

# The People's Mass

## THE INTRODUCTORY RITES

### Entrance Antiphon (Cf. Ps 87:3)

Let my prayer come into your presence.  
Incline your ear to my cry for help, O Lord.  
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,  
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 Kg 17:10-16)

A reading from the first book of the Kings.  
Elijah the Prophet went off to Sidon. And when he  
reached the city gate, there was a widow gathering  
sticks; addressing her he said, 'Please bring a little  
water in a vessel for me to drink.' She was setting off  
to bring it when he called after her. 'Please', he said,

'bring me a scrap of bread in your hand.' 'As the Lord  
your God lives,' she replied, 'I have no baked bread,  
but only a handful of meal in a jar and a little oil in a  
jug; I am just gathering a stick or two to go and  
prepare this for myself and my son to eat, and then  
we shall die.' But Elijah said to her, 'Do not be afraid,  
go and do as you have said; but first make a little  
scone of it for me and bring it to me, and then make  
some for yourself and for your son. For thus the Lord  
speaks, the God of Israel:

"Jar of meal shall not be spent,  
jug of oil shall not be emptied,  
before the day when the Lord sends  
rain on the face of the earth."

The woman went and did as Elijah told her and they  
ate the food, she, himself and her son. The jar of meal  
was not spent nor the jug of oil emptied, just as the  
Lord had foretold through Elijah.

The word of the Lord. Thanks be to God.

### RESPONSORIAL PSALM (Ps 145:7-10)

**R** My soul, give praise to the Lord.

1. It is the Lord who keeps faith for ever,  
who is just to those who are oppressed.  
It is he who gives bread to the hungry,  
the Lord, who sets prisoners free. **R**
2. It is the Lord who gives sight to the blind,  
who raises up those who are bowed down.  
It is the Lord who loves the just,  
the Lord, who protects the stranger. **R**
3. The Lord upholds the widow and orphan  
but thwarts the path of the wicked.  
The Lord will reign for ever,  
Zion's God, from age to age. **R**

### SECOND READING (Heb 9:24-28)

A reading from the letter to the Hebrews.  
It is not as though Christ had entered a man-made  
sanctuary which was only modelled on the real one;  
but it was heaven itself, so that he could appear in the  
actual presence of God on our behalf. And he does  
not have to offer himself again and again, like the high  
priest going into the sanctuary year after year with the  
blood that is not his own, or else he would have had  
to suffer over and over again since the world began.  
Instead of that, he has made his appearance once  
and for all, now at the end of the last age, to do away  
with sin by sacrificing himself. Since men only die  
once, and after that comes judgement, so Christ, too,  
offers himself only once to take the faults of many on  
himself, and when he appears a second time, it will

(contd on back page)

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.

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

**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 (Cf. Ps 22:1-2)**  
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.

not be to deal with sin but to reward with salvation  
those who are waiting for him.

The word of the Lord. Thanks be to God.

**GOSPEL ACCLAMATION (Apoc 2:10)**  
Alleluia, alleluia!  
Even if you have to die, says the Lord,  
keep faithful, and I will give you  
the crown of life.  
Alleluia!

**GOSPEL (Mk 12:38-44)**  
(For Shorter Form, read between ♦ ♦.)

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

In his teaching Jesus said, 'Beware of the scribes who  
like to walk about in long robes, to be greeted  
obsequiously in the market squares, to take the front  
seats in the synagogues and the places of honour at  
banquets; these are the men who swallow the  
property of widows, while making a show of lengthy  
prayers. The more severe will be the sentence they  
receive.'

♦ He sat down opposite the treasury and watched the  
people putting money into the treasury, and many of  
the rich put in a great deal. A poor widow came and  
put in two small coins, the equivalent of a penny. Then  
he called his disciples and said to them, 'I tell you  
solemnly, this poor widow has put more in than all  
who have contributed to the treasury; for they have all  
put in money they had over, but she from the little she  
had has put in everything she possessed, all she had  
to live on.' ♦

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