

THIRD SUNDAY IN ORDINARY TIME

STAND

ENTRANCE ANTIPHON Cf. Ps 95: 1, 6

O sing a new song to the Lord;
sing to the Lord, all the earth.
In his presence are majesty and
splendour, strength and honour in
his holy place.

ENTRANCE HYMN

How lovely on the mountains
are the feet of him
who brings good news, good news,
announcing peace,
proclaiming news of happiness:
our God reigns, our God reigns.

*Our God reigns, our God reigns,
our God reigns, our God reigns.*

Ends of earth, see the salvation
of our God!

Jesus is Lord, is Lord!

Before the nations,
he has bared his holy arm:
our God reigns, our God reigns. (R)

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

People: Amen.

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

And with your spirit.

PENITENTIAL ACT

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

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,

Striking your breast as you 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.

The absolution by the priest follows:

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

Amen.



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,
direct our actions according to your
good pleasure, that in the name of
your beloved Son we may abound in
good works. 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.

23rd January 2022

THE LITURGY OF THE WORD

SIT

FIRST READING

8:2-6.8-10

**A reading from the book of
Nehemiah**

Ezra the priest brought the Law
before the assembly, consisting of
men, women, and children old enough
to understand. This was the first day
of the seventh month. On the square
before the Water Gate, in the
presence of the men and women, and
children old enough to understand, he
read from the book from early
morning till noon; all the people
listened attentively to the Book of the
Law.

Ezra the scribe stood on a wooden
dias erected for the purpose. In full
view of all the people – since he stood
higher than all the people – Ezra
opened the book; and when he
opened it all the people stood up.
Then Ezra blessed the Lord, the great
God, and all the people raised their
hands and answered, “Amen! Amen!”;
then they bowed down and, face to
the ground, prostrated themselves
before the Lord. And Ezra read from
the Law of God, translating and giving
the sense, so that the people
understood what was read.

Then Nehemiah – His Excellency
and Ezra, priest and scribe (and the
Levites who were instructing the
people) said to all the people, “This
day is sacred to the Lord your God.
Do not be mournful, do not weep.”
For the people were all in tears as
they listened to the words of the Law.

He then said, “Go, eat the fat, drink
the sweet wine, and send a portion to
the man who has nothing prepared
ready. For this day is sacred to our
Lord. Do not be sad: the joy of the
Lord is your stronghold.”

The word of the Lord.

Thanks be to God.



RESPONSORIAL PSALM

Ps 18:8-10.15R.Jn6:63

**R. Your words are spirit, Lord,
and they are life.**

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. May the spoken words of my mouth,
the thoughts of my heart,
win favour in your sight, O Lord,
my rescuer, my rock! **R.**

SECOND READING *12:12-14.17*

**A reading from the first letter of
St. Paul to the Corinthians**
Shorter form

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

Nor is the body to be identified with any one of its many parts.

Now you together are Christ's body; but each of you is a different part of it.

The word of the Lord.

Thanks be to God.

(STAND)

ACCLAMATION *Lk 4:18-19*

Alleluia, alleluia!
**The Lord has sent me
to bring the Good News to the poor,
to proclaim liberty to the captives.**
Alleluia!

GOSPEL *1:1-4;4:14-21*

The Lord be with you.
And with your spirit.

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



Seeing that many others have undertaken to draw up accounts of the events that have taken place among us, exactly as these were handed down to us by those who from

the outset were eyewitnesses and ministers of the word, I in my turn, after carefully going over the whole story from the beginning, have decided to write an ordered account for you, Theophilus, so that your Excellency may learn how well founded the teaching is that you have received.

Jesus, with the power of the Spirit in him, returned to Galilee; and his reputation spread throughout the countryside. He taught in their synagogues and everyone praised him.

He came to Nazareth, where he had been brought up, and went into the synagogue on the sabbath day as he usually did. He stood up to read, and they handed him the scroll of the prophet Isaiah. Unrolling the scroll he found the place where it is written:

The spirit of the Lord has been given to me,
to me,

for he has anointed me.
He has sent me to bring the good news to the poor,
to proclaim liberty to captives
and to the blind new sight,
to set the downtrodden free,
to proclaim the Lord's year of favour.
He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on him. Then he began to speak to them. "This text is being fulfilled today even as you listen."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

(STAND)

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.**

PRAYER OF THE FAITHFUL

LITURGY OF THE EUCHARIST

SIT

Raising the host, 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.

The priest pours wine and a little water into the chalice, saying quietly:

By the mystery of this water and wine may we come to share in the divinity of Christ,
who humbled himself to share in our humanity.

Raising 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.

Bowing the priest says quietly:

With humble spirit and contrite heart may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, O Lord.

Then the priest washes his hands, saying quietly:

Wash me, O Lord, from my iniquity; and cleanse me from my sin.

STAND

Facing the people the priest says:

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

Accept our offerings, O Lord, we pray, and in sanctifying them grant that they may profit us for salvation.

Through Christ our Lord.

Amen.

EUCCHARISTIC PRAYER II

Preface: II Ordinary Time

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, Lord, holy Father, almighty and eternal God, through Christ our Lord.

For out of compassion for the waywardness that is ours, he humbled himself and was born of the Virgin; by the passion of the Cross he freed us from unending death, and by rising from the dead he gave us life eternal.

And so, with Angels and Archangels, with Thrones and Dominions, and with all the hosts and Powers of heaven, we sing the hymn of your glory, as without end 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.

KNEEL

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

The Priest joins his hands and, holding them extended over the offerings, says:

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.

Then the Priest, with hands extended, says:

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 Francis, our Pope, N. our Bishop, his assistant Bishop(s), 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.

The Priest takes the chalice and the paten with the host and, elevating both, he says:

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.

COMMUNION RITE

STAND

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

Our Father, who art in heaven . . .

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 add these or similar words.

Let us offer each other the sign of peace.

*The priest places a small piece of the host in
the chalice saying quietly:*

May this mingling of the body and
blood of our Lord Jesus Christ
bring eternal life to us who receive it.

Meanwhile the people sing or say:

**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 says quietly:

May the receiving of your Body and
Blood,
Lord Jesus Christ,
not bring me to judgement and
condemnation,
but through your loving mercy
be for me protection in mind and body,
and a healing remedy.

Raising the host 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.

And together with the people he says once:

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

May the Body of Christ
keep me safe for eternal life.

*The Priest reverently consumes the Body of
Christ.*

Then he takes the chalice and says quietly:

May the Blood of Christ
keep me safe for eternal life.

*The Priest raises a host slightly and shows it
to each of the communicants, saying:*

The Body of Christ.

Amen.

COMMUNION ANTIPHON Cf. Ps 33: 6

**Look toward the Lord and be
radiant;
let your faces not be abashed.**

COMMUNION HYMN

**Love is his word, love is his way,
feasting with kin, fasting alone,
living and dying, rising again,
love, only love, is his way.**

*Richer than gold is the love of my
Lord:*

better than splendour and wealth.

**Love is his way, love is his mark,
sharing his last Passover feast,
Christ at the table, host to the
Twelve,
love, only love, is his mark. R.**

**Love is his mark, love is his sign
bread for our strength, wine
for our joy,**

**'This is my body, this is my blood,'
love, only love, is his sign. R.**

**Love is his sign, love is his news,
'Do this,' he said, lest you forget
all my deep sorrow, all my dear
blood,'
love, only love, is his news. R.**

PRIVATE PRAYER AFTER COMMUNION

Jesus, my Lord, my God, my Saviour,
my Teacher, I adore you.
I fix the eyes of my soul on you
and I thank you for having brought me
the Good News of my redemption.
I believe all you have taught;
I know how well founded is the teaching
I have received.
I trust in all you have promised:
I am oppressed by my sins and
shortcomings,
but you have set me at liberty,
giving me the freedom of the children of
God.
I love you for having come in the
fullness of time:
you bring about the final stage in the
revelation of the Father;
you are the treasure hidden in the field
of the Old Testament;
you are God made known to me in
human form.

(STAND)

PRAYER AFTER COMMUNION

Grant, we pray, almighty God,
that, receiving the grace
by which you bring us to new life,
we may always glory in your gift.
Through Christ our Lord.
Amen.

CONCLUDING RITES

(STAND)

The Lord be with you.
And with your spirit.

Solemn Blessing – Ordinary Time No12
May the God of all consolation order your
days in his peace
and grant you the gifts of his blessing.
Amen.

May he free you always from every
distress and confirm your hearts in his
love. **Amen.**

So that on this life's journey
you may be effective in good works,
rich in the gifts of hope, faith and
charity, and may come happily to eternal
life. **Amen.**

And may the blessing of almighty God,
the Father, and the Son, ✠ and the Holy
Spirit, come down on you and remain
with you for ever.
Amen.

Go forth, the Mass is ended.
Thanks be to God.

RECESSIONAL HYMN

**God's Spirit is in my heart.
He has called me and set me apart.
This is what I have to do,
what I have to do.**

*He sent me to give the Good News
to the poor,
tell prisoners that they are prisoners
no more,
tell blind people that they can see,
and set the downtrodden free,
and go tell ev'ryone
the news that the Kingdom of God
has come,
and go tell ev'ryone
the news that God's kingdom has come.*

**Just as the Father sent me,
so I'm sending you out to be
my witnesses throughout the world,
the whole of the world.**