

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

Let them thank the Lord for his mercy, his wonders for the children of men for he satisfies the thirsty soul, and the hungry he fills with good things.

or

Blessed are those who mourn, for they shall be consoled.

Blessed are those who hunger and thirst for righteousness, for they shall have their fill.

Prayer after Communion

O God, who have willed that we be partakers in the one Bread and the one Chalice, grant us, we pray, so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world... **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

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

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

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection... **Amen.**

THE LITURGY OF THE WORD

First Reading Job 7:1-4. 6-7

A reading from the book of Job.

Restlessly I fret till twilight falls.

Job began to speak:

Is not man's life on earth nothing more than pressed service,
his time no better than hired drudgery?
Like the slave, sighing for the shade,
or the workman with no thought but his wages,
months of delusion I have assigned to me,
nothing for my own but nights of grief.
Lying in bed I wonder, "When will it be day?"
Risen I think, "How slowly evening comes!"
Restlessly I fret till twilight falls.
Swifter than a weaver's shuttle my days
have passed,
and vanished, leaving no hope behind.
Remember that my life is but a breath,
and that my eyes will never again see joy.

The word of the Lord.

Thanks be to God.

Psalm Psalm 146

R. Praise the Lord who heals the broken-hearted.

or **Alleluia!**

1. Praise the Lord for he is good;
sing to our God for he is loving:
to him our praise is due. **R.**
2. The Lord builds up Jerusalem
and brings back Israel's exiles,
he heals the broken-hearted,
he binds up all their wounds.
He fixes the number of the stars;
he calls each one by its name. **R.**
3. Our Lord is great and almighty;
his wisdom can never be measured.
The Lord raises the lowly;
he humbles the wicked to the dust. **R.**

Second Reading

1 Corinthians 9:16-19. 22-23

A reading from the first letter of St Paul to the Corinthians.

I should be punished if I did not preach the Gospel.

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

I am the light of the world, says the Lord, anyone who follows me will have the light of life.

Alleluia!

or

Alleluia, alleluia!

**He took our sicknesses away,
and carried our diseases for us.
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 1:29-39

He cured many who suffered from diseases of one kind or another.

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-

in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, "Everybody is looking for you." He answered, "Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came." And he went all through Galilee, preaching in their synagogues and casting out devils.

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

O Lord our God,

who once established these created things
to sustain us in our frailty,

grant, we pray,

that they may become for us now
the Sacrament of eternal life... **Amen.**

The Eucharistic Prayer

The Lord be with you.

And with your spirit.