

**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,  
one God, for ever and ever.

*Amen.*

**FIRST READING** Ezekiel 2:2-5

A reading from the prophet Ezekiel.

The spirit came into me and made me stand up, and I heard the Lord speaking to me. He said, "Son of man, I am sending you to the Israelites, to the rebels who have turned against me. Till now they and their ancestors have been in revolt against me. The sons are defiant and obstinate; I am sending you to them, to say, 'The Lord says this.' Whether they listen or not, this set of rebels shall know there is a prophet among them."

The word of the Lord.

*Thanks be to God.*

**PSALM** Psalm 122

**RESPONSE:** *Our eyes are on the Lord  
till he show us his mercy.*

1. To you have I lifted up my eyes,  
you who dwell in the heavens:  
my eyes, like the eyes of slaves  
on the hand of their lords. **R.**
2. Like the eyes of a servant  
on the hand of his mistress,  
so our eyes are on the Lord our God  
till he show us his mercy. **R.**
3. Have mercy on us, Lord, have mercy.  
We are filled with contempt.  
Indeed all too full is our soul  
with the scorn of the rich,  
with the proud man's disdain. **R.**

**SECOND READING** 2 Corinthians 12:7-10

A reading from the second letter of St Paul to the Corinthians.

In view of the extraordinary nature of these revelations, to stop me from getting too proud I was given a thorn in the flesh, an angel of Satan to beat me and stop me from getting too proud! About this thing, I have pleaded with the Lord three times for it to leave me, but he has said, "My grace is enough for you: my power is at its best in weakness." So I shall be very happy to make my weaknesses my special boast so that the power of Christ may stay over me, and

that is why I am quite content with my weaknesses, and with insults, hardships, persecutions, and the agonies I go through for Christ's sake. For it is when I am weak that I am strong.

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 Lord has sent me to bring the good news to the poor,  
to proclaim liberty to captives.  
Alleluia!*

**GOSPEL** Mark 6:1-6

A reading from the holy Gospel according to Mark.

Jesus went to his home town and his disciples accompanied him. With the coming of the sabbath he began teaching in the synagogue and most of them were astonished when they heard him. They said, "Where did the man get all this? What is this wisdom that has been granted him, and these miracles that are worked through him? This is the carpenter, surely, the son of Mary, the brother of James and Joset and Jude and Simon? His sisters, too, are they not here with us?" And they would not accept him. And Jesus said to them, "A prophet is only despised in his own country, among his own relations and in his own house"; and he could work no miracle there, though he cured a few sick people by laying his hands on them. He was amazed at their lack of faith.

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, one God, for ever and ever.

*Amen.*

**FIRST READING** Amos 7:12-15

A reading from the prophet Amos.

Amaziah, the priest of Bethel, said to Amos, "Go away, seer; get back to the land of Judah; earn your bread there, do your prophesying there. We want no more prophesying in Bethel; this is the royal sanctuary, the national temple." "I was no prophet, neither did I belong to any of the brotherhoods of prophets," Amos replied to Amaziah. "I was a shepherd, and looked after sycamores: but it was the Lord who took me from herding the flock, and the Lord who said, 'Go, prophesy to my people Israel.'"

The word of the Lord.

*Thanks be to God.*

**PSALM** Psalm 84

**RESPONSE:** *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, peace for his people. His help is near for those who fear him and his glory will dwell in our land. **R.**
2. Mercy and faithfulness have met; justice and peace have embraced. Faithfulness shall spring from the earth and justice look down from heaven. **R.**
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. **R.**

**SECOND READING** Ephesians 1:3-14

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

*(For shorter form read between > <)*

> Blessed be God the Father of our Lord Jesus Christ, who has blessed us with all the spiritual blessings of heaven in Christ.

Before the world was made, he chose us, chose us in Christ, to be holy and spotless, and to live through love in his presence, determining that we should become his adopted sons, through Jesus Christ for his own kind purposes, to make us praise the glory of his grace, his free gift to us in the Beloved in whom, through his blood, we gain our freedom, the forgiveness of our sins.

Such is the richness of the grace which he has showered on us in all wisdom and insight.

He has let us know the mystery of his purpose, the hidden plan he so kindly made in Christ from the beginning to act upon when the times had run their course to the end: that he would bring everything together under Christ, as head, everything in the heavens and everything on earth. <

And it is in him that we were claimed as God's own, chosen from the beginning, under the predetermined plan of the one who guides all things as he decides by his own will; chosen to be, for his greater glory, the people who would put their hopes in Christ before he came. Now you too, in him, have heard the message of the truth and the good news of your salvation, and have believed it: and you too have been stamped with the seal of the Holy Spirit of the Promise, the pledge of our inheritance which brings freedom for those whom God has taken for his own, to make his glory praised.

The word of the Lord.

*Thanks be to God.*

**GOSPEL ACCLAMATION**

*Alleluia, alleluia!*

*Your words are spirit, Lord, and they are life:*

*you have the message of eternal life.*

*Alleluia!*

Or

*Alleluia, alleluia!*

*May the Father of our Lord Jesus Christ enlighten the eyes of our mind,*

*so that we can see what hope his call holds for us.*

*Alleluia!*

**GOSPEL** Mark 6:7-13

A reading from the holy Gospel according to Mark.

Jesus summoned the Twelve and began to send them out in pairs giving them authority over the unclean spirits. And he instructed them to take nothing for the journey except a staff – no bread, no haversack, no coppers for their purses. They were to wear sandals but, he added, "Do not take a spare tunic." And he said to them, "If you enter a house anywhere, stay there until you leave the district. And if any place does not welcome you and people refuse to listen to you, as you walk away shake off the dust from under your feet as a sign to them." So they set off to preach repentance; and they cast out many devils, and anointed many sick people with oil and cured them.

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, one God, for ever and ever.

*Amen.*

**FIRST READING** Jeremiah 23:1-6

A reading from the prophet Jeremiah.

“Doom for the shepherds who allow the flock of my pasture to be destroyed and scattered – it is the Lord who speaks! This, therefore, is what the Lord, the God of Israel, says about the shepherds in charge of my people: You have let my flock be scattered and go wandering and have not taken care of them. Right, I will take care of you for your misdeeds – it is the Lord who speaks! But the remnant of my flock I myself will gather from all the countries where I have dispersed them, and will bring them back to their pastures: they shall be fruitful and increase in numbers. I will raise up shepherds to look after them and pasture them; no fear, no terror for them any more; not one shall be lost – it is the Lord who speaks!

“See, the days are coming – it is the Lord who speaks – when I will raise a virtuous Branch for David, who will reign as true king and be wise, practising honesty and integrity in the land. In his days Judah will be saved and Israel dwell in confidence. And this is the name he will be called: The Lord-our-integrity.”

The word of the Lord.

*Thanks be to God.*

**PSALM** Psalm 22

**RESPONSE:** *The Lord is my shepherd;  
there is nothing I shall want.*

1. The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose.  
Near restful waters he leads me,  
to revive my drooping spirit. **R.**
2. He guides me along the right path;  
he is true to his name.  
If I should walk in the valley of darkness  
no evil would I fear.  
You are there with your crook and your staff;  
with these you give me comfort. **R.**
3. You have prepared a banquet for me  
in the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing. **R.**
4. Surely goodness and kindness shall follow me  
all the days of my life.  
In the Lord's own house shall I dwell  
for ever and ever. **R.**

**SECOND READING** Ephesians 2:13-18

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

In Christ Jesus, you that used to be so far apart from us have been brought very close, by the blood of Christ. For he is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in his own person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in himself out of the two of them and by restoring peace through the cross, to unite them both in a single Body and reconcile them with God. In his own person he killed the hostility. Later he came to bring the good news of peace, peace to you who were far away and peace to those who were near at hand. Through him, both of us have in the one Spirit our way to come to the Father.

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!*

**GOSPEL** Mark 6:30-34

A reading from the holy Gospel according to Mark.

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, “You must come away to some lonely place all by yourselves and rest for a while”; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

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,  
one God, for ever and ever.

*Amen.*

**FIRST READING** 2 Kings 4:42-44

A reading from the second book of the Kings.

A man came from Baal-shalishah, bringing Elisha, the man of God,  
bread from the first-fruits, twenty barley loaves and fresh grain in  
the ear. "Give it to the people to eat," Elisha said. But his servant  
replied, "How can I serve this to a hundred men?" "Give it to the  
people to eat," he insisted, "for the Lord says this, 'They will eat and  
have some left over.'" He served them; they ate and had some over,  
as the Lord had said.

The word of the Lord.

*Thanks be to God.*

**PSALM** Psalm 144

**RESPONSE:** *You open wide your hand, O Lord,  
and grant our desires.*

1. 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.**
2. The eyes of all creatures look to you  
and you give them their food in due time.  
You open wide your hand,  
grant the desires of all who live. **R.**
3. The Lord is just in all his ways  
and loving in all his deeds.  
He is close to all who call him,  
who call on him from their hearts. **R.**

**SECOND READING** Ephesians 4:1-6

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

I, the prisoner in the Lord, implore you to lead a life worthy of your  
vocation. Bear with one another charitably, in complete selflessness,  
gentleness and patience. Do all you can to preserve the unity of the  
Spirit by the peace that binds you together. There is one Body, one  
Spirit, just as you were all called into one and the same hope when  
you were called. There is one Lord, one faith, one baptism, and one  
God who is Father of all, through all and within all.

The word of the Lord.

*Thanks be to God.*

**GOSPEL ACCLAMATION**

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

Or

*Alleluia, alleluia!  
A great prophet has appeared among us;  
God has visited his people.  
Alleluia!*

**GOSPEL** John 6:1-15

A reading from the holy Gospel according to John.

Jesus went off to the other side of the Sea of Galilee – or of Tiberias  
– and a large crowd followed him, impressed by the signs he gave  
by curing the sick. Jesus climbed the hillside, and sat down there  
with his disciples. It was shortly before the Jewish feast of Passover.

Looking up, Jesus saw the crowds approaching and said to Philip,  
"Where can we buy some bread for these people to eat?" He only  
said this to test Philip; he himself knew exactly what he was going to  
do. Philip answered, "Two hundred denarii would only buy enough to  
give them a small piece each." One of his disciples, Andrew, Simon  
Peter's brother, said, "There is a small boy here with five barley  
loaves and two fish; but what is that between so many?" Jesus said  
to them, "Make the people sit down." There was plenty of grass  
there, and as many as five thousand men sat down. Then Jesus took  
the loaves, gave thanks, and gave them out to all who were sitting  
ready; he then did the same with the fish, giving out as much as  
was wanted. When they had eaten enough he said to the disciples,  
"Pick up the pieces left over, so that nothing gets wasted." So they  
picked them up, and filled twelve hampers with scraps left over from  
the meal of five barley loaves. The people, seeing this sign that he  
had given, said, "This really is the prophet who is to come into the  
world." Jesus, who could see they were about to come and take him  
by force and make him king, escaped back to the hills by himself.

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.*