

The People's Mass

THE INTRODUCTORY RITES

Entrance Antiphon (Ps 12:6)
O Lord, I trust in your merciful love. My heart will rejoice in your salvation. I will sing to the Lord who has been bountiful with me.

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.

You were sent to heal the contrite of heart:
 Lord, have mercy. **Lord, have mercy.**
 You came to call sinners:
 Christ, have mercy. **Christ, have mercy.**
 You are seated at the right hand of the Father
 to intercede for us:
 Lord, have mercy. **Lord, have mercy.**
 May almighty God have mercy on us, ... **Amen.**

Gloria
Glorify 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 Sam 26:2.7-9.12-13.22-23)
 A reading from the first book of Samuel.

Saul set off and went down to the wilderness of Ziph, accompanied by three thousand men chosen from Israel to search for David in the wilderness of Ziph. So in the dark David and Abishai made their way towards the force, where they found Saul asleep inside the camp, his spear stuck in the ground beside his head, with Abner and the troops lying round him. Then Abishai said to David, 'Today God has put your enemy in your power; so now let me pin him to the ground with his own spear. Just one stroke! I will not need to strike him twice.' David answered Abishai, 'Do

not kill him, for who can lift his hand against the Lord's anointed and be without guilt?' David took the spear and the pitcher of water from beside Saul's head, and they made off. No one saw, no one knew, no one woke up; they were all asleep, for a deep sleep from the Lord had fallen on them.

David crossed to the other side and halted on the top of the mountain a long way off; there was a wide space between them. David then called out, 'Here is the king's spear. Let one of the soldiers come across and take it. The Lord repays everyone for his uprightness and loyalty. Today the Lord put you in my power, but I would not raise my hand against the Lord's anointed.'
 The word of the Lord. **Thanks be to God.**

RESPONSORIAL PSALM (Ps 102:1-4.8.10.12-13)

R. The Lord is compassion and love.

1. My soul, give thanks to the Lord, all my being, bless his holy name. My soul, give thanks to the Lord and never forget all his blessings. **R.**
2. It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. **R.**
3. The Lord is compassion and love, slow to anger and rich in mercy. He does not treat us according to our sins nor repay us according to our faults. **R.**
4. As far as the east is from the west so far does he remove our sins. As a father has compassion on his sons, the Lord has pity on those who fear him. **R.**

SECOND READING (1 Cor 15:45-49)

A reading from the first letter of St Paul to the Corinthians.

The first man, Adam, as scripture says, became a living soul; but the last Adam has become a life-giving spirit. That is, first the one with the soul, not the spirit, and after that, the one with the spirit. The first man, being from the earth, is earthly by nature; the second man is from heaven. As this earthly man was, so are we on earth; and as the heavenly man is, so are we in heaven. And we, who have been modelled on the earthly man, will be modelled on the heavenly man.

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

GOSPEL ACCLAMATION (Cf. Acts 16:14)

Alleluia, alleluia!
Open our heart, O Lord, to accept the words of your Son. Alleluia!

(contd on back page)

GOSPEL (Lk 6:27-38)
 The Lord be with you. **And with your spirit.**

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

Jesus said to his disciples: 'I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked.

'Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.'

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 ...
Showing the Eucharist to the people, the priest says:
 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 (Ps 9:2-3)
I will recount all your wonders, I will rejoice in you and be glad, and sing psalms to your name, O Most High.