that has been planted in you

'o ia ka mea e hiki ai ke ho'ōla i kā 'oukou po'e 'uhane.

and is able to save your souls.

E lilo ho'i 'oukou i po'e mālama i ka 'ōlelo,

Be doers of the word

'a'ole i po'e lohe wale nō, e ho'opunipuni ana iā 'oukou iho.

and not hearers only, deluding yourselves.

'O ka haipule 'i'o a me ka haumia 'ole i mua

Religion that is pure and undefiled

i ke alo o ke Akua 'o ka Makua, eia nō ia:

before God and the Father is this:

e 'ike i ka po'e makua 'ole, a me ka po'e wāhine kāne make

to care for orphans and widows

i ko lākou wā e pilikia ai,

in their affliction

a e mālama ho‘i iā ia iho i haumia ‘ole ia i ko ke ao nei.

and to keep oneself unstained by the world.

***Ka hua‘ōlelo a ka Haku, the word of the Lord***

Gospel Reading: Mark 7:1-8, 14-15, 21-23

***He heluhelu mai ka 'Euanelio i kakau 'ia e Maleko***

'Ākoakoa maila ka po'e Parisaio i ona lā,  
a me kekahi po'e kākau 'ōlelo, e hele ana,  
mai Ierusalema mai,  
a 'ike maila lākou i kekahi po'e haumāna a Iesū  
e 'ai ana i ka berena  
me nā lima haumia, 'o ia ho'i nā lima i holoī 'ole 'ia,  
ho'ohewa maila lākou.  
No ka mea, 'o ka po'e Parisaio a me nā Iudaio a pau,  
inā 'a'ole lākou e holoī pinepine i ka lima,  
inā 'a'ole lākou e 'ai,  
no ko lākou mālama 'ana i nā kauoha a nā lunakahiko.  
A mai kahi kū'ai mai,  
inā 'a'ole e holoī, inā 'a'ole lākou e 'ai.  
He nui nō ho'i nā 'oihana i loa'a mai i mālama 'ia e lākou,  
'o ka holoī 'ana i nā kī'aha a me nā ipu,  
a me nā ipu keleawe, a me nā pūne'e.  
Nīnau a'ela ka po'e Parisaio, a me ka po'e kākau 'ōlelo,  
*"No ke aha lā e hele 'ole ai kāu po'e haumāna  
ma nā kauoha a nā lunakahiko,  
akā, ke 'ai nei lākou i ka berena me nā lima haumia?"*  
'Ōlelo maila ia, 'ī maila iā lākou,  
*"Ua pono 'i'o kā 'Isaia wānana 'ana no 'oukou,*

*e ka po 'e ho 'okamani, e like me ka mea i palapala  
'ia,*

*Ke ho 'omaika 'i nei kēia po 'e ia 'u ma nā lehelehe,  
akā, mamao loa aku ko lākou na 'au mai o 'u aku nei.  
Makehewa kā lākou ho 'omana 'ana mai ia 'u,  
i kā lākou a 'o 'ana a 'e i nā kauoha a kānaka  
i kumu e mālama 'ia ai.*

*No ka mea, ke waiho wale nei nō 'oukou i ke kōnāwai  
o ke Akua, a ho 'opa 'a ho 'i i nā kauoha a kānaka.”*

Kāhea maila ia i ka 'aha kanaka, 'ōlelo maila 'o ia iā  
lākou,

*“E ho 'olohe mai 'oukou a pau e ho 'omaopopo ho 'i.  
'A 'ole mea ma waho o ke kanaka e haumia ai ia  
ke komo i loko ona;  
akā, 'o ka mea i pua 'i mai, mai loko mai ona,  
'o ia nā mea e haumia ai ke kanaka.*

*No ka mea, no loko mai o ka na 'au o kānaka  
i puka mai ai ka mana 'o 'ino, ka moe i kā ha 'i,  
ka moe ipoipo, ka pepehi kanaka,  
ka 'aihue, ka make 'e waiwai, ka 'ōpū 'ino 'ino,  
ka wahahe 'e, ka makaleho, ka huāhuā,  
ka ni 'ani 'a, ka ho 'okano, ka lalau wale.*

*No loko mai kēia mau mea 'ino a pau i puka mai ai,  
'o ia nō nā mea e haumia ai ke kanaka.”*

## ***Ka 'Euanelio a ka Haku, the Gospel of the Lord***

When the Pharisees with some scribes who had come from Jerusalem gathered around Jesus, they observed that some of his disciples ate their meals with unclean, that is, unwashed, hands. —For the Pharisees and, in fact, all Jews, do not eat without carefully washing their hands, keeping the tradition of the elders. And on coming from the marketplace they do not eat without purifying themselves. And there are many other things that they have traditionally observed, the purification of cups and jugs and kettles and beds. — So the Pharisees and scribes questioned him, "Why do your disciples not follow the tradition of the elders but instead eat a meal with unclean hands?" He responded, "Well did Isaiah prophesy about you hypocrites, as it is written: *This people honors me with their lips, but their hearts are far from me; in vain do they worship me, teaching as doctrines human precepts.* You disregard God's commandment but cling to human tradition."

He summoned the crowd again and said to them, "Hear me, all of you, and understand. Nothing that enters one from outside can defile that person; but the things that come out from within are what defile.

"From within people, from their hearts, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile."