

SIXTEENTH SUNDAY IN ORDINARY TIME



ENTRANCE ANTIPHON *Ps 53: 6, 8*

See, I have God for my help.
The Lord sustains my soul.
I will sacrifice to you with willing
heart, and praise your name, O
Lord, for it is good.

ENTRANCE HYMN

*God bids us welcome to his House
And he invites us to His Feast
Day of great joy and happiness, Alleluia!*

Great was my joy when I was told
Let us go forth to God's abode
That's in the City of the Lord. **R.**

Let us approach unto the Feast
To which the Lord invites us all
And eat the bread which gives us life. **R.**

Christ is the Sun which brings the dawn
He is the Light of all the world
Setting us free from death and sin. **R.**

Christ is alive, with joy we sing
We celebrate our Risen Lord
Praising the glory of His name. **R.**

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

People: **Amen.**

The Grace of Our Lord Jesus Christ, the
love of God, and the Communion of the
Holy Spirit be with you all.

And with your spirit.

PENITENTIAL ACT

Brethren (Brothers and sisters),
let us acknowledge our sins,
and so prepare ourselves to
celebrate the sacred mysteries.

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,

Striking your breast as you 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.



The absolution by the priest follows:

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life. **Amen.**

Lord have mercy. **Lord have mercy.**
Christ have mercy. **Christ have mercy.**
Lord have mercy. **Lord have mercy.**

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.

21st July 2024

COLLECT

Show favour, O Lord, to your servants
and mercifully increase the gifts of
your grace, that, made fervent in
hope, faith and charity, they may be
ever watchful in keeping your
commands.

Through our Lord Jesus Christ, your
Son, who lives and reigns with you in
the unity of the Holy Spirit,
God, for ever and ever.

Amen.

THE LITURGY OF THE WORD



FIRST READING

23:1-6

**A reading from the prophet
Jeremiah**

"Doom for the shepherds who allow
the flock of my pasture to be
destroyed and scattered - it is the Lord
who speaks! This, therefore is what
the Lord, the God of Israel, says about
the shepherds in charge of my people:
You have let my flock be scattered
and go wandering and have not taken
care of them. Right, I will take care of
you for your misdeeds - it is the Lord
who speaks! But the remnant of my
flock I myself will gather from all the
countries where I have dispersed
them, and will bring them back to their
pastures: they shall be fruitful and
increase in numbers. I will raise up
shepherds to look after them and
pasture them; no fear, no terror for
them any more; not one shall be lost -
it is the Lord who speaks!

"See the days are coming - it is the
Lord who speaks - when I will raise a
virtuous Branch for David, who will
reign as true king and be wise,
practising honesty and integrity in the
land. In his days Judah will be saved
and Israel dwell in confidence and this
is the name he will be called: The
Lord-our-integrity."

The word of the Lord.

Thanks be to God.



**R. The Lord is my shepherd;
there is nothing I shall want.**

1. The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit. **R.**
2. He guides me along the right path;
he is true to his name.
If I should walk in the valley of
darkness no evil would I fear.
You are there with your crook
and your staff;
with these you give me comfort. **R.**
3. You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing. **R.**
4. Surely goodness and kindness shall
follow me all the days of my life.
In the Lord's own house shall I dwell
for ever and ever. **R.**

SECOND READING 2:13-18

**A reading from the letter of St Paul
to the Ephesians**

In Christ Jesus, you that used to be so far apart from us have been brought very close, by the blood of Christ. For he is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in his own person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in himself out of the two of them and by restoring peace through the cross, to unite them both in a single Body and reconcile them with God. In his own person he killed the hostility. Later he came to bring the good news of peace, peace to you who were far away and peace to those who were near at hand. Through him, both of us have in the one Spirit our way to come to the Father.

The word of the Lord.
Thanks be to God.

— **STAND** —

ACCLAMATION Jn10:27

Alleluia, alleluia!

**The sheep that belong to me listen
to my voice, says the Lord,
I know them and they follow me.
Alleluia!**



GOSPEL

6:30-34

The Lord be with you.
And with your spirit.
A reading from the holy
Gospel according to Mark.
Glory to you, O Lord.



The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, "You must come away to some lonely place all by yourselves and rest for a while"; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

— **STAND** —

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.**

PRAYER OF THE FAITHFUL

LITURGY OF THE EUCHARIST

— **SIT** —

Raising the host, the priest says:

Blessed are you, Lord, God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.
Blessed be God for ever.

**The priest pours wine and a little water
into the chalice, saying quietly:**

By the mystery of this water and wine may we come to share in the divinity of Christ, who humbled himself to share in our humanity.

Raising the chalice, the priest says:

Blessed are you, Lord, God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands, it will become our spiritual drink.
Blessed be God for ever.

Bowing the priest says quietly:

With humble spirit and contrite heart may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, O Lord.

**Then the priest washes his hands, saying
quietly:**

Wash me, O Lord, from my iniquity;
and cleanse me from my sin.

STAND

Facing the people the priest says:

Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

**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 God, who in the one perfect
sacrifice brought to completion varied
offerings of the law, accept, we pray,
this sacrifice from your faithful
servants and make it holy, as you
blessed the gifts of Abel,
so that what each has offered to the
honour of your majesty
may benefit the salvation of all.
Through Christ our Lord.
Amen.

EUCCHARISTIC PRAYER II
PREFACE I Ordinary Time

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.

It is truly right and just, our duty and
our salvation, always and everywhere
to give you thanks,
Lord, holy Father, almighty and
eternal God, through Christ our Lord.

For through his Paschal Mystery,
he accomplished the marvellous
deed, by which he has freed us from
the yoke of sin and death,
summoning us to the glory of being
now called a chosen race, a royal
priesthood, a holy nation, a people for
your own possession,
to proclaim everywhere your mighty
works, for you have called us out of
darkness into your own wonderful
light.

And so, with Angels and Archangels,
with Thrones and Dominions,
and with all the hosts and Powers of
heaven,
we sing the hymn of your glory,
as without end we 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.**

KNEEL

You are indeed Holy, O Lord,
the fount of all holiness.

*The Priest joins his hands and, holding them
extended over the offerings, says:*

Make holy, therefore, these gifts, we
pray,
by sending down your Spirit upon
them like the dewfall,
so that they may become for us
the Body ✠ and Blood of our Lord,
Jesus Christ.

At the time he was betrayed
and entered willingly into his Passion,
he took bread and, giving thanks,
broke it,
and gave it to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND EAT
OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.**

In a similar way, when supper was
ended, he took the chalice,
and, giving you thanks, he said the
blessing,
and gave the chalice to his disciples,
saying:

**TAKE THIS, ALL OF YOU, AND
DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY
BLOOD,
THE BLOOD OF THE NEW AND
ETERNAL COVENANT,
WHICH WILL BE POURED OUT FOR
YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.**

DO THIS IN MEMORY OF ME.

The mystery of faith

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

Then the Priest, with hands extended, says:

Therefore, as we celebrate the
memorial of his Death and
Resurrection, we offer you, Lord,
the Bread of life and the Chalice of
salvation,
giving thanks that you have held us
worthy to be in your presence and
minister to you.

Humbly we pray
that, partaking of the Body and Blood
of Christ,
we may be gathered into one by the
Holy Spirit.

Remember, Lord, your Church,
spread throughout the world,
and bring her to the fullness of charity,
together with Francis, our Pope,
N. our Bishop, his assistant Bishop(s),
and all the clergy.
Remember also our brothers and
sisters
who have fallen asleep in the hope of
the resurrection,
and all who have died in your mercy:
welcome them into the light of your
face.

Have mercy on us all, we pray,
that with the Blessed Virgin Mary,
Mother of God, with blessed Joseph,
her Spouse, with the blessed Apostles
and with all the Saints who have
pleased you throughout the ages,
we may merit to be coheirs to eternal
life,
and may praise and glorify you
through your Son, Jesus Christ.

*The Priest takes the chalice and the paten
with the host and, elevating both, he says:*
Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.
Amen.

COMMUNION RITE

STAND

At the Saviour's command
and formed by divine teaching,
we dare to say:

Our Father, who art in heaven . . .

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.

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

Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give
you, look not on our sins,
but on the faith of your Church,
and graciously grant her peace and
unity in accordance with your will.
Who live and reign for ever and ever.
Amen.

The peace of the Lord be with you
always.

And with your Spirit.

The priest may add these or similar words.

Let us offer each other the sign of peace.

*The priest places a small piece of the host in
the chalice saying quietly:*

May this mingling of the body and
blood of our Lord Jesus Christ
bring eternal life to us who receive it.

Meanwhile the people sing or say:

**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.**



The priest says quietly:

May the receiving of your Body and
Blood, Lord Jesus Christ,
not bring me to judgment and
condemnation,
but through your loving mercy
be for me protection in mind and body,
and a healing remedy.

Raising the host the priest says:

Behold the Lamb of God,
behold him who takes away the sins of
the world.
Blessed are those called to the supper
of the Lamb.

And together with the people he says once:

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

May the Body of Christ
keep me safe for eternal life.

*The Priest reverently consumes the Body of
Christ.*

Then he takes the chalice and says quietly:

May the Blood of Christ
keep me safe for eternal life.

*The Priest raises a host slightly and shows it
to each of the communicants, saying:*

The Body of Christ.

Amen.

COMMUNION ANTIPHON Ps 110: 4-5

**The Lord, the gracious, the
merciful, has made a memorial of
his wonders; he gives food to those
who fear him.**

COMMUNION HYMN

Love is his word, love is his way,
Feasting with kin, fasting alone,
Living and dying, rising again,
Love, only love, is his way.

*Richer than gold is the love of my Lord:
Better than splendour and wealth.*

Love is his way, love is his mark,
Sharing his last Passover feast,
Christ at his table, host to the twelve,
Love, only love, is his mark.

Love is his mark, love is his sign,
Bread for our strength, wine for our joy,
"This is my body, this is my blood,"
Love, only love, is his sign.

Love is his sign, love is his news,
"Do this," he said, "lest you forget
all my deep sorrow, all my dear blood."
Love, only love, is his news.

Love is his news, love is his name,
We are his own, chosen and called,
Family, brethren, cousins and kin.
Love, only love, is his name.

PRIVATE PRAYER AFTER COMMUNION

Lord Jesus, there are times when I
am busy.
You know what it is like,
to be hard at it day in day out:
at times you had no time even to eat.
Help me to cope with all I have to do,
and never let me become too busy –
so busy
that I have no time to turn to you,

no time to rest a while in the peace of
prayer.

Lord, watch over your Church.

You are our righteousness,
the Lord-our-integrity.

We your people, the sheep of your
flock, adore you.

Have compassion on us:

make us dwell with you in confidence.

Teach us many things, for your word is
our light.

Let your message be welcomed by
those who are far off and by those
who are near.



PRAYER AFTER COMMUNION

Graciously be present to your people,
we pray, O Lord,
and lead those you have imbued with
heavenly mysteries to pass from
former ways to newness of life.
Through Christ our Lord.

Amen.

CONCLUDING RITES



The Lord be with you.

And with your spirit.

Bow head for the blessing – short silence

May almighty God bless you:

the Father, and the Son,
and the Holy Spirit,

Amen.

Go forth, the Mass is ended,
Thanks be to God.

RECESSIONAL HYMN

**How lovely on the mountains
are the feet of him
who brings good news, good news,
announcing peace,
proclaiming news of happiness:
our God reigns, our God reigns.**

Our God reigns. (x4)

**You watchmen, lift your voices
joyfully as one,
shout for your King, your King!
See eye to eye,
the Lord restoring Zion:
our God reigns, our God reigns.**

Our God reigns. (x4)