

*After the Consecration we acclaim the mystery of faith:*

**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*

**Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.**

*At the end of the Eucharistic Prayer: Amen.*

### The Communion Rite

**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.**

Deliver us...  
**For the kingdom, the power and the glory are yours now and for ever.**

The peace of the Lord be with you always.  
**And with your spirit.**

**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.**

Behold the Lamb of God...

**Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

### 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...  
**Amen.**

### THE CONCLUDING RITES

The Lord be with you.  
**And with your spirit.**

May almighty God bless you, the Father, and the Son, ✠ and the Holy Spirit.  
**Amen.**

*At the end of Mass the people respond:*  
**Thanks be to God.**

### THE INTRODUCTORY RITES

#### 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.**

*All make the Sign of the Cross as the priest says:*

**Priest** In the name of the Father, and of the Son, and of the Holy Spirit.

**People** Amen.

*The priest greets the people in one of these ways:*

The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

**And with your spirit.**

*or*

Grace to you and peace from God our Father and the Lord Jesus Christ.

**And with your spirit.**

*or*

The Lord be with you.  
**And with your spirit.**

#### Penitential Act

*One of the following acts of penance is now made:*

**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,**

*(all strike their breast and 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*

Lord, have mercy. *or* Kyrie, eleison.  
**Lord, have mercy. Kyrie, eleison.**

Christ, have mercy. *or* Christe, eleison.  
**Christ, have mercy. Christe, eleison.**

Lord, have mercy. *or* Kyrie, eleison.  
**Lord, have mercy. Kyrie, eleison.**

*After the absolution all respond: Amen.*

#### 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 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... **Amen.**

## THE LITURGY OF THE WORD

### First Reading Zechariah 9:9-10

A reading from the prophet Zechariah.

*See now, your king comes humbly to you.*

The Lord says this:

“Rejoice heart and soul, daughter of Zion!  
Shout with gladness, daughter of Jerusalem!  
See now, your king comes to you;  
he is victorious, he is triumphant,  
humble and riding on a donkey,  
on a colt, the foal of a donkey.  
He will banish chariots from Ephraim  
and horses from Jerusalem;  
the bow of war will be banished.  
He will proclaim peace for the nations.  
His empire shall stretch from sea to sea,  
from the River to the ends of the earth.”

The word of the Lord.

**Thanks be to God.**

### Psalm Psalm144

**R. I will bless your name for ever,  
O God my King.**

*or*

**Alleluia!**

1. I will give you glory, O God my King,  
I will bless your name for ever.  
I will bless you day after day  
and praise your name for ever. **R.**
2. The Lord is kind and full of compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures. **R.**
3. All your creatures shall thank you,  
O Lord,  
and your friends shall repeat their  
blessing.  
They shall speak of the glory of your reign  
and declare your might, O God. **R.**
4. The Lord is faithful in all his words  
and loving in all his deeds.  
The Lord supports all who fall  
and raises all who are bowed down. **R.**

### Second Reading Romans 8:9. 11-13

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

*If by the Spirit you put an end to the  
misdeeds of the body, you will live.*

Your interests are not in the unspiritual, but  
in the spiritual, since the Spirit of God has  
made his home in you. In fact, unless you  
possessed the Spirit of Christ you would  
not belong to him, and if the Spirit of him  
who raised Jesus from the dead is living  
in you, then he who raised Jesus from the  
dead will give life to your own mortal bodies  
through his Spirit living in you.

So then, my brothers, there is no necessity  
for us to obey our unspiritual selves or to  
live unspiritual lives. If you do live in that  
way, you are doomed to die; but if by the  
Spirit you put an end to the misdeeds of the  
body you will live.

The word of the Lord.

**Thanks be to God.**

### Gospel Acclamation

**Alleluia, alleluia!**

**Blessed are you, Father, Lord of heaven  
and earth,**

**for revealing the mysteries of the  
kingdom to mere children.**

**Alleluia!**

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according  
to Matthew.

**Glory to you, O Lord.**

### Gospel Matthew 11:25-30

*I am gentle and humble of heart.*

Jesus exclaimed, “I bless you, Father, Lord  
of heaven and of earth, for hiding these  
things from the learned and the clever  
and revealing them to mere children. Yes,  
Father, for that is what it pleased you to do.  
Everything has been entrusted to me by my  
Father; and no one knows the Son except  
the Father, just as no one knows the Father  
except the Son and those to whom the Son  
chooses to reveal him.

“Come to me, all you who labour and  
are overburdened, and I will give you rest.  
Shoulder my yoke and learn from me, for I  
am gentle and humble in heart, and you will  
find rest for your souls. Yes, my yoke is easy  
and my burden light.”

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

### The Homily

#### The Profession of Faith

**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,**

*(all bow during the next three lines)*

**and by the Holy Spirit 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.**

*The bidding prayers now follow:*

Let us pray to the Lord.

**Lord, hear our prayer.**

## THE LITURGY OF THE EUCHARIST

*If the prayers of blessing are said aloud the  
people acclaim each time:*

**Blessed be God for ever.**

Pray, brethren (brothers and sisters)...

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

**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 gives praise to God and all acclaim:*

**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.**