

THE EMMAUS MASS SHEET

7th SUNDAY IN ORDINARY TIME (C) 20th February 2022

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

*The Priest concludes the Eucharistic Prayer
saying alone:*

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.

The people acclaim: Amen.

The Communion Rite *Stand*

The Priest invites all to join in the Lord's Prayer:

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.**

The Priest continues alone:

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.
**For the kingdom,
the power and the glory are yours
now and for ever.**

The Priest says:

Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give you,
look not on our sins,
but on the faith of your Church,
and graciously grant her peace and unity
in accordance with your will.
Who live and reign for ever and ever.
Amen.

The peace of the Lord be with you always.
And with your spirit.

The Deacon, or the Priest, adds:

Let us offer each other the sign of peace.

All then make an appropriate sign of peace.

*The Priest takes the host and breaks it.
Meanwhile the people say or sing:*

**Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
grant us peace.** *Kneel*

The Priest shows the host to the people and 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.**

*The Priest or other minister says to each
communicant:*

The Body [Blood] of Christ.
Each communicant answers: Amen.

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.**

Prayer after Communion *Stand*

Let us pray.
Grant, we pray, almighty God,
that we may experience the effects of the
salvation
which is pledged to us by these mysteries.
Through Christ our Lord.
Amen.

THE CONCLUDING RITES

Announcements may be made. Then:

Priest: The Lord be with you.

All: **And with your spirit.**

May almighty God bless you,
the Father, and the Son, ✠ and the Holy Spirit.
Amen.

Then the Deacon, or the Priest, says:

Go forth, the Mass is ended. *Or:*

Go and announce the Gospel of the Lord. *Or:*

Go in peace, glorifying the Lord by your life. *Or:*

Go in peace.

Thanks be to God.



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THE INTRODUCTORY RITES

Entrance Antiphon or a hymn.

Stand
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.**

All make the Sign of the Cross as the Priest says:
In the name of the Father, and of the Son,
and of the Holy Spirit. **Amen.**

Greeting

The Priest greets the people, saying:

The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.

Or:

Grace to you and peace from God our Father
and the Lord Jesus Christ.

Or:

The Lord be with you.

The people reply:

And with your spirit.

The Mass of the day may be introduced.

Penitential Act

*The Priest invites the faithful to repentance
followed, after a brief pause, by one of the
Penitential Acts:*

**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.**

Or:

Have mercy on us, O Lord.

For we have sinned against you.

Show us, O Lord, your mercy.

And grant us your salvation.

Or:

You were sent to heal the contrite of heart:

Lord, have mercy. *Or:* Kyrie, eleison.

Lord, have mercy. Or: Kyrie, eleison.

You came to call sinners:

Christ, have mercy. *Or:* Christe, eleison.

Christ, have mercy. Or: Christe, eleison.

You are seated at the right hand of the
Father to intercede for us:
Lord, have mercy. *Or:* Kyrie, eleison.
Lord, have mercy. Or: Kyrie, eleison.

The absolution by the Priest follows.

The people reply: Amen.

*If the 'Kyrie, eleison' has not been said or sung,
it is said or sung now.*

The 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 Collect

Grant, we pray, almighty God,
that, always pondering spiritual things,
we may carry out in both word and deed
that which is pleasing to you.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.
Amen. *Sit*

THE LITURGY OF THE WORD

First Reading

A reading from the first book of Samuel
26:2,7-9,12-13,22-23

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. He 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.

Psalm Ps 102:1-4,8,10,12-13. R.v8

R) The Lord is compassion and love.

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)**

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)**

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)**

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)**

R) The Lord is compassion and love.

Second Reading

A reading from the first letter of St Paul
to the Corinthians 15:45-49

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 *Stand*
Alleluia, alleluia! Cf. Acts 16:14
**Open our heart, O Lord,
to accept the words of your Son.
Alleluia!**

Gospel Luke 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.

The Homily *Sit*

The Nicene Creed *Stand*

**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,
and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.** *All bow*

**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.**

Or:

The Apostles' Creed

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

**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 Prayer of the Faithful

Response example: Lord, in your mercy.
Hear our prayer.

After the concluding prayer all say: Amen. Sit

THE LITURGY OF THE EUCHARIST

*The offerings are brought to the altar.
A hymn may be sung.*

*If the Priest says the two prayers of offering
aloud the response both times is:*
Blessed be God for ever.

*The Priest completes additional personal
preparatory rites, and the people rise as he says:*
Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

The people reply:
**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.**

Prayer over the Offerings

As we celebrate your mysteries, O Lord,
with the observance that is your due,
we humbly ask you,
that what we offer to the honour of your majesty
may profit us for salvation.
Through Christ our Lord.
Amen.

The 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.

*The Priest continues with the Preface and
concludes with the people, singing or saying aloud:*
**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of
the Lord.
Hosanna in the highest.** *Kneel*

*The Eucharistic Prayer continues until the priest
says:*

The mystery of faith.
*And the people continue, acclaiming one of the
following:*

**We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.**

Or:

**When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord,
until you come again.**

Or: