

# THE EMMAUS MASS SHEET

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

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** Ps 30: 20

**How great is the goodness, Lord,  
that you keep for those who fear 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*

Renewed by this bread from the heavenly table,  
we beseech you, Lord,  
that, being the food of charity,  
it may confirm our hearts  
and stir us to serve you in our neighbour.  
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 85: 3, 5

**Have mercy on me, O Lord, for I cry to you all  
the day long.  
O Lord, you are good and forgiving,  
full of mercy to all who call to 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**

God of might, giver of every good gift,  
put into our hearts the love of your name,  
so that, by deepening our sense of reverence,  
you may nurture in us what is good  
and, by your watchful care,  
keep safe what you have nurtured.  
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 Jeremiah 20:7-9

You have seduced me, Lord, and I have let myself be seduced;  
you have overpowered me: you were the stronger.

I am a daily laughing-stock,  
everybody's butt.

Each time I speak the word, I have to howl  
and proclaim: 'Violence and ruin!'

The word of the Lord has meant for me  
insult, derision, all day long.

I used to say, 'I will not think about him,  
I will not speak in his name any more.'

Then there seemed to be a fire burning in my heart,  
imprisoned in my bones.

The effort to restrain it wearied me,  
I could not bear it.

The word of the Lord.

**Thanks be to God.**

### Psalms

Ps 62:2-6.8-9. R. v2

**R) For you my soul is thirsting, O Lord my God.**

O God, you are my God, for you I long;  
for you my soul is thirsting.

My body pines for you  
like a dry, weary land without water. **(R)**

So I gaze on you in the sanctuary  
to see your strength and your glory.

For your love is better than life,  
my lips will speak your praise. **(R)**

So I will bless you all my life,  
in your name I will lift up my hands.

My soul shall be filled as with a banquet,  
my mouth shall praise you with joy. **(R)**

For you have been my help;  
in the shadow of your wings I rejoice.

My soul clings to you;  
your right hand holds me fast. **(R)**

### Second Reading

A reading from the letter of St Paul to the  
Romans 12:1-2

Think of God's mercy, my brothers, and worship  
him, I beg you, in a way that is worthy of thinking  
beings, by offering your living bodies as a holy  
sacrifice, truly pleasing to God. Do not model  
yourselves on the behaviour of the world around  
you, but let your behaviour change, modelled by  
your new mind. This is the only way to discover  
the will of God and know what is good, what it is  
that God wants, what is the perfect thing to do.

The word of the Lord.

**Thanks be to God.**

### Gospel Acclamation

*Stand*

Alleluia, alleluia! Cf. Eph 1:17.18

**May the Father of our Lord Jesus Christ  
enlighten the eyes of our mind,  
so that we can see  
what hope his call holds for us.  
Alleluia!**

### Gospel

Matthew 16:21-27

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to Matthew.  
**Glory to you, O Lord.**

Jesus began to make it clear to his disciples that  
he was destined to go to Jerusalem and suffer  
grievously at the hands of the elders and chief  
priests and scribes, to be put to death and to be  
raised up on the third day. Then, taking him aside,  
Peter started to remonstrate with him. 'Heaven  
preserve you, Lord,' he said. 'This must not  
happen to you.' But he turned and said to Peter,  
'Get behind me, Satan! You are an obstacle in my  
path, because the way you think is not God's way  
but man's.'

Then Jesus said to his disciples, 'If anyone  
wants to be a follower of mine, let him renounce  
himself and take up his cross and follow me. For  
anyone who wants to save his life will lose it; but  
anyone who loses his life for my sake will find it.  
What, then, will a man gain if he wins the whole  
world and ruins his life? Or what has a man to  
offer in exchange for his life?

'For the Son of Man is going to come in the glory  
of his Father with his angels, and, when he does,  
he will reward each one according to his  
behaviour.'

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

May this sacred offering, O Lord,  
confer on us always the blessing of salvation,  
that what it celebrates in mystery  
it may accomplish in power.  
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:*