


The People's Mass

GOSPEL (Mk 7:1-8.14-15.21-23)
The Lord be with you. **And with your spirit.**

 A reading from the holy Gospel according to Mark. **Glorify to you, O Lord.**

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.

Profession of Faith (Nicene Creed)
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,

At the words that follow, up to and including and became man, all bow.

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 priest introduces the Prayer of the Faithful.

THE LITURGY OF THE EUCHARIST

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.

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.

Sanctus
Holy, Holy, Holy Lord God of hosts. ...

After the Consecration
The mystery of faith.
Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

THE COMMUNION RITE

At the Saviour's command ...
Our Father, who art in heaven, ...
Deliver us, Lord, we pray, from every evil, ...
For the kingdom, the power and the glory are yours now and for ever.
Lord Jesus Christ, ... **Amen.**
The peace of the Lord be with you always.
And with your spirit.
Lamb of God, you take away the sins ...
Behold the Lamb of God, ...
Lord, I am not worthy ...

Communion Antiphon (Ps 30:20)
How great is the goodness, Lord, that you keep for those who fear you.

THE INTRODUCTORY RITES

Entrance Antiphon (Cf. Ps 85:3.5)
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.

In the name of the Father, ... **Amen.**
The grace of our Lord ... **And with your spirit.**

Penitential Act
Brethren (brothers and sisters), ...
A brief pause for silence follows.

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,

And, striking their breast, they 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.

May almighty God have mercy on us, ... **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.

THE LITURGY OF THE WORD

FIRST READING (Deut 4:1-2.6-8)
A reading from the book of Deuteronomy.
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.**
RESPONSORIAL PSALM (Ps 14:2-5)

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 (Jas 1:17-18.21-22.27)
A reading from the letter of St James.

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 (Cf. Jn 6:63.68)
Alleluia, alleluia!
Your words are spirit, Lord, and they are life: you have the message of eternal life. Alleluia!