

**The Eucharistic Prayer**

The Lord be with you.  
**And with your spirit.**

Lift up your hearts.  
**We lift them up to the Lord.**

Let us give thanks to the Lord our God.  
**It is right and just.**

*The priest gives praise to God and all acclaim:*  
**Holy, Holy, Holy Lord God of hosts.  
 Heaven and earth are full of your glory.  
 Hosanna in the highest.  
 Blessed is he who comes in the name of  
 the Lord.  
 Hosanna in the highest.**

*After the Consecration we acclaim the  
 mystery of faith:*  
**We proclaim your Death, O Lord,  
 and profess your Resurrection  
 until you come again.**

*or*

**When we eat this Bread and drink this Cup,  
 we proclaim your Death, O Lord,  
 until you come again.**

*or*

**Save us, Saviour of the world,  
 for by your Cross and Resurrection  
 you have set us free.**

*At the end of the Eucharistic Prayer:*  
**Amen.**

**The Communion Rite**

**Our Father, who art in heaven,  
 hallowed be thy name;  
 thy kingdom come,  
 thy will be done  
 on earth as it is in heaven.  
 Give us this day our daily bread,  
 and forgive us our trespasses,  
 as we forgive those who trespass against  
 us;  
 and lead us not into temptation,  
 but deliver us from evil.**

Deliver us...  
**For the kingdom,  
 the power and the glory are yours  
 now and for ever.**

The peace of the Lord be with you always.  
**And with your spirit.**

**Lamb of God, you take away the sins of  
 the world, have mercy on us.  
 Lamb of God, you take away the sins of  
 the world, have mercy on us.  
 Lamb of God, you take away the sins of  
 the world, grant us peace.**

Behold the Lamb of God...  
**Lord, I am not worthy  
 that you should enter under my roof,  
 but only say the word  
 and my soul shall be healed.**

**Communion Antiphon**  
**How great is the goodness, Lord,  
 that you keep for those who fear you.**

*or*

**Blessed are the peacemakers,  
 for they shall be called children of God.  
 Blessed are they who are persecuted for  
 the sake of righteousness,  
 for theirs is the Kingdom of Heaven.**

**Prayer after Communion**

Renewed by this bread from the heavenly  
 table,  
 we beseech you, Lord,  
 that, being the food of charity,  
 it may confirm our hearts  
 and stir us to serve you in our neighbour...  
**Amen.**

**THE CONCLUDING RITES**

The Lord be with you.  
**And with your spirit.**

May almighty God bless you,  
 the Father, and the Son, ✠ and the Holy Spirit.  
**Amen.**

*At the end of Mass the people respond:*  
**Thanks be to God.**

**THE INTRODUCTORY RITES**

**Entrance Antiphon**

**Have mercy on me, O Lord, for I cry to you  
 all the day long.  
 O Lord, you are good and forgiving,  
 full of mercy to all who call to you.**

*All make the Sign of the Cross as the priest says:*

**Priest** In the name of the Father,  
 and of the Son,  
 and of the Holy Spirit.

**People** Amen.

*The priest greets the people in one of these ways:*

The grace of our Lord Jesus Christ,  
 and the love of God,  
 and the communion of the Holy Spirit  
 be with you all.  
**And with your spirit.**

*or*

Grace to you and peace from God our Father  
 and the Lord Jesus Christ.  
**And with your spirit.**

*or*

The Lord be with you.  
**And with your spirit.**

**Penitential Act**

*One of the following acts of penance is now  
 made:*

**I confess to almighty God  
 and to you, my brothers and sisters,  
 that I have greatly sinned,  
 in my thoughts and in my words,  
 in what I have done and in what I have  
 failed to do,**

*(all strike their breast and say:)*

**through my fault, through my fault,  
 through my most grievous fault;**

**therefore I ask blessed Mary ever-Virgin,  
 all the Angels and Saints,  
 and you, my brothers and sisters,  
 to pray for me to the Lord our God.**

*or*

Have mercy on us, O Lord.  
**For we have sinned against you.**

Show us, O Lord, your mercy.  
**And grant us your salvation.**

*or*

Lord, have mercy. *or* Kyrie, eleison.  
**Lord, have mercy. Kyrie, eleison.**

Christ, have mercy. *or* Christe, eleison.  
**Christ, have mercy. Christe, eleison.**

Lord, have mercy. *or* Kyrie, eleison.  
**Lord, have mercy. Kyrie, eleison.**

*After the absolution all respond: Amen.*

**The Gloria**

**Glory to God in the highest,  
 and on earth peace to people of good will.**

**We praise you,  
 we bless you,  
 we adore you,  
 we glorify you,  
 we give you thanks for your great glory,  
 Lord God, heavenly King,  
 O God, almighty Father.**

**Lord Jesus Christ, Only Begotten Son,  
 Lord God, Lamb of God, Son of the Father,  
 you take away the sins of the world,  
 have mercy on us;  
 you take away the sins of the world,  
 receive our prayer;  
 you are seated at the right hand of the  
 Father,  
 have mercy on us.**

**For you alone are the Holy One,  
 you alone are the Lord,  
 you alone are the Most High,  
 Jesus Christ,  
 with the Holy Spirit,  
 in the glory of God the Father.  
 Amen.**

**The Collect**

God of might, giver of every good gift,  
 put into our hearts the love of your name,  
 so that, by deepening our sense of  
 reverence,  
 you may nurture in us what is good  
 and, by your watchful care,  
 keep safe what you have nurtured...  
**Amen.**

## THE LITURGY OF THE WORD

### First Reading Deuteronomy 4:1-2. 6-8

A reading from the book of Deuteronomy.  
*Add nothing to what I command you, keep the commandments 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?"

The word of the Lord.  
**Thanks be to God.**

### Psalms Psalm 14

#### **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 James 1:17-18. 21-22. 27

A reading from the letter of St James.

*You must do what the word tells you.*

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.

The word of the Lord.

**Thanks be to God.**

### Gospel Acclamation

**Alleluia, alleluia!**

**Your words are spirit, Lord,  
and they are life:**

**you have the message of eternal life.**

**Alleluia!**

*or*

**Alleluia, alleluia!**

**By his own choice the Father made us his children**

**by the message of his truth,  
so that we should be a sort of first-fruits  
of all that he created.**

**Alleluia!**

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to Mark.

**Glory to you, O Lord.**

### Gospel Mark 7:1-8. 14-15. 21-23

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

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 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."

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

### The Homily

#### The Profession of Faith

**I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with  
the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,**

*(all bow during the next three lines:)*

**and by the Holy Spirit was incarnate of the  
Virgin Mary,  
and became man.**

**For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord, the  
giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.**

**I believe in one, holy, catholic and apostolic  
Church.**

**I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection of the  
dead  
and the life of the world to come. Amen.**

*The bidding prayers now follow:*

Let us pray to the Lord.  
**Lord, hear our prayer.**

## THE LITURGY OF THE EUCHARIST

*If the prayers of blessing are said aloud the  
people acclaim each time:*

**Blessed be God for ever.**

Pray, brethren (brothers and sisters)...

**May the Lord accept the sacrifice at your  
hands**

**for the praise and glory of his name,  
for our good  
and the good of all his holy Church.**

### Prayer over the Offerings

May this sacred offering, O Lord,  
confer on us always the blessing of salvation,  
that what it celebrates in mystery  
it may accomplish in power...  
**Amen.**