

# The People's Mass

## THE INTRODUCTORY RITES

### Entrance Antiphon

I am the salvation of the people, says the Lord.  
Should they cry to me in any distress,  
I will hear them, and I will be their Lord for ever.

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,  
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.**

## THE LITURGY OF THE WORD

### FIRST READING (Wis 2:12.17-20)

A reading from the book of Wisdom.

The godless say to themselves,  
'Let us lie in wait for the virtuous man, since he  
annoys us

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.**  
**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  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.**

### Communion Antiphon (Ps 118:4-5)

**You have laid down your precepts to be  
carefully kept;  
may my ways be firm in keeping your statutes.**

### 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!

### GOSPEL

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

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

After leaving the mountain Jesus and his disciples  
made their way through Galilee; and he did not want  
anyone to know, because he was instructing his  
disciples; he was telling them, 'The Son of Man will be  
delivered into the hands of men; they will put him to  
death; and three days after he has been put to death  
he will rise again.' But they did not understand what  
he said and were afraid to ask him.

They came to Capernaum, and when he was in the  
house he asked them, 'What were you arguing about  
on the road?' They said nothing because they had  
been arguing which of them was the greatest. So he  
sat down, called the Twelve to him and said, 'If anyone  
wants to be first, he must make himself last of all and  
servant of all.' He then took a little child, set him in front  
of them, put his arms round him, and said to them,  
'Anyone who welcomes one of these little children in  
my name, welcomes me; and anyone who welcomes  
me welcomes not me but the one who sent me.'

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

and opposes our way of life,  
reproaches us for our breaches of the law  
and accuses us of playing false to our upbringing.  
Let us see if what he says is true,  
let us observe what kind of end he himself will have.  
If the virtuous man is God's son, God will take  
his part

and rescue him from the clutches of his enemies.  
Let us test him with cruelty and with torture,  
and thus explore this gentleness of his  
and put his endurance to the proof.

Let us condemn him to a shameful death  
since he will be looked after – we have his word for it.'  
The word of the Lord. **Thanks be to God.**

### RESPONSORIAL PSALM (Ps 53:3-6.8)

**℟ The Lord upholds my life.**

- O God, save me by your name;  
by your power, uphold my cause.  
O God, hear my prayer;  
listen to the words of my mouth. **℟**
- For proud men have risen against me,  
ruthless men seek my life.  
They have no regard for God. **℟**
- But I have God for my help.  
The Lord upholds my life.  
I will sacrifice to you with willing heart  
and praise your name for it is good. **℟**

### SECOND READING (Jas 3:16-4:3)

A reading from the letter of St James.

Wherever you find jealousy and ambition, you find  
disharmony, and wicked things of every kind being  
done; whereas the wisdom that comes down from  
above is essentially something pure; it also makes for  
peace, and is kindly and considerate; it is full of  
compassion and shows itself by doing good; nor is  
there any trace of partiality or hypocrisy in it. Peace-  
makers, when they work for peace, sow the seeds  
which will bear fruit in holiness.

Where do these wars and battles between yourselves  
first start? Isn't it precisely in the desires fighting inside  
your own selves? You want something and you  
haven't got it; so you are prepared to kill. You have an  
ambition that you cannot satisfy; so you fight to get  
your way by force. Why you don't have what you want  
is because you don't pray for it; when you do pray and  
don't get it, it is because you have not prayed properly,  
you have prayed for something to indulge your own  
desires.

The word of the Lord.

**Thanks be to God.**

*(contd on back page)*