

The People's Mass

THE INTRODUCTORY RITES

Entrance Antiphon (Cf. Ps 85:1-3)

Turn your ear, O Lord, and answer me;
save the servant who trusts in you, my God.
Have mercy on me, O Lord, for I cry to you
all the day long.

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 (Jos 24:1-2.15-18)

A reading from the book of Joshua.

Joshua gathered all the tribes of Israel together at
Shechem; then he called the elders, leaders, judges
and scribes of Israel, and they presented themselves
before God. Then Joshua said to all the people: 'If you
will not serve the Lord, choose today whom you wish
to serve, whether the gods that your ancestors served
beyond the River, or the gods of the Amorites in whose

land you are now living. As for me and my House, we
will serve the Lord.'

The people answered, 'We have no intention of
deserting the Lord our God and serving other gods.
Was it not the Lord our God who brought us and our
ancestors out of the land of Egypt, the house of
slavery, who worked those great wonders before our
eyes and preserved us all along the way we travelled
and among all the peoples through whom we
journeyed. We too will serve the Lord, for he is our
God.'

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

RESPONSORIAL PSALM (Ps 33:2-3.16-23)

R Taste and see that the Lord is good.

1. 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. **R**
2. The Lord turns his face against the wicked
to destroy their remembrance from the earth.
The Lord turns his eyes to the just
and his ears to their appeal. **R**
3. They call and the Lord hears
and rescues them in all their distress.
The Lord is close to the broken-hearted;
those whose spirit is crushed he will save. **R**
4. Many are the trials of the just man
but from them all the Lord will rescue him.
He will keep guard over all his bones,
not one of his bones shall be broken. **R**
5. Evil brings death to the wicked;
those who hate the good are doomed.
The Lord ransoms the souls of his servants.
Those who hide in him shall not be
condemned. **R**

SECOND READING (Eph 5:21-32)

A reading from the letter of St Paul to the Ephesians.
Give way to one another in obedience to Christ. Wives
should regard their husbands as they regard the Lord,
since as Christ is head of the Church and saves the
whole body, so is a husband the head of his wife; and
as the Church submits to Christ, so should wives to
their husbands, in everything. Husbands should love
their wives just as Christ loved the Church and sacrifi-
ced himself for her to make her holy. He made her
clean by washing her in water with a form of words, so
that when he took her to himself she would be
glorious, with no speck or wrinkle or anything like that,
but holy and faultless. In the same way, husbands
must love their wives as they love their own bodies; for
a man to love his wife is for him to love himself. A man

never hates his own body, but he feeds it and looks
after it; and that is the way Christ treats the Church,
because it is his body – and we are its living parts. For
this reason, a man must leave his father and mother
and be joined to his wife, and the two will become one
body. This mystery has many implications; but I am
saying it applies to Christ and the Church.

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!

GOSPEL (Jn 6:60-69)

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

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

After hearing his doctrine many of the followers of
Jesus said, 'This is intolerable language. How could
anyone accept it?' Jesus was aware that his followers
were complaining about it and said, 'Does this upset
you? What if you should see the Son of Man ascend
to where he was before?

'It is the spirit that gives life,
the flesh has nothing to offer.

The words I have spoken to you are spirit
and they are life.

'But there are some of you who do not believe.' For
Jesus knew from the outset those who did not believe,
and who it was that would betray him. He went on,
'This is why I told you that no one could come to me
unless the Father allows him.' After this, many of his
disciples left him and stopped going with him. Then
Jesus said to the Twelve, 'What about you, do you
want to go away too?' Simon Peter answered, 'Lord,
who shall we go to? You have the message of eternal
life, and we believe; we know that you are the Holy
One of God.'

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.

We proclaim your Death, O Lord, and profess your
Resurrection until you come again.

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.

*As the priest breaks the consecrated Host the following is
sung or said:*

Lamb of God, you take away the sins ...

Behold the Lamb of God, ...

Lord, I am not worthy ...

Communion Antiphon (Cf. Ps 103:13-15)

The earth is replete with the fruits of your work,

O Lord;

you bring forth bread from the earth

and wine to cheer the heart.