

# The People's Mass

## THE INTRODUCTORY RITES

### Entrance Antiphon *(Acts 1:11)*

**Men of Galilee, why gaze in wonder at the heavens? This Jesus whom you saw ascending into heaven will return as you saw him go, alleluia.**

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, 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 *(Acts 1:1-11)*

A reading from the Acts of the Apostles.

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about

the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is,' he had said, 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

The word of the Lord.

**Thanks be to God.**

### RESPONSORIAL PSALM *(Ps 46:2-3.6-9)*

**R God goes up with shouts of joy; the Lord goes up with trumpet blast.**

1. All peoples, clap your hands, cry to God with shouts of joy! For the Lord, the Most High, we must fear, great king over all the earth. **R**
2. God goes up with shouts of joy; the Lord goes up with trumpet blast. Sing praise for God, sing praise, sing praise to our king, sing praise. **R**
3. God is king of all the earth. Sing praise with all your skill. God is king over the nations; God reigns on his holy throne. **R**

### SECOND READING *(Heb 9:24-28; 10:19-23)*

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

*(contd on back page)*

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.

**Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.**

## 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 ...**

### Communion Antiphon

*(Mt 28:20)*

**Behold, I am with you always, even to the end of the age, alleluia.**

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

In other words, brothers, through the blood of Jesus we have the right to enter the sanctuary, by a new way which he had opened for us, a living opening through the curtain, that is to say, his body. And we have the supreme high priest over all the house of God. So as we go in, let us be sincere in heart and filled with faith, our minds sprinkled and free from any trace of bad conscience and our bodies washed with pure water. Let us keep firm in the hope we profess, because the one who made the promise is faithful.

The word of the Lord.

**Thanks be to God.**

### GOSPEL ACCLAMATION *(Mt 28:19-20)*

**Alleluia, alleluia!**

**Go, make disciples of all the nations;**

**I am with you always; yes, to the end of time.**

**Alleluia!**

### GOSPEL *(Lk 24:46-53)*

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: 'You see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.'

'And now I am sending down to you what the Father has promised. Stay in the city then, until you are clothed with the power from on high.' Then he took them out as far as the outskirts of Bethany, and lifting up his hands he blessed them. Now as he blessed them, he withdrew from them and was carried up to heaven. They worshipped him and then went back to Jerusalem full of joy; and they were continually in the Temple praising 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**