

# The People's Mass

## THE INTRODUCTORY RITES

**Entrance Antiphon** (Cf. Ps 73:20.19.22.23)

**Look to your covenant, O Lord,  
and forget not the life of your poor ones for ever.  
Arise, O God, and defend your cause,  
and forget not the cries of those who seek you.**

In the name of the Father, and of the Son, ... **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** (1 Kgs 19:4-8)

A reading from the first book of Kings.

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord', he said, 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up

and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

The word of the Lord.

**Thanks be to God.**

**RESPONSORIAL PSALM** (Ps 33:2-9)

**℟ Taste and see that the Lord is good.**

- I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad. **℟**
- Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free. **℟**
- Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress. **℟**
- The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him. **℟**

**SECOND READING** (Eph 4:30-5:2)

A reading from the letter of St Paul to the Ephesians.  
Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.  
Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

The word of the Lord.

**Thanks be to God.**

**GOSPEL ACCLAMATION** (Jn 14:23)

**Alleluia, alleluia!**

**If anyone loves me he will keep my word,  
and my Father will love him,  
and we shall come to him.  
Alleluia!**

(Jn 6:41-51)

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

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

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph,' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day.

It is written in the prophets:

They will all be taught by God,  
and to hear the teaching of the Father,  
and learn from it,  
is to come to me.

Not that anybody has seen the Father,  
except the one who comes from God:  
he has seen the Father.

I tell you most solemnly,  
everybody who believes has eternal life.  
I am the bread of life.

Your fathers ate the manna in the desert  
and they are dead;

but this is the bread that comes down  
from heaven,

so that a man may eat it and not die.

I am the living bread which has come down  
from heaven.

Anyone who eats this bread will live for ever;  
and the bread that I shall give  
is my flesh, for the life of the world.'

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,

behold him who takes away the sins of the world.

Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy ...**

**Communion Antiphon** (Ps 147:12.14)

**O Jerusalem, glorify the Lord,  
who gives you your fill of finest wheat.**