

THE EMMAUS MASS SHEET

4th SUNDAY IN ORDINARY TIME (A) 29th January 2023

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 30: 17-18

**Let your face shine on your servant.
Save me in your merciful love.
O Lord, let me never be put to shame,
for I call on you.**

*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

Nourished by these redeeming gifts,
we pray, O Lord,
that through this help to eternal salvation
true faith may ever increase.
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.



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THE INTRODUCTORY RITES

Entrance Antiphon or a hymn

Stand
Ps. 105:47

**Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.**

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 us, Lord our God,
that we may honour you with all our mind,
and love everyone in truth of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
one God, for ever and ever.
Amen.

Sit

THE LITURGY OF THE WORD

First Reading

A reading from the prophet Zephaniah
2:3; 3:12-13

Seek the Lord
all you, the humble of the earth,
who obey his commands.
Seek integrity,
seek humility:
you may perhaps find shelter
on the day of the anger of the Lord.
In your midst I will leave
a humble and lowly people,
and those who are left in Israel
will seek refuge in the name of the Lord.
They will do no wrong,
will tell no lies;
and the perjured tongue will no longer
be found in their mouths.
But they will be able to graze and rest
with no one to disturb them.

The word of the Lord.
Thanks be to God.

Psalms

Ps. 145:7-10 R.Mt 5:3

R) How happy are the poor in spirit; theirs is the kingdom of heaven.

It is the Lord who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free. (R)

It is the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord, who protects the stranger
and upholds the widow and orphan. (R)

It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. (R)

Second Reading

A reading from the first letter of St Paul to the
Corinthians 1:26-31

Take yourselves, brothers, at the time when you
were called: how many of you were wise in the
ordinary sense of the word, how many were
influential people, or came from noble families?
No, it was to shame the wise that God chose
what is foolish by human reckoning, and to
shame what is strong that he chose what is weak
by human reckoning; those whom the world
thinks common and contemptible are the ones
that God has chosen - those who are nothing at
all to show up those who are everything. The
human race has nothing to boast about to God,
but you, God has made members of Christ Jesus
and by God's doing he has become our wisdom,
and our virtue, and our holiness, and our
freedom. As scripture says: if anyone wants to

boast, let him boast about the Lord.

The word of the Lord.
Thanks be to God.

Gospel Acclamation *Stand*
Alleluia, alleluia! Mt. 11:25
**Blessed are you, Father,
Lord of heaven and earth,
for revealing the mysteries of the kingdom
to mere children.
Alleluia!**

Gospel Matthew 5:1-12
The Lord be with you.
And with your spirit.
A reading from the holy Gospel according to Matthew.
Glory to you, O Lord.

Seeing the crowds, Jesus went up the hill. There
he sat down and was joined by his disciples.
Then he began to speak. This is what he taught
them:

'How happy are the poor in spirit;
theirs is the kingdom of heaven.
Happy the gentle:
they shall have the earth for their heritage.
Happy those who mourn:
they shall be comforted.
Happy those who hunger and thirst
for what is right:
they shall be satisfied.
Happy the merciful:
they shall have mercy shown them.
Happy the pure in heart:
they shall see God.
Happy the peacemakers:
they shall be called sons of God.
Happy those who are persecuted
in the cause of right:
theirs is the kingdom of heaven.
'Happy are you when people abuse you and
persecute you and speak all kinds of calumny
against you on my account. Rejoice and be glad,
for your reward will be great in heaven.'

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 *All bow*
*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 *All bow*
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 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

O Lord, we bring to your altar
these offerings of our service:
be pleased to receive them, we pray,
and transform them
into the Sacrament of our redemption.
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:

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