

SEVENTH SUNDAY IN ORDINARY TIME

STAND

ENTRANCE ANTIPHON *Ps 12: 6*
O Lord, I trust in your merciful love.
My heart will rejoice in your
salvation.
I will sing to the Lord who has been
bountiful with me.

ENTRANCE HYMN

*R. God bids us welcome to his
House
And He invites us to His Feast
Day of great joy and happiness,
Alleluia!*

Great was my joy when I was told
Let us approach to God's abode
That's in the City of the Lord. **R.**

Christ is the Sun which brings the
dawn
He is the Light of all the world
Setting us free from death and sin.
R.

Christ is alive, with joy we sing
We celebrate our Risen Lord
Praising the glory of His name. **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.



20th February 2022

The absolution by the priest follows:

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

Lord have mercy. **Lord have mercy.**
Christ have mercy. **Christ have mercy.**
Lord 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

Grant, we pray, almighty God,
that, always pondering spiritual things,
we may carry out in both word
and deed that which is pleasing to
you.

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

SIT

FIRST READING *26:2. 7-9. 12-13. 22-23*

**A reading from the first book of
Samuel**

Saul set off and went down to the
wilderness of Ziph, accompanied by
three thousand men chosen from
Israel to search for David in the
wilderness of Ziph.

So in the dark David and Abishai
made their way towards the force,
where they found Saul asleep inside
the camp, his spear stuck in the
ground beside his head, with Abner
and the troops lying round him.

Then Abishai said to David, 'Today
God has put your enemy in your
power; so now let me pin him to the
ground with his own spear. Just one
stroke! I will not need to strike him
twice.' David answered Abishai, 'Do
not kill him, for who can lift his hand
against the Lord's anointed and be
without guilt?' David took the spear
and the pitcher of water from beside
Saul's head, and they made off. No
one saw, no one knew, no one woke
up; they were all asleep, for a deep
sleep from the Lord had fallen on
them.

David crossed to the other side and
halted on the top of the mountain a
long way off; there was a wide space
between them. David then called out,
'Here is the king's spear. Let one of
the soldiers come across and take it.
The Lord repays everyone for his
uprightness and loyalty. Today the
Lord put you in my power, but I would
not raise my hand against the Lord's
anointed.'

The word of the Lord.
Thanks be to God.



GOSPEL 6:27-38



The Lord be with you.
And with your spirit.
A reading from the holy
Gospel according to Luke.
Glory to you, O Lord.

Jesus said to his disciples: "I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked.

"Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



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



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



RESPONSORIAL PSALM

Ps102:1-4.8.10.12-13.R.v.8

R. The Lord is compassion and love.

- 1.** My soul, give thanks to the Lord,
all my being bless his holy name.
My soul, give thanks to the Lord
and never forget all his blessings. **R.**
- 2.** It is he who forgives all your guilt,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with love and
compassion. **R.**
- 3.** The Lord is compassion and love,
slow to anger and rich in mercy.
He does not treat us according to our sins
nor repay us according to our faults. **R.**
- 4.** As far as the east is from the west
so far does he remove our sins.
As a father has compassion on his sons,
the Lord has pity on those who fear him. **R.**

SECOND READING

15:45-49

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

The first man, Adam, as scripture says, became a living soul. But the last Adam has become a life-giving spirit. That is, first the one with the soul, not the spirit, and after that, the one with the spirit. The first man, being from the earth, is earthly by nature; the second man is from heaven. As this earthly man was, so are we on earth; and as the heavenly man is, so are we in heaven. And we, who have been modelled on the earthly man, will be modelled on the heavenly man.

The word of the Lord.
Thanks be to God.



ACCLAMATION

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

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

As we celebrate your mysteries, O Lord, with the observance that is your due, we humbly ask you, that what we offer to the honour of your majesty may profit us for salvation. Through Christ our Lord. **Amen.**

EUCCHARISTIC PRAYER II

PREFACE: Ordinary Time II

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, giving you thanks, he said the blessing, and gave the chalice 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 with 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.



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 Ps 9: 2-3

**I will recount all your wonders,
I will rejoice in you and be glad,
and sing psalms to your name,
O Most High.**

COMMUNION HYMN

**Make me a channel of your peace.
Where there is hatred, let me bring
your love.
Where there is injury, your pardon,
Lord;
and where there's doubt, true faith in you.**

**Make me a channel of your peace.
Where there's despair in life, let me
bring hope.
Where there is darkness, only light,
and where there's sadness, ever joy.**

**O, Master, grant that I may never seek
so much to be consoled as to console,
to be understood as to understand,
to be loved as to love with all my soul.**

**Make me a channel of your peace.
It is in pardoning that we are pardoned,
in giving to all that we receive,
and in dying that we're born into eternal
life.**

PRIVATE PRAYER AFTER COMMUNION

To me who am so ungrateful,
to me who has been so wicked,
you come, O Lord, in your great love,
giving me a share in your life-giving
Spirit.

I thank you, Lord, with all my heart,
and I promise you to do my best, to
follow your example,
to live according to your teachings,
all the days of my life.

Help me not to be critical of others,
not to judge their motives or condemn
their actions.

Help me to treat others as I would
like them to treat me, and so live as

becomes a child of God,
compassionate as my heavenly Father
is compassionate



PRAYER AFTER COMMUNION

Grant, we pray, almighty God,
that we may experience the effects
of the salvation
which is pledged to us by
these mysteries.
Through Christ our Lord.
Amen.

CONCLUDING RITES



The Lord be with you.
And with your spirit.

Bow head for the blessing – short silence

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

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

RECESSIONAL HYMN

**Praise, my soul, the king of heaven!
To his feet thy tribute bring.
Ransomed, healed, restored, forgiven,
who like me his praise should sing?**

*Praise him! Praise him!
Praise him! Praise him!
Praise the everlasting king!*

**Praise him for his grace and favour
to our fathers in distress;
praise him still the same for ever,
slow to chide and swift to bless.**

*Praise him! Praise him!
Praise him! Praise him!
Glorious in his faithfulness!*

**Father-like he tends and spares us;
well our feeble frame he knows;
in his hands he gently bears us,
rescues us from all our foes.**

*Praise him! Praise him!
Praise him! Praise him!
Widely as his mercy flows*

