

# The People's Mass

## THE INTRODUCTORY RITES

**Entrance Antiphon** (Cf. Ps 90:15-16)

**When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.**

In the name of the Father, and of the Son,  
and of the Holy Spirit. **Amen.**

The grace of our Lord Jesus Christ, ...  
**And with your spirit.**

**Penitential Act**

Brethren (brothers and sisters), let us acknowledge  
our sins, and so prepare ourselves to celebrate the  
sacred mysteries.

*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, forgive us our  
sins, and bring us to everlasting life. **Amen.**

*(The Gloria is not said.)*

## THE LITURGY OF THE WORD

**FIRST READING** (Deut 26:4-10)

A reading from the book of Deuteronomy.

Moses said to the people: 'The priest shall take the  
pannier from your hand and lay it before the altar of  
the Lord your God. Then, in the sight of the Lord  
your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went  
down into Egypt to find refuge there, few in  
numbers; but there he became a nation, great,  
mighty, and strong. The Egyptians ill-treated us,  
they gave us no peace and inflicted harsh slavery  
on us. But we called on the Lord, the God of our  
fathers. The Lord heard our voice and saw our  
misery, our toil and our oppression; and the Lord  
brought us out of Egypt with mighty hand and  
outstretched arm, with great terror, and with signs  
and wonders. He brought us here and gave us this  
land, a land where milk and honey flow. Here then  
I bring the first-fruits of the produce of the soil that

you, Lord, have given me." You must then lay them  
before the Lord your God, and bow down in the  
sight of the Lord your God.'

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

**RESPONSORIAL PSALM** (Ps 90:1-2.10-15)

**R Be with me, O Lord, in my distress.**

1. He who dwells in the shelter of the Most High  
and abides in the shade of the Almighty  
says to the Lord: 'My refuge,  
my stronghold, my God in whom I trust!' **R**
2. Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways. **R**
3. They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the  
dragon. **R**
4. His love he set on me, so I will rescue him;  
protect him for he knows my name.  
When he calls I shall answer: 'I am with you.'  
I will save him in distress and give  
him glory. **R**

**SECOND READING** (Rm 10:8-13)

A reading from the letter of St Paul to the Romans.  
Scripture says: The word, that is the faith we  
proclaim, is very near to you, it is on your lips and  
in your heart. If your lips confess that Jesus is Lord  
and if you believe in your heart that God raised him  
from the dead, then you will be saved. By believing  
from the heart you are made righteous; by confess-  
ing with your lips you are saved. When scripture  
says: those who believe in him will have no cause  
for shame, it makes no distinction between Jew and  
Greek: all belong to the same Lord who is rich  
enough, however many ask for his help, for  
everyone who calls on the name of the Lord will be  
saved.

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

**GOSPEL ACCLAMATION** (Mt 4:4)

**Praise to you, O Christ, king of eternal glory!  
Man does not live on bread alone  
but on every word that comes from the mouth  
of God.**

**Praise to you, O Christ, king of eternal glory!**

*(contd on back page)*

**GOSPEL** (Lk 4:1-13)

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

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

Filled with the Holy Spirit, Jesus left the Jordan and  
was led by the Spirit through the wilderness, being  
tempted there by the devil for forty days. During that  
time he ate nothing and at the end he was hungry.  
Then the devil said to him, 'If you are the Son of  
God, tell this stone to turn into a loaf.' But Jesus  
replied, 'Scripture says: Man does not live on bread  
alone.'

Then leading him to a height, the devil showed him  
in a moment of time all the kingdoms of the world  
and said to him, 'I will give you all this power and  
the glory of these kingdoms, for it has been com-  
mitted to me and I give it to anyone I choose.  
Worship me, then, and it shall all be yours.' But  
Jesus answered him. 'Scripture says:

You must worship the Lord your God,  
and serve him alone.'

Then he led him to Jerusalem and made him stand  
on the parapet of the Temple. 'If you are the Son of  
God', he said to him 'throw yourself down from here,  
for scripture says:

He will put his angels in charge of you  
to guard you,

and again:

They will hold you up on their hands  
in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said:  
You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him,  
the devil left him, to return at the appointed time.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

**Profession of Faith** (Apostles' Creed)

**I believe in God, / the Father almighty, / Creator  
of heaven and earth, / and in Jesus Christ, his  
only Son, our Lord,**

*At the words that follow, up to and including  
the Virgin Mary, all bow.*

**who was conceived by the Holy Spirit, / born of  
the Virgin Mary, / suffered under Pontius  
Pilate, / was crucified, died and was buried; / he  
descended into hell; / on the third day he rose  
again from the dead; / he ascended into  
heaven, / and is seated at the right hand of God**

**the Father almighty; / from there he will come  
to judge the living and the dead.**

**I believe in the Holy Spirit, / the holy catholic  
Church, / the communion of saints, / the  
forgiveness of sins, / the resurrection of the  
body, / and life everlasting. 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  
and formed by divine teaching,  
we dare to say:

**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 ...**

*Showing the Eucharist to the people, the priest says:*

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** (Mt 4:4)

**One does not live by bread alone,  
but by every word that comes forth  
from the mouth of God.**