

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 147: 12, 14

O Jerusalem, glorify the Lord,  
who gives you your fill of finest wheat.

*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*

May the communion in your Sacrament  
that we have consumed, save us, O Lord,  
and confirm us in the light of your truth.  
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

19TH SUNDAY IN ORDINARY TIME (A) 13th August 2023

## THE INTRODUCTORY RITES

**Entrance Antiphon** or a hymn. *Stand*  
Cf. Ps 73: 20, 19, 22, 23

**Look to your covenant, O Lord,  
and forget not the life of your poor ones for ever.  
Arise, O God, and defend your cause,  
and forget not the cries of those who seek 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

Almighty ever-living God,  
whom, taught by the Holy Spirit,  
we dare to call our Father,  
bring, we pray, to perfection in our hearts  
the spirit of adoption as your sons and daughters,  
that we may merit to enter into the inheritance  
which you have promised.  
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 the Kings.  
19:9.11-13

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, ‘Go out and stand on the mountain before the Lord.’ Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The word of the Lord.  
Thanks be to God.

Psalm Ps 84:9-14. R.v8

R) Let us see, O Lord, your mercy  
and give us your saving help.

I will hear what the Lord God has to say,  
a voice that speaks of peace.  
His help is near for those who fear him  
and his glory will dwell in our land. (R)

Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven. (R)

The Lord will make us prosper  
and our earth shall yield its fruit.  
Justice shall march before him  
and peace shall follow his steps. (R)

Second Reading

A reading from the letter of St. Paul to the  
Romans 9:1-5

What I want to say is no pretence; I say it in union  
with Christ - it is the truth - my conscience in union  
with the Holy Spirit assures me of it too. What I  
want to say is this: my sorrow is so great, my  
mental anguish so endless, I would willingly be  
condemned and be cut off from Christ if it could  
help my brothers of Israel, my own flesh and  
blood. They were adopted as sons, they were  
given the glory and the covenants; the Law and  
the ritual were drawn up for them, and the  
promises were made to them. They are  
descended from the patriarchs and from their

flesh and blood came Christ who is above all, God  
for ever blessed! Amen.

The word of the Lord.  
Thanks be to God.

Gospel Acclamation Stand  
Alleluia, alleluia! Lk 19:38  
Blessings on the King who comes, in the  
name of the Lord!  
Peace in heaven and glory in the highest  
heavens!  
Alleluia!

Gospel Matthew 14:22-33  
The Lord be with you.  
And with your spirit.  
A reading from the holy Gospel according to Matthew.  
Glory to you, O Lord.

Jesus made the disciples get into the boat and go  
on ahead to the other side while he would send  
the crowds away. After sending the crowds away  
he went up into the hills by himself to pray. When  
evening came, he was there alone, while the boat,  
by now far out on the lake, was battling with a  
heavy sea, for there was a headwind. In the  
fourth watch of the night he went towards them,  
walking on the lake, and when the disciples saw  
him walking on the lake they were terrified. ‘It is a  
ghost’ they said, and cried out in fear. But at once  
Jesus called out to them, saying, ‘Courage! It is I!  
Do not be afraid.’ It was Peter who answered.  
‘Lord’, he said ‘if it is you, tell me to come to you  
across the water.’ ‘Come’ said Jesus. Then Peter  
got out of the boat and started walking towards  
Jesus across the water, but as soon as he felt the  
force of the wind, he took fright and began to sink.  
‘Lord! Save me!’ he cried. Jesus put out his hand  
at once and held him. ‘Man of little faith,’ he said  
‘why did you doubt?’ And as they got into the boat  
the wind dropped. The men in the boat bowed  
down before him and said, ‘Truly, you are the Son  
of God.’

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  
around 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

Be pleased, O Lord, to accept the offerings of  
your Church,  
for in your mercy you have given them to be offered  
and by your power you transform them  
into the mystery of our 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: