

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 77: 29-30

**They ate and had their fill,
and what they craved the Lord gave them;
they were not disappointed in what they craved.**

*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

Having fed upon these heavenly delights,
we pray, O Lord,
so that we may always long
for that food by which we truly live.
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 EMMAUS MASS SHEET

6th SUNDAY IN ORDINARY TIME (A) 12th February 2023

THE INTRODUCTORY RITES

Entrance Antiphon or a hymn

Stand
Cf. Ps 30: 3-4

**Be my protector, O God,
a mighty stronghold to save me.
For you are my rock, my stronghold!
Lead me, guide me, for the sake of your
name.**

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

O God, who teach us that you abide
in hearts that are just and true,
grant that we may be so fashioned by your
grace
as to become a dwelling 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 book of Ecclesiasticus

15:15-20

If you wish, you can keep the commandments,
to behave faithfully in within your power.

He has set fire and water before you;
put out your hand to whichever you prefer.
Man has life and death before him;
whichever a man likes better will be given him.
For vast is the wisdom of the Lord;
he is almighty and all-seeing.
His eyes are on those who fear him,
he notes every action of man.
He never commanded anyone to be godless,
he has given no one permission to sin.

The word of the Lord.
Thanks be to God.

Psalm Ps 118:1-2.4-5.17-18.33-34. R.v1
R) They are happy who follow God's law!

They are happy whose life is blameless,
who follow God's law!
They are happy those who do his will,
seeking him with all their hearts. **(R)**

You have laid down your precepts
to be obeyed with care.
May my footsteps be firm
to obey your statutes. **(R)**

Bless your servant and I shall live
and obey your word.
Open my eyes that I may consider
the wonders of your law. **(R)**

Teach me the demands of your statutes
and I will keep them to the end.
Train me to observe your law,
to keep it with my heart. **(R)**

Second Reading

A reading from the first letter of St Paul to the
Corinthians 2:6-10

We have a wisdom to offer those who have
reached maturity: not a philosophy of our age,
it is true, still less of the masters of our age,
which are coming to their end. The hidden
wisdom of God which we teach in our
mysteries is the wisdom that God
predestined to be for our glory before
the ages began. It is a wisdom that none
of the masters of this age have ever
known, or they would not have crucified
the Lord of Glory; we teach what
scripture calls: the things that no eye
has seen and no ear has heard, things
beyond the mind of man, all that God
has prepared for those who love him.

These are the very things that God has
revealed to us through the Spirit, for the
Spirit reaches the depths of everything,
even the depths of God.

The word of the Lord.
Thanks be to God.

Gospel Acclamation

Alleluia, alleluia! 1 Sam 3:9; Jn 6:68
Speak, Lord, your servant is listening:
you have the message of eternal life.
Alleluia!

Gospel

Matthew 5:17-37

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 read between []

[Jesus said to his disciples:] 'Do not imagine that
I have come to abolish the Law or the Prophets. I
have come not to abolish them but to complete
them. I tell you solemnly, till heaven and earth
disappear, not one dot, one little stroke, shall
disappear from the Law until its purpose is
achieved. Therefore, the man who infringes even
one of the least of these commandments and
teaches others to do the same will be
considered the least in the kingdom of heaven;
but the man who keeps them and teaches them
will be considered great in the kingdom of heaven.
'For [I tell you, if your virtue goes no deeper than
that of the scribes and Pharisees, you will never
get into the kingdom of heaven.

'You have learnt how it was said to our
ancestors: You must not kill; and if anyone does
kill he must answer for it before the court. But I
say this to you; anyone who is angry with his
brother will answer for it before the court;] if a man
calls his brother "Fool" he will answer for it before
the Sanhedrin; and if a man calls him "Renegade"
he will answer for it in hell fire. So then, if you are
bringing your offering to the altar and there
remember that your brother has something
against you, leave your offering there before the
altar, go and be reconciled with your brother first,
and then come back and present your offering.
Come to terms with your opponent in good time
while you are still on the way to the court with him,
or he may hand you over to the judge and the
judge to the officer, and you will be thrown into
prison. I tell you solemnly, you will not get out
till you have paid the last penny.

[You have learnt how it was said: You must not
commit adultery. But I say this to you: if a man
looks at a woman lustfully, he has already
committed adultery with her in his heart.] If your
right eye should cause you to sin, tear it out and
throw it away; for it will do you less harm to lose
one part of you than to have your whole body
thrown into hell. And if your right hand should
cause you to sin, cut it off and throw it away; for
it will do you less harm to lose one part of you
than to have your whole body go to hell.

'It has also been said: Anyone who divorces his
wife must give her a writ of dismissal. But I say
this to you: everyone who divorces his wife,
except for the case of fornication, makes her an
adulteress; and anyone who marries a divorced
woman commits adultery.

[Again, you have learnt how it was said to our
ancestors: You must not break your oath, but
must fulfil your oaths to the Lord. But I say this
to you: do not swear at all,] either by heaven,
since that is God's throne; or by the earth,
since that is his footstool; or by Jerusalem,
since that is the city of the great king. Do not
swear by your own head either, since you cannot
turn a single hair white or black. [All you need
say is "Yes" if you mean yes, "No" if you mean
no; anything more than this comes from the evil
one.]

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

May this oblation, O Lord, we pray,
cleanse and renew us
and may it become for those who do your will
the source of eternal reward.
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:*