

# The People's Mass

## THE INTRODUCTORY RITES

**Entrance Antiphon** (Cf. Is 30:19.30)

**O People of Zion, behold, the Lord will come to save the nations, and the Lord will make the glory of his voice heard in the joy of your heart.**  
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.**

*(The Gloria is not said.)*

## THE LITURGY OF THE WORD

**FIRST READING** (Bar 5:1-9)

A reading from the prophet Baruch.

Jerusalem, take off your dress of sorrow and distress, put on the beauty of the glory of God for ever, wrap the cloak of the integrity of God around you, put the diadem of the glory of the Eternal on your head: since God means to show your splendour to every nation under heaven, since the name God gives you for ever will be, 'Peace through integrity, and honour through devotedness'.

Arise, Jerusalem, stand on the heights and turn your eyes to the east: see your sons reassembled from west and east at the command of the Holy One, jubilant that God has remembered them.

Though they left you on foot, with enemies for an escort, now God brings them back to you like royal princes carried back in glory.

For God has decreed the flattening of each high mountain, of the everlasting hills, the filling of the

valleys to make the ground level so that Israel can walk in safety under the glory of God.

And the forests and every fragrant tree will provide shade for Israel at the command of God; for God will guide Israel in joy by the light of his glory with his mercy and integrity for escort.

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

**RESPONSORIAL PSALM** (Ps 125)

**R What marvels the Lord worked for us! Indeed we were glad.**

1. When the Lord delivered Zion from bondage, it seemed like a dream.

Then was our mouth filled with laughter, on our lips there were songs. **R**

2. The heathens themselves said:

'What marvels

the Lord worked for them!'

What marvels the Lord worked for us! Indeed we were glad. **R**

3. Deliver us, O Lord, from our bondage as streams in dry land.

Those who are sowing in tears will sing when they reap. **R**

4. They go out, they go out, full of tears carrying seed for the sowing:

they come back, they come back, full of song, carrying their sheaves. **R**

**SECOND READING** (Phil 1:3-6.8-11)

A reading from the letter of St Paul to the Philippians.

Every time I pray for all of you, I pray with joy, remembering how you have helped to spread the Good News from the day you first heard it right up to the present. I am quite certain that the One who began this good work in you will see that it is finished when the Day of Christ Jesus comes. God knows how much I miss you all, loving you as Christ Jesus loves you. My prayer is that your love for each other may increase more and more and never stop improving your knowledge and deepening your perception so that you can always recognise what is best. This will help you to become pure and blameless, and prepare you for the Day of Christ, when you will reach the perfect goodness which Jesus Christ produces in us for the glory and praise of God.

The word of the Lord.

**Thanks be to God.**

*(contd on back page)*

## GOSPEL ACCLAMATION

Alleluia, alleluia!

Prepare a way for the Lord, make his paths straight, and all mankind shall see the salvation of God. Alleluia!

**GOSPEL** (Lk 3:1-6)

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

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

In the fifteenth year of Tiberius Caesar's reign, when Pontius Pilate was governor of Judaea, Herod tetrarch of Galilee, his brother Philip tetrarch of the lands of Ituraea and Trachonitis, Lysanias tetrarch of Abilene, during the pontificate of Annas and Caiaphas, the word of God came to John son of Zechariah, in the wilderness. He went through the whole Jordan district proclaiming a baptism of repentance for the forgiveness of sins, as it is written in the book of the sayings of the prophet Isaiah:

A voice cries in the wilderness; Prepare a way for the Lord, make his paths straight. Every valley will be filled in, every mountain and hill be laid low, winding ways will be straightened and rough roads made smooth. And all mankind shall see the salvation 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 that you should enter under my roof, but only say the word and my soul shall be healed.**

**Communion Antiphon** (Bar 5:5; 4:36)

**Jerusalem, arise and stand upon the heights, and behold the joy which comes to you from God.**