

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

Jn 6: 57

Whoever eats my flesh and drinks my blood  
remains in me and I in him, says the Lord.

*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, O Lord, we pray,  
that we may delight for all eternity  
in that share in your divine life,  
which is foreshadowed in the present age  
by our reception of your precious Body and Blood.  
Who live and reign for ever and ever.  
**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

THE MOST HOLY BODY AND BLOOD OF CHRIST (A) 11th June 2023

### THE INTRODUCTORY RITES

**Entrance Antiphon** or a hymn *Stand*  
Cf. Ps 80: 17

He fed them with the finest wheat  
and satisfied them with honey from the rock.

*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 in this wonderful Sacrament  
have left us a memorial of your Passion,  
grant us, we pray,  
so to revere the sacred mysteries of your Body  
and Blood  
that we may always experience in ourselves  
the fruits of your redemption.  
Who live and reign with God the Father  
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 Deuteronomy  
8:2-3.14-16

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

The word of the Lord.  
**Thanks be to God.**

**Psalm** Ps 147:12-15.19-20.R.v12

### R) O praise the Lord, Jerusalem!

O praise the Lord, Jerusalem!  
Zion, praise your God!  
He has strengthened the bars of your gates,  
he has blessed the children within you. **(R)**

He established peace on your borders,  
he feeds you with finest wheat.  
He sends out his word to the earth  
and swiftly runs his command. **(R)**

He makes his word known to Jacob,  
to Israel his laws and decrees.  
He has not dealt thus with other nations;  
he has not taught them his decrees. **(R)**

### Second Reading

A reading from the first letter of St Paul to the  
Corinthians 10:16-17

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord.  
Thanks be to God.

### Sequence (Shorter form)

Behold the bread of angels, sent  
For pilgrims in their banishment,  
The bread for God's true children meant,  
That may not unto dogs be given:  
Oft in the olden types foreshowed;  
In Isaac on the altar bowed,  
And in the ancient paschal food,  
And in the manna sent from heaven.

Come then, good shepherd, bread divine,  
Still show to us thy mercy sign;  
Oh, feed us still, still keep us thine;  
So may we see thy glories shine  
In fields of immortality;

O thou, the wisest, mightiest, best,  
Our present food, our future rest,  
Come, make us each thy chosen guest,  
Co-heirs of thine, and comrades blest  
With saints whose dwelling is with thee.

**Gospel Acclamation** *Stand*  
**Alleluia, alleluia!** Jn 6:51-52  
**I am the living bread which has come down from heaven, says the Lord.**

**Anyone who eats this bread will live for ever. Alleluia!**

**Gospel** John 6:51-52

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

Jesus said to the Jews:

'I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly,  
if you do not eat the flesh of the Son of Man and drink his blood,  
you will not have life in you.  
Anyone who does eat my flesh and drink my blood has eternal life,  
and I shall raise him up on the last day.  
For my flesh is real food  
and my blood is real drink.  
He who eats my flesh and drinks my blood lives in me  
and I live in him.

As I, who am sent by the living Father, myself draw life from the Father,  
so whoever eats me will draw life from me.  
This is the bread come down from heaven;  
not like the bread our ancestors ate:  
they are dead,  
but anyone who eats this bread will live for ever.'

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

Grant your Church, O Lord, we pray, the gifts of unity and peace, whose signs are to be seen in mystery in the offerings we here present. 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:*