

The Eucharist

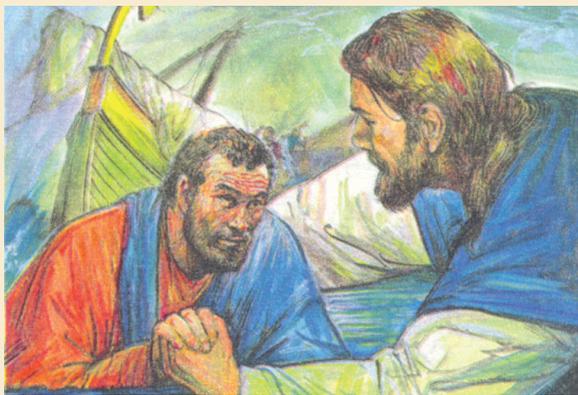
9 August 2020



19th SUNDAY IN ORDINARY TIME / A



A helping hand is needed when we take risks, whether learning to walk, starting to ride a bicycle or in preparing for the driving test. Jesus held out his hand to Peter when he felt himself sinking beneath the waves. 'Do not be afraid' he said. We should always be ready to trust in Jesus and not doubt when things seem difficult. And we should be prepared to lend a helping hand to those we see getting into difficulty.



When Peter began to sink he cried to Jesus: 'Lord! Save me'.
Jesus put out his hand and held him.

FIRST READING

(1 Kings 19:9.11-13)

Peter recognises Jesus in the great storm, and sees his mighty power. Elijah also was put to the test of faith but found God in the still small voice of the breeze. Each of us has to recognise the Lord in the varying situations of life, to go out and stand on the mountain before the Lord.

SECOND READING

(Romans 9:1-5)

St Paul in his love for his own people mourns their lack of faith. The people of Israel had all the promises, the Law and the Temple worship, and yet remained unbelieving before Christ.

GOSPEL

(Matthew 14:22-33)

To be in Christ's Church is to be in a storm-tossed boat. But we know that Christ is there to give us help in time of trouble. The gospel passage contrasts God's power and our weakness, God's promises and our lack of faith, the authority of Christ and our timidity. The knowledge that he is with us should lead us to confess our faith in Christ and adore him in spirit and in truth.

THE INTRODUCTORY RITES

Entrance Antiphon

(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.**

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

Amen.

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.

Penitential Act

Brethren (brothers and sisters),
let us acknowledge our sins,
and so prepare ourselves to celebrate
the sacred mysteries.

A brief pause for silence follows.

**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.**

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

Amen.

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

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.**

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,
one God, for ever and ever. **Amen.**

THE LITURGY OF THE WORD

FIRST READING

(1 Kg 19:9.11-13)

A reading from the first book of the Kings.
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.

RESPONSORIAL PSALM

(Ps 84:9-14)

**℟ Let us see, O Lord, your mercy
and give us your saving help.**

1. 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. **℟**
2. Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven. **℟**
3. The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps. **℟**

SECOND READING

(Rm 9:1-5)

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

(Lk 19:38)

Alleluia, alleluia!

**Blessings on the King who comes, in the name
of the Lord!**

Peace in heaven and glory in the highest heavens!

Alleluia!

GOSPEL

(Mt 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.

Profession of Faith

(Nicene Creed)

**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,**

*At the words that follow, up to and including
and became man, all bow.*

**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.

Profession of Faith

(Apostles' Creed)

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,

*At the words that follow, up to and including
the Virgin Mary, all bow.*

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.

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 priest introduces the Prayer of the Faithful.

THE LITURGY OF THE EUCHARIST

Offering the bread, the priest says:

Blessed are you, Lord God of all creation,
for through your goodness we have received
the bread we offer you:

fruit of the earth and work of human hands,
it will become for us the bread of life.

Blessed be God for ever.

Offering the chalice, the priest says:

Blessed are you, Lord God of all creation,
for through your goodness we have received
the wine we offer you:

fruit of the vine and work of human hands,
it will become our spiritual drink.

Blessed be God for ever.

Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

**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.

Eucharistic Prayer II

(Preface Proper)

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.

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,

Father most holy,
through your beloved Son, Jesus Christ,
your Word through whom you made all things,
whom you sent as our Saviour and Redeemer,
incarnate by the Holy Spirit and born of the Virgin.

Fulfilling your will and gaining for you a holy people,
he stretched out his hands as he endured his Passion,
so as to break the bonds of death and manifest
the resurrection.

And so, with the Angels and all the Saints
we declare your glory,

as with one voice we 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.

You are indeed Holy, O Lord,
the fount of all holiness.

Make holy, therefore, these gifts, we pray,
by sending down your Spirit upon them like the dewfall,
so that they may become for us
the Body and ✠ Blood of our Lord Jesus Christ.

At the time he was betrayed
and entered willingly into his Passion,
he took bread and, giving thanks, broke it,
and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended,
he took the chalice

and, once more giving thanks,
he gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.

DO THIS IN MEMORY OF ME.

The mystery of faith.

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

Therefore, as we celebrate
the memorial of his Death and Resurrection,
we offer you, Lord,

the Bread of life and the Chalice of salvation, giving thanks that you have held us worthy to be in your presence and minister to you.

Humbly we pray that, partaking of the Body and Blood of Christ, we may be gathered into one by the Holy Spirit.

Remember, Lord, your Church, spread throughout the world, and bring her to the fullness of charity, together with **N.** our Pope and **N.** our Bishop and all the clergy.

Remember also our brothers and sisters who have fallen asleep in the hope of the resurrection, and all who have died in your mercy: welcome them into the light of your face.

Have mercy on us all, we pray, that with the Blessed Virgin Mary, Mother of God, with blessed Joseph, her Spouse, with the blessed Apostles, and all the Saints who have pleased you throughout the ages,

we may merit to be coheirs to eternal life, and may praise and glorify you through your Son, Jesus Christ.

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.

Amen.

THE COMMUNION RITE

At the Saviour's command and formed by divine teaching, we dare to say:

**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, 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.**

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 priest may invite the people to exchange a sign of peace and Christian fellowship. As the priest breaks the consecrated Host the following is sung or said:

**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.**

Showing the Host to the people, the priest 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.**

Communion Antiphon

(Ps 147:12.14)

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

Prayer after Communion

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

The Lord be with you.

And with your spirit.

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

Amen.

Go and announce the Gospel of the Lord.

Thanks be to God.

Personal Prayer

'Lord, save me!'

Hear my prayer in the midst of my fears, worries, concerns, despair.

The winds and the waves rise high around me.

'Lord, save me!'

Above the roar of the storm let me always hear your words of support:

'Take heart, it is I; do not be afraid.'

In the darkness, in my lonely wanderings let your words carry me forward:

'Take heart, it is I; do not be afraid.'

Lord, I believe, help my little faith.

Put out your hand so that I may no longer doubt.

Tell me to come to you across the chasms of fear.

'Truly, you are the Son of God.' Amen.