

THE EMMAUS MASS SHEET

3rd SUNDAY IN ORDINARY TIME (A) 22nd January 2023

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:

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.

*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

Cf. Ps 33:6

**Look toward the Lord and be radiant;
let your faces not be abashed.**

*After the distribution of Holy Communion a
sacred silence may be observed or a psalm,
hymn or canticle of praise may be sung.*

Prayer after Communion

Stand

Grant, we pray, almighty God,
that, receiving the grace
by which you bring us to new life,
we may always glory in your gift.
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
Cf. Ps 95:1,6

**O sing a new song to the Lord;
sing to the Lord, all the earth.
In his presence are majesty and splendour,
strength and honour in his holy place.**

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

**Glorry 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

Almighty ever-living God,
direct our actions according to your good pleasure,
that in the name of your beloved Son
we may abound in good works.
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 prophet Isaiah 8:23–9:3

In days past the Lord humbled the land of Zebulun and the land of Naphtali, but in days to come he will confer glory on the Way of the Sea on the far side of Jordan, province of the nations.

The people that walked in darkness has seen a great light; on those who live in a land of deep shadow a light has shone.

You have made their gladness greater, you have made their joy increase; they rejoice in your presence as men rejoice at harvest time, as men are happy when they are dividing the spoils.

For the yoke that was weighing on him, the bar across his shoulders, the rod of his oppressor, these you break as on the day of Midian.

The word of the Lord.
Thanks be to God.

Psalms

Ps 26:1.4.13-14. R.v1

R) The Lord is my light and my help.

The Lord is my light and my help; whom shall I fear?
The Lord is the stronghold of my life; before whom shall I shrink? (R)

There is one thing I ask of the Lord, for this I long,
to live in the house of the Lord, all the days of my life,
to savour the sweetness of the Lord, to behold his temple. (R)

I am sure I shall see the Lord's goodness in the land of the living.
Hope in him, hold firm and take heart.
Hope in the Lord! (R)

Second Reading

A reading from the first letter of St Paul to the Corinthians 1:10-13. 17

I appeal to you, brothers, for the sake of our Lord Jesus Christ, to make up the differences between you, and instead of disagreeing among yourselves, to be united again in your belief and practice. From what Chloe's people have been telling me, my dear brothers, it is clear that there are serious differences among you. What I mean are all these slogans that you have, like: 'I am for Paul,' 'I am for Apollos,' 'I am for Cephas,' 'I am for Christ.' Has Christ been parcelled out? Was it Paul that was crucified for you? Were you baptised in the name of Paul?

For Christ did not send me to baptise, but to preach the Good News, and not to preach that in the terms of philosophy in which the crucifixion of Christ cannot be expressed.

The word of the Lord.
Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!
Jesus proclaimed the Good News of the kingdom, and cured all kinds of sickness among the people.
Alleluia!

Stand

Mt 4:23

Gospel

Matthew 4:12-23

The Lord be with you.
And with your spirit.
A reading from the holy Gospel according to Matthew.
Glory to you, O Lord.

For shorter form (4:12-17) read between []

[Hearing that John had been arrested Jesus went back to Galilee, and leaving Nazareth he went and settled in Capernaum, a lakeside town on the borders of Zebulun and Naphtali. In this way the prophecy of Isaiah was to be fulfilled:

Land of Zebulun! Land of Naphtali!
Way of the sea on the far side of Jordan,
Galilee of the nations!
The people that lived in darkness
has seen a great light;
on those who dwell in the land
and shadow of death
a light has dawned.

From that moment Jesus began his preaching with the message, 'Repent, for the kingdom of heaven is close at hand.']

As he was walking by the Sea of Galilee he saw two brothers, Simon, who was called Peter, and his brother Andrew; they were making a cast in the lake with their net, for they were fishermen. And he said to them, 'Follow me and I will make you fishers of men.' And they left their nets at once and followed him.

Going on from there he saw another pair of brothers, James son of Zebedee and his brother John; they were in their boat with their father Zebedee, mending their nets, and he called them. At once, leaving the boat and their father, they followed him.

He went round the whole of Galilee teaching in their synagogues, proclaiming the Good News of the kingdom and curing all kinds of diseases and sickness among the people.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

The Homily

Sit

The 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, 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.

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.

Stand

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

Accept our offerings, O Lord, we pray, and in sanctifying them grant that they 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: