

ENTRANCE ANTIPHON

*Your merciful love, O God,
we have received in the midst of your temple.
Your praise, O God, like your name,
reaches the ends of the earth;
your right hand is filled with saving justice.*

COLLECT

O God, who in the abasement of your Son
have raised up a fallen world,
fill your faithful with holy joy,
for on those you have rescued from slavery to sin
you bestow eternal gladness.
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 Isaiah 66:10-14

A reading from the prophet Isaiah.

Rejoice, Jerusalem,
be glad for her, all you who love her!
Rejoice, rejoice for her,
all you who mourned her!

That you may be suckled, filled,
from her consoling breast,
that you may savour with delight
her glorious breasts.

For thus says the Lord:
Now towards her I send flowing
peace, like a river,
and like a stream in spate
the glory of the nations.

At her breast will her nurslings be carried
and fondled in her lap.

Like a son comforted by his mother
will I comfort you.

And by Jerusalem you will be comforted.

At the sight your heart will rejoice,
and your bones flourish like the grass.
To his servants the Lord will reveal his hand.

The word of the Lord.
Thanks be to God.

PSALM Psalm 65

RESPONSE: *Cry out with joy to God all the earth.*

1. Cry out with joy to God all the earth,
O sing to the glory of his name.
O render him glorious praise.
Say to God: "How tremendous your deeds!" **R.**
2. "Before you all the earth shall bow;
shall sing to you, sing to your name!"
Come and see the works of God,
tremendous his deeds among men. **R.**
3. He turned the sea into dry land,
they passed through the river dry-shod.
Let our joy then be in him;
he rules for ever by his might. **R.**
4. Come and hear, all who fear God.
I will tell what he did for my soul.
Blessed be God who did not reject my prayer
nor withhold his love from me. **R.**

SECOND READING Galatians 6:14-18

A reading from the letter of St Paul to the Galatians.

The only thing I can boast about is the cross of our Lord Jesus Christ, through whom the world is crucified to me, and I to the world. It does not matter if a person is circumcised or not; what matters is for him to become an altogether new creature. Peace

and mercy to all who follow this rule, who form the Israel of God.
I want no more trouble from anybody after this; the marks on my body are those of Jesus. The grace of our Lord Jesus Christ be with your spirit, my brothers. Amen.

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!
May the peace of Christ
reign in your hearts,
because it is for this that you were called together
as parts of one body.
Alleluia!*

GOSPEL Luke 10:1-12. 17-20

A reading from the holy Gospel according to Luke.

(for shorter form read between > <)

>The Lord appointed seventy-two others and sent them out ahead of him, in pairs, to all the towns and places he himself was to visit. He said to them, "The harvest is rich but the labourers are few, so ask the Lord of the harvest to send labourers to his harvest. Start off now, but remember, I am sending you out like lambs among wolves. Carry no purse, no haversack, no sandals. Salute no one on the road. Whatever house you go into, let your first words be, 'Peace to this house!' And if a man of peace lives there, your peace will go and rest on him; if not, it will come back to you. Stay in the same house, taking what food and drink they have to offer, for the labourer deserves his wages; do not move from house to house. Whenever you go into a town where they make you welcome, eat what is set before you. Cure those in it who are sick, and say, 'The kingdom of God is very near to you.' <

But whenever you enter a town and they do not make you welcome, go out into its streets and say, 'We wipe off the very dust of your town that clings to our feet, and leave it with you. Yet be sure of this: the kingdom of God is very near.' I tell you, on that day it will not go as hard with Sodom as with that town."

The seventy-two came back rejoicing. "Lord," they said, "even the devils submit to us when we use your name." He said to them, "I watched Satan fall like lightning from heaven. Yes, I have given you power to tread underfoot serpents and scorpions and the whole strength of the enemy; nothing shall ever hurt you. Yet do not rejoice that the spirits submit to you; rejoice rather that your names are written in heaven."

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

May this oblation dedicated to your name purify us, O Lord,
and day by day bring our conduct
closer to the life of heaven.
Through Christ our Lord. **Amen.**

COMMUNION ANTIPHON

*Taste and see that the Lord is good;
blessed the man who seeks refuge in him.*

Or

*Come to me, all who labour and are burdened,
and I will refresh you, says the Lord.*

PRAYER AFTER COMMUNION

Grant, we pray, O Lord,
that, having been replenished by such great gifts,
we may gain the prize of salvation
and never cease to praise you.
Through Christ our Lord. **Amen.**

ENTRANCE ANTIPHON

*As for me, in justice I shall behold your face;
I shall be filled with the vision of your glory.*

COLLECT

O God, who show the light of your truth to those who go astray, so that they may return to the right path, give all who for the faith they profess are accounted Christians the grace to reject whatever is contrary to the name of Christ and to strive after all that does it honour. 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 Deuteronomy 30:10-14

A reading from the book of Deuteronomy.

Moses said to the people: "Obey the voice of the Lord your God, keeping those commandments and laws of his that are written in the Book of this Law, and you shall return to the Lord your God with all your heart and soul.

"For this Law that I enjoin on you today is not beyond your strength or beyond your reach. It is not in heaven, so that you need to wonder, 'Who will go up to heaven for us and bring it down to us, so that we may hear it and keep it?' Nor is it beyond the seas, so that you need to wonder, 'Who will cross the seas for us and bring it back to us, so that we may hear it and keep it?' No, the Word is very near to you, it is in your mouth and in your heart for your observance."

The word of the Lord.

Thanks be to God.

PSALM Psalm 68

RESPONSE: *Seek the Lord, you who are poor,
and your hearts will revive.*

1. This is my prayer to you,
my prayer for your favour.
In your great love, answer me, O God,
with your help that never fails:
Lord, answer, for your love is kind;
in your compassion, turn towards me. **R.**
2. As for me in my poverty and pain
let your help, O God, lift me up.
I will praise God's name with a song;
I will glorify him with thanksgiving. **R.**
3. The poor when they see it will be glad
and God-seeking hearts will revive;
for the Lord listens to the needy
and does not spurn his servants in their chains. **R.**
4. For God will bring help to Zion
and rebuild the cities of Judah.
The sons of his servants shall inherit it;
those who love his name shall dwell there. **R.**

Or Psalm 18

RESPONSE: *The precepts of the Lord
gladden the heart.*

1. The law of the Lord is perfect,
it revives the soul.
The rule of the Lord is to be trusted,
it gives wisdom to the simple. **R.**
2. The precepts of the Lord are right,
they gladden the heart.
The command of the Lord is clear,
it gives light to the eyes. **R.**
3. The fear of the Lord is holy,
abiding for ever.
The decrees of the Lord are truth
and all of them just. **R.**
4. They are more to be desired than gold,
than the purest of gold
and sweeter are they than honey,
than honey from the comb. **R.**

SECOND READING Colossians 1:15-20

A reading from the letter of St Paul to the Colossians.

Christ Jesus is the image of the unseen God and the first-born of all creation, for in him were created all things in heaven and on earth:

everything visible and everything invisible, Thrones, Dominations, Sovereignities, Powers – all things were created through him and for him. Before anything was created, he existed, and he holds all things in unity. Now the Church is his body, he is its head. As he is the Beginning, he was first to be born from the dead, so that he should be first in every way; because God wanted all perfection to be found in him and all things to be reconciled through him and for him, everything in heaven and everything on earth, when he made peace by his death on the cross.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

*Alleluia, alleluia!
The sheep that belong to me listen to my voice,
says the Lord,
I know them and they follow me.
Alleluia!*

Or

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

GOSPEL Luke 10:25-37

A reading from the holy Gospel according to Luke.

There was a lawyer who, to disconcert Jesus, stood up and said to him, "Master, what must I do to inherit eternal life?" He said to him, "What is written in the Law? What do you read there?" He replied, "You must love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbour as yourself." "You have answered right," said Jesus, "do this and life is yours."

But the man was anxious to justify himself and said to Jesus, "And who is my neighbour?" Jesus replied, "A man was once on his way down from Jerusalem to Jericho and fell into the hands of brigands; they took all he had, beat him and then made off, leaving him half dead. Now a priest happened to be travelling down the same road, but when he saw the man, he passed by on the other side. In the same way a Levite who came to the place saw him, and passed by on the other side. But a Samaritan traveller who came upon him was moved with compassion when he saw him. He went up and bandaged his wounds, pouring oil and wine on them. He then lifted him on to his mount, carried him to the inn and looked after him. Next day, he took out two denarii and handed them to the innkeeper. 'Look after him,' he said, 'and on my way back I will make good any extra expense you have.' Which of these three, do you think, proved himself a neighbour to the man who fell into the brigands' hands?" "The one who took pity on him," he replied. Jesus said to him, "Go, and do the same yourself."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

Look upon the offerings of the Church, O Lord, as she makes her prayer to you, and grant that, when consumed by those who believe, they may bring ever greater holiness. Through Christ our Lord. **Amen.**

COMMUNION ANTIPHON

*The sparrow finds a home,
and the swallow a nest for her young:
by your altars, O Lord of hosts, my King and my God.
Blessed are they who dwell in your house,
for ever singing your praise.*

Or

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

PRAYER AFTER COMMUNION

Having consumed these gifts, we pray, O Lord, that, by our participation in this mystery, its saving effects upon us may grow. Through Christ our Lord. **Amen.**

ENTRANCE ANTIPHON

*See, I have God for my help.
The Lord sustains my soul.
I will sacrifice to you with willing heart,
and praise your name, O Lord, for it is good.*

COLLECT

Show favour, O Lord, to your servants and mercifully increase the gifts of your grace, that, made fervent in hope, faith and charity, they may be ever watchful in keeping your commands. 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 Genesis 18:1-10

A reading from the book of Genesis.

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. "My Lord," he said, "I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant's direction." They replied, "Do as you say."

Abraham hastened to the tent to find Sarah. "Hurry," he said, "knead three bushels of flour and make loaves." Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree.

"Where is your wife Sarah?" they asked him. "She is in the tent," he replied. Then his guest said, "I shall visit you again next year without fail, and your wife will then have a son."

The word of the Lord.
Thanks be to God.

PSALM Psalm 14

RESPONSE: *The just will live in the presence of the Lord.*

1. Lord, who shall dwell on your holy mountain?
He who walks without fault;
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue. **R.**
2. He who does no wrong to his brother,
who casts no slur on his neighbour,
who holds the godless in disdain,
but honours those who fear the Lord. **R.**
3. He who keeps his pledge, come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm for ever. **R.**

SECOND READING Colossians 1:24-28

A reading from the letter of St Paul to the Colossians.

It makes me happy to suffer for you, as I am suffering now, and in my body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for

delivering God's message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ among you, your hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

*Alleluia, alleluia!
Open our heart, O Lord,
to accept the words of your Son.
Alleluia!*

Or

*Alleluia, alleluia!
Blessed are those who,
with a noble and generous heart,
take the word of God to themselves
and yield a harvest through their perseverance.
Alleluia!*

GOSPEL Luke 10:38-42

A reading from the holy Gospel according to Luke.

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha who was distracted with all the serving said, "Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me." But the Lord answered: "Martha, Martha," he said, "you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her."

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

O God, who in the one perfect sacrifice brought to completion varied offerings of the law, accept, we pray, this sacrifice from your faithful servants and make it holy, as you blessed the gifts of Abel, so that what each has offered to the honour of your majesty may benefit the salvation of all.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

*The Lord, the gracious, the merciful,
has made a memorial of his wonders;
he gives food to those who fear him.*

Or

*Behold, I stand at the door and knock, says the Lord.
If anyone hears my voice and opens the door to me,
I will enter his house and dine with him, and he with me.*

PRAYER AFTER COMMUNION

Graciously be present to your people, we pray, O Lord, and lead those you have imbued with heavenly mysteries to pass from former ways to newness of life.
Through Christ our Lord.
Amen.

ENTRANCE ANTIPHON

*God is in his holy place,
God who unites those who dwell in his house;
he himself gives might and strength to his people.*

COLLECT

O God, protector of those who hope in you, without whom nothing has firm foundation, nothing is holy, bestow in abundance your mercy upon us and grant that, with you as our ruler and guide, we may use the good things that pass in such a way as to hold fast even now to those that ever endure. 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 Genesis 18:20-32

A reading from the book of Genesis.

The Lord said, "How great an outcry there is against Sodom and Gomorrah! How grievous is their sin! I propose to go down and see whether or not they have done all that is alleged in the outcry against them that has come up to me. I am determined to know."

The men left there and went to Sodom while Abraham remained standing before the Lord. Approaching him he said, "Are you really going to destroy the just man with the sinner? Perhaps there are fifty just men in the town. Will you really overwhelm them, will you not spare the place for the fifty just men in it? Do not think of doing such a thing: to kill the just man with the sinner, treating just and sinner alike! Do not think of it! Will the judge of the whole earth not administer justice?" The Lord replied, "If at Sodom I find fifty just men in the town, I will spare the whole place because of them."

Abraham replied, "I am bold indeed to speak like this to my Lord, I who am dust and ashes. But perhaps the fifty just men lack five: will you destroy the whole city for five?" "No," he replied. "I will not destroy it if I find forty-five just men there." Again Abraham said to him, "Perhaps there will only be forty there." "I will not do it," he replied, "for the sake of the forty."

Abraham said, "I trust my Lord will not be angry, but give me leave to speak: perhaps there will only be thirty there." "I will not do it," he replied, "if I find thirty there." He said, "I am bold indeed to speak like this, but perhaps there will only be twenty there." "I will not destroy it," he replied, "for the sake of the twenty." He said, "I trust my Lord will not be angry if I speak once more: perhaps there will only be ten." "I will not destroy it," he replied, "for the sake of the ten."

The word of the Lord.

Thanks be to God.

PSALM Psalm 137

RESPONSE: *On the day I called,
you answered me, O Lord.*

1. I thank you, Lord, with all my heart,
you have heard the words of my mouth.
Before the angels I will bless you.
I will adore before your holy temple. **R.**
2. I thank you for your faithfulness and love
which excel all we ever knew of you.
On the day I called, you answered;
you increased the strength of my soul. **R.**
3. The Lord is high yet he looks on the lowly
and the haughty he knows from afar.
Though I walk in the midst of affliction
you give me life and frustrate my foes. **R.**
4. You stretch out your hand and save me,
your hand will do all things for me.
Your love, O Lord, is eternal.
discard not the work of your hands. **R.**

SECOND READING Colossians 2:12-14

A reading from the letter of St Paul to the Colossians.

You have been buried with Christ, when you were baptised; and by baptism, too, you have been raised up with him through your belief in the power of God who raised him from the dead. You were dead,

because you were sinners and had not been circumcised: he has brought you to life with him, he has forgiven us all our sins.

He has overridden the Law, and cancelled every record of the debt that we had to pay; he has done away with it by nailing it to the cross.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

*Alleluia, alleluia!
The Word was made flesh and lived among us;
to all who did accept him
he gave power to become children of God.
Alleluia!*

Or

*Alleluia, alleluia!
The spirit you received is the spirit of sons,
and it makes us cry out, "Abba, Father!"
Alleluia!*

GOSPEL Luke 11:1-13

A reading from the holy Gospel according to Luke.

Once Jesus was in a certain place praying, and when he had finished, one of his disciples said, "Lord, teach us to pray, just as John taught his disciples," He said to them, "Say this when you pray:

'Father, may your name be held holy,
your kingdom come;
give us each day our daily bread,
and forgive us our sins,
for we ourselves forgive each one who is in debt to us.
And do not put us to the test.'

He also said to them, "Suppose one of you has a friend and goes to him in the middle of the night to say, 'My friend, lend me three loaves, because a friend of mine on his travels has just arrived at my house and I have nothing to offer him'; and the man answers from inside the house, 'Do not bother me. The door is bolted now, and my children and I are in bed; I cannot get up to give it to you.' I tell you, if the man does not get up and give it him for friendship's sake, persistence will be enough to make him get up and give his friend all he wants.

"So I say to you: Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you. For the one who asks always receives; the one who searches always finds; the one who knocks will always have the door opened to him. What father among you would hand his son a stone when he asked for bread? Or hand him a snake instead of a fish? Or hand him a scorpion if he asked for an egg? If you then, who are evil, know how to give your children what is good, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

Accept, O Lord, we pray, the offerings which we bring from the abundance of your gifts, that through the powerful working of your grace these most sacred mysteries may sanctify our present way of life and lead us to eternal gladness. Through Christ our Lord. **Amen.**

COMMUNION ANTIPHON

*Bless the Lord, O my soul,
and never forget all his benefits.*

Or

*Blessed are the merciful, for they shall receive mercy.
Blessed are the clean of heart, for they shall see God.*

PRAYER AFTER COMMUNION

We have consumed, O Lord, this divine Sacrament, the perpetual memorial of the Passion of your Son; grant, we pray, that this gift, which he himself gave us with love beyond all telling, may profit us for salvation. Through Christ our Lord. **Amen.**

ENTRANCE ANTIPHON

*O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.*

COLLECT

Draw near to your servants, O Lord, and answer their prayers with unceasing kindness, that, for those who glory in you as their Creator and guide, you may restore what you have created and keep safe what you have restored. 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 Ecclesiastes 1:2; 2:21-23

A reading from the book of Ecclesiastes.

Vanity of vanities, the Preacher says. Vanity of vanities. All is vanity!

For so it is that a man who has laboured wisely, skilfully and successfully must leave what is his own to someone who has not toiled for it at all. This, too, is vanity and great injustice; for what does he gain for all the toil and strain that he has undergone under the sun? What of all his laborious days, his cares of office, his restless nights? This, too, is vanity.

The word of the Lord.

Thanks be to God.

PSALM Psalm 89

RESPONSE: *O Lord, you have been our refuge from one generation to the next.*

1. You turn men back into dust and say: "Go back, sons of men." To your eyes a thousand years are like yesterday, come and gone, no more than a watch in the night. **R.**
2. You sweep men away like a dream, like grass which springs up in the morning. In the morning it springs up and flowers: by evening it withers and fades. **R.**
3. Make us know the shortness of our life that we may gain wisdom of heart. Lord, relent! Is your anger for ever? Show pity to your servants. **R.**
4. In the morning, fill us with your love; we shall exult and rejoice all our days. Let the favour of the Lord be upon us: give success to the work of our hands. **R.**

Or Psalm 94

RESPONSE: *O that today you would listen to his voice! Harden not your hearts.*

1. Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. **R.**
2. Come in; let us bow and bend low; let us kneel before the God who made us for he is our God and we the people who belong to his pasture, the flock that is led by his hand. **R.**
3. O that today you would listen to his voice! "Harden not your hearts at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work." **R.**

SECOND READING Colossians 3:1-5. 9-11

A reading from the letter of St Paul to the Colossians.

Since you have been brought back to true life with Christ, you must

look for the things that are in heaven, where Christ is, sitting at God's right hand. Let your thoughts be on heavenly things, not on the things that are on the earth, because you have died, and now the life you have is hidden with Christ in God. But when Christ is revealed – and he is your life – you too will be revealed in all your glory with him.

That is why you must kill everything in you that belongs only to earthly life: fornication, impurity, guilty passion, evil desires and especially greed, which is the same thing as worshipping a false god; and never tell each other lies. You have stripped off your old behaviour with your old self, and you have put on a new self which will progress towards true knowledge the more it is renewed in the image of its creator; and in that image there is no room for distinction between Greek and Jew, between the circumcised or the uncircumcised, or between barbarian and Scythian, slave and free man. There is only Christ: he is everything and he is in everything.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

*Alleluia, alleluia!
Your word is truth, O Lord,
consecrate us in the truth.
Alleluia!*

Or

*Alleluia, alleluia!
How happy are the poor in spirit;
theirs is the kingdom of heaven.
Alleluia!*

GOSPEL Luke 12:13-21

A reading from the holy Gospel according to Luke.

A man in the crowd said to Jesus, "Master, tell my brother to give me a share of our inheritance." "My friend," he replied, "who appointed me your judge, or the arbitrator of your claims?" Then he said to them, "Watch, and be on your guard against avarice of any kind, for a man's life is not made secure by what he owns, even when he has more than he needs."

Then he told them a parable: "There was once a rich man who, having had a good harvest from his land, thought to himself, 'What am I to do? I have not enough room to store my crops.' Then he said, 'This is what I will do; I will pull down my barns and build bigger ones, and store all my grain and my goods in them, and I will say to my soul: My soul, you have plenty of good things laid by for many years to come; take things easy, eat, drink, have a good time.' But God said to him, 'Fool! This very night the demand will be made for your soul; and this hoard of yours, whose will it be then?' So it is when a man stores up treasure for himself in place of making himself rich in the sight of God."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

Graciously sanctify these gifts, O Lord, we pray, and, accepting the oblation of this spiritual sacrifice, make of us an eternal offering to you. Through Christ our Lord. **Amen.**

COMMUNION ANTIPHON

*You have given us, O Lord, bread from heaven,
endowed with all delights and sweetness in every taste.*

Or

*I am the bread of life, says the Lord;
whoever comes to me will not hunger
and whoever believes in me will not thirst.*

PRAYER AFTER COMMUNION

Accompany with constant protection, O Lord, those you renew with these heavenly gifts and, in your never-failing care for them, make them worthy of eternal redemption.

Through Christ our Lord. **Amen.**