

ENTRANCE ANTIPHON

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

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.

FIRST READING Exodus 24:3-8

A reading from the book of Exodus.

Moses went and told the people all the commands of the Lord and all the ordinances. In answer, all the people said with one voice, "We will observe all the commands that the Lord has decreed." Moses put all the commands of the Lord into writing, and early next morning he built an altar at the foot of the mountain, with twelve standing-stones for the twelve tribes of Israel. Then he directed certain young Israelites to offer holocausts and to immolate bullocks to the Lord as communion sacrifices. Half of the blood Moses took up and put into basins, the other half he cast on the altar. And taking the Book of the Covenant he read it to the listening people, and they said, "We will observe all that the Lord has decreed; we will obey." Then Moses took the blood and cast it towards the people. "This", he said, "is the blood of the Covenant that the Lord has made with you, containing all these rules."

The word of the Lord.

Thanks be to God.

PSALM Psalm 115

RESPONSE: *The cup of salvation I will raise;
I will call on the Lord's name.*

Or *Alleluia!*

1. How can I repay the Lord for his goodness to me?
The cup of salvation I will raise;
I will call on the Lord's name. **R.**
2. O precious in the eyes of the Lord is the death of his faithful.
Your servant, Lord, your servant am I;
you have loosened my bonds. **R.**
3. A thanksgiving sacrifice I make:
I will call on the Lord's name.
My vows to the Lord I will fulfil
before all his people. **R.**

SECOND READING Hebrews 9:11-15

A reading from the letter to the Hebrews.

Now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than one made by men's hands because it is not of this created order; and he has entered the sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us. The blood of goats and bulls and the ashes of a heifer are sprinkled on

those who have incurred defilement and they restore the holiness of their outward lives; how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God.

He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

*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 Mark 14:12-16. 22-26

A reading from the holy Gospel according to Mark.

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, "Where do you want us to go and make the preparations for you to eat the passover?" So he sent two of his disciples, saying to them, "Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, 'The Master says: Where is my dining room in which I can eat the passover with my disciples?' He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there." The disciples set out and went to the city and found everything as he had told them, and prepared the Passover.

And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them, "Take it," he said, "this is my body." Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, "This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God."

After psalms had been sung they left for the Mount of Olives.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

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.

COMMUNION ANTIPHON

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

PRAYER AFTER COMMUNION

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.

ENTRANCE ANTIPHON

*O Lord, hear my voice, for I have called to you; be my help.
Do not abandon or forsake me, O God, my Saviour!*

COLLECT

O God, strength of those who hope in you,
graciously hear our pleas,
and, since without you mortal frailty can do nothing,
grant us always the help of your grace,
that in following your commands
we may please you by our resolve and our deeds.
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.

FIRST READING Ezekiel 17:22-24

A reading from the prophet Ezekiel.

The Lord says this:

“From the top of the cedar,
from the highest branch I will take a shoot
and plant it myself on a very high mountain.
I will plant it on the high mountain of Israel.
It will sprout branches and bear fruit,
and become a noble cedar.
Every kind of bird will live beneath it,
every winged creature rest in the shade of its branches.
And every tree of the field will learn that I, the Lord, am the one
who stunts tall trees and makes the low ones grow,
who withers green trees and makes the withered green.
I, the Lord, have spoken, and I will do it.”

The word of the Lord.

Thanks be to God.

PSALM Psalm 91

RESPONSE: *It is good to give you thanks, O Lord.*

1. It is good to give thanks to the Lord
to make music to your name, O Most High,
to proclaim your love in the morning
and your truth in the watches of the night. **R.**
2. The just will flourish like the palm-tree
and grow like a Lebanon cedar. **R.**
3. Planted in the house of the Lord
they will flourish in the courts of our God,
still bearing fruit when they are old,
still full of sap, still green,
to proclaim that the Lord is just.
In him, my rock, there is no wrong. **R.**

SECOND READING 2 Corinthians 5:6-10

A reading from the second letter of St Paul to the Corinthians.

We are always full of confidence when we remember that to live
in the body means to be exiled from the Lord, going as we do
by faith and not by sight – we are full of confidence, I say, and
actually want to be exiled from the body and make our home
with the Lord. Whether we are living in the body or exiled from
it, we are intent on pleasing him. For all the truth about us will be
brought out in the law court of Christ, and each of us will get what
he deserves for the things he did in the body, good or bad.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

*Alleluia, alleluia!
I call you friends, says the Lord,
because I have made known to you
everything I have learnt from my Father.
Alleluia!*

Or

*Alleluia, alleluia!
The seed is the word of God, Christ the sower;
whoever finds the seed will remain for ever.
Alleluia!*

GOSPEL Mark 4:26-34

A reading from the holy Gospel according to Mark.

Jesus said to the crowds: “This is what the kingdom of God is like. A man throws seed on the land. Night and day, while he sleeps, when he is awake, the seed is sprouting and growing; how, he does not know. Of its own accord the land produces first the shoot, then the ear, then the full grain in the ear. And when the crop is ready, he loses no time: he starts to reap because the harvest has come.”

He also said, “What can we say the kingdom of God is like? What parable can we find for it? It is like a mustard seed which at the time of its sowing in the soil is the smallest of all the seeds on earth; yet once it is sown it grows into the biggest shrub of them all and puts out big branches so that the birds of the air can shelter in its shade.”

Using many parables like these, he spoke the word to them, so far as they were capable of understanding it. He would not speak to them except in parables, but he explained everything to his disciples when they were alone.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

O God, who in the offerings presented here
provide for the twofold needs of human nature,
nourishing us with food
and renewing us with your Sacrament,
grant, we pray,
that the sustenance they provide
may not fail us in body or in spirit.
Through Christ our Lord.

Amen.

COMMUNION ANTIPHON

*There is one thing I ask of the Lord, only this do I seek:
to live in the house of the Lord all the days of my life.*

Or

*Holy Father, keep in your name those you have given me,
that they may be one as we are one, says the Lord.*

PRAYER AFTER COMMUNION

As this reception of your Holy Communion, O Lord,
foreshadows the union of the faithful in you,
so may it bring about unity in your Church.
Through Christ our Lord.

Amen.

ENTRANCE ANTIPHON

*The Lord is the strength of his people,
a saving refuge for the one he has anointed.
Save your people, Lord, and bless your heritage,
and govern them for ever.*

COLLECT

Grant, O Lord,
that we may always revere and love your holy name,
for you never deprive of your guidance
those you set firm on the foundation of your love.
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.

FIRST READING Job 38:1. 8-11

A reading from the book of Job.

From the heart of the tempest the Lord gave Job his answer. He said:

Who pent up the sea behind closed doors
when it leapt tumultuous out of the womb,
when I wrapped it in a robe of mist
and made black clouds its swaddling bands;
when I marked the bounds it was not to cross
and made it fast with a bolted gate?
Come thus far, I said, and no farther:
here your proud waves shall break.

The word of the Lord.

Thanks be to God.

PSALM Psalm 106

RESPONSE: *O give thanks to the Lord,
for his love endures for ever.*

Or *Alleluia!*

1. Some sailed to the sea in ships
to trade on the mighty waters.
These men have seen the Lord's deeds,
the wonders he does in the deep. **R.**
2. For he spoke; he summoned the gale,
tossing the waves of the sea
up to heaven and back into the deep;
their soul melted away in their distress. **R.**
3. Then they cried to the Lord in their need
and he rescued them from their distress.
He stilled the storm to a whisper:
all the waves of the sea were hushed. **R.**
4. They rejoiced because of the calm
and he led them to the haven they desired.
Let them thank the Lord for his love,
the wonders he does for men. **R.**

SECOND READING 2 Corinthians 5:14-17

A reading from the second letter of St Paul to the Corinthians.

The love of Christ overwhelms us when we reflect that if one man
has died for all, then all men should be dead; and the reason
he died for all was so that living men should live no longer for

themselves, but for him who died and was raised to life for them.

From now onwards, therefore, we do not judge anyone by the
standards of the flesh. Even if we did once know Christ in the
flesh, that is not how we know him now. And for anyone who is
in Christ, there is a new creation; the old creation has gone, and
now the new one is here.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

*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!*

Or

Alleluia, alleluia!

*A great prophet has appeared among us;
God has visited his people.
Alleluia!*

GOSPEL Mark 4:35-41

A reading from the holy Gospel according to Mark.

With the coming of evening, Jesus said to his disciples, "Let
us cross over to the other side." And leaving the crowd behind
they took him, just as he was, in the boat; and there were other
boats with him. Then it began to blow a gale and the waves were
breaking into the boat so that it was almost swamped. But he
was in the stern, his head on the cushion, asleep. They woke him
and said to him, "Master, do you not care? We are going down!"
And he woke up and rebuked the wind and said to the sea, "Quiet
now! Be calm!" And the wind dropped, and all was calm again.
Then he said to them, "Why are you so frightened? How is it that
you have no faith?" They were filled with awe and said to one
another, "Who can this be? Even the wind and the sea obey him."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

Receive, O Lord, the sacrifice of conciliation and praise
and grant that, cleansed by its action,
we may make offering of a heart pleasing to you.

Through Christ our Lord.

Amen.

COMMUNION ANTIPHON

*The eyes of all look to you, Lord,
and you give them their food in due season.*

Or

*I am the Good Shepherd,
and I lay down my life for my sheep, says the Lord.*

PRAYER AFTER COMMUNION

Renewed and nourished
by the Sacred Body and Precious Blood of your Son,
we ask of your mercy, O Lord,
that what we celebrate with constant devotion
may be our sure pledge of redemption.

Through Christ our Lord.

Amen.

ENTRANCE ANTIPHON

*All peoples, clap your hands.
Cry to God with shouts of joy!*

COLLECT

O God, who through the grace of adoption chose us to be children of light, grant, we pray, that we may not be wrapped in the darkness of error but always be seen to stand in the bright light of truth. 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.**

FIRST READING Wisdom 1:13-15; 2:23-24

A reading from the book of Wisdom.

Death was not God's doing, he takes no pleasure in the extinction of the living. To be – for this he created all; the world's created things have health in them, in them no fatal poison can be found, and Hades holds no power on earth; for virtue is undying. Yet God did make man imperishable, he made him in the image of his own nature; it was the devil's envy that brought death into the world, as those who are his partners will discover.

The word of the Lord.
Thanks be to God.

PSALM Psalm 29

RESPONSE: I will praise you, Lord, you have rescued me.

1. I will praise you, Lord, you have rescued me and have not let my enemies rejoice over me. O Lord, you have raised my soul from the dead, restored me to life from those who sink into the grave. **R.**
2. Sing psalms to the Lord, you who love him, give thanks to his holy name. His anger lasts but a moment; his favour through life. At night there are tears, but joy comes with dawn. **R.**
3. The Lord listened and had pity. The Lord came to my help. For me you have changed my mourning into dancing, O Lord my God, I will thank you for ever. **R.**

SECOND READING 2 Corinthians 8:7. 9. 13-15

A reading from the second letter of St Paul to the Corinthians.

You always have the most of everything – of faith, of eloquence, of understanding, of keenness for any cause, and the biggest share of our affection – so we expect you to put the most into this work of mercy too. Remember how generous the Lord Jesus was: he was rich, but he became poor for your sake, to make you rich out of his poverty. This does not mean that to give relief to others you ought to make things difficult for yourselves: it is a question of balancing what happens to be your surplus now against their present need, and one day they may have something to spare that will supply your own need. That is how we strike a balance: as scripture says: The man who gathered much had none too much, the man who gathered little did not go short.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!
*Your words are spirit, Lord,
and they are life:
you have the message of eternal life.*
Alleluia!

Or

Alleluia, alleluia!
*Our Saviour Christ Jesus abolished death,
and he has proclaimed life through the Good News.*
Alleluia!

GOSPEL Mark 5:21-43

A reading from the holy Gospel according to Mark.

(For shorter form read between > <)

> When Jesus had crossed in the boat to the other side, a large crowd gathered round him and he stayed by the lakeside. Then one of the synagogue officials came up, Jairus by name, and seeing him, fell at his feet and pleaded with him earnestly, saying, "My little daughter is desperately sick. Do come and lay your hands on her to make her better and save her life." Jesus went with him and a large crowd followed him: they were pressing all around him. <

Now there was a woman who had suffered from a haemorrhage for twelve years; after long and painful treatment under various doctors, she had spent all she had without being any the better for it, in fact, she was getting worse. She had heard about Jesus, and she came up behind him through the crowd and touched his cloak. "If I can touch even his clothes," she had told herself, "I shall be well again." And the source of the bleeding dried up instantly, and she felt in herself that she was cured of her complaint. Immediately aware that power had gone out from him, Jesus turned round in the crowd and said, "Who touched my clothes?" His disciples said to him, "You see how the crowd is pressing round you and yet you say, 'Who touched me?'" But he continued to look all round to see who had done it. Then the woman came forward, frightened and trembling because she knew what had happened to her, and she fell at his feet and told him the whole truth. "My daughter," he said, "your faith has restored you to health; go in peace and be free from your complaint."

While he was still speaking > some people arrived from the house of the synagogue official to say, "Your daughter is dead: why put the Master to any further trouble?" But Jesus had overheard this remark of theirs and he said to the official, "Do not be afraid; only have faith." And he allowed no one to go with him except Peter and James and John the brother of James. So they came to the official's house and Jesus noticed all the commotion, with people weeping and wailing unrestrainedly. He went in and said to them, "Why all this commotion and crying? The child is not dead, but asleep." But they laughed at him. So he turned them all out and, taking with him the child's father and mother and his own companions, he went into the place where the child lay. And taking the child by the hand he said to her, "Talitha, kum!" which means, "Little girl, I tell you to get up." The little girl got up at once and began to walk about, for she was twelve years old. At this they were overcome with astonishment, and he ordered them strictly not to let anyone know about it, and told them to give her something to eat. <

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

O God, who graciously accomplish the effects of your mysteries, grant, we pray, that the deeds by which we serve you may be worthy of these sacred gifts. Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

*Bless the Lord, O my soul,
and all within me, his holy name.*

Or

*O Father, I pray for them, that they may be one in us,
that the world may believe that you have sent me, says the Lord.*

PRAYER AFTER COMMUNION

May this divine sacrifice we have offered and received fill us with life, O Lord, we pray, so that, bound to you in lasting charity, we may bear fruit that lasts for ever. Through Christ our Lord.
Amen.