

# The Eucharist

29 August 2021 ✦ 22nd SUNDAY IN ORDINARY TIME



**G**od's commandments are given as a test or measure of our love for him. We naturally want to do what pleases the one we love. The commandments of God lead us to live like God in love for all. They also give us an unchanging standard by which we can measure all other regulations. Human laws and observances can narrow our minds and lead to inhumanity to others.



*'Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean.'*

## FIRST READING *(Deuteronomy 4:1-2.6-8)*

The people are asked to have pride in the law which God has given them. No other nation is as privileged. So they must not tamper with that law by changes or especially by additions that will make it too burdensome.

## SECOND READING *(James 1:17-18. 21-22. 27)*

God wants us to be doers not hearers only. The works of charity must go along with religious observance, neither can be a substitute for the other.

## GOSPEL *(Mark 7:1-8. 14-15. 21-23)*

The first Christians, who had been brought up in the Jewish tradition, had difficulty in freeing themselves from the purely human regulations that had been imposed on them. The Christians from other backgrounds found this difficult to understand. Mark's explanation leads to a deeper understanding of God's law. The heart that is devoted to God will do in love all that is commanded.

## THE INTRODUCTORY RITES

### Entrance Antiphon *(Cf. Ps 85:3.5)*

**Have mercy on me, O Lord, for I cry to you all the day long.**

**O Lord, you are good and forgiving, full of mercy to all who call to 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.

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

**Amen.**

**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**

God of might, giver of every good gift,  
put into our hearts the love of your name,  
so that, by deepening our sense of reverence,  
you may nurture in us what is good  
and, by your watchful care,  
keep safe what you have nurtured.

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**

*(Deut 4:1-2.6-8)*

A reading from the book of Deuteronomy.

Moses said to the people: 'Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim, "No other people is as wise and prudent as this great nation." And indeed, what great nation is there that has its gods so near as the Lord our God is to us whenever we call to him? And what great nation is there that has laws and customs to match this whole Law that I put before you today?'

The word of the Lord.

**Thanks be to God.**

**RESPONSORIAL PSALM**

*(Ps 14:2-5)*

**℟ The just will live in the presence of the Lord.**

1. Lord, who shall dwell on your holy mountain?  
He who walks without fault;  
he who acts with justice  
and speaks the truth from his heart. **℟**
2. He who does no wrong to his brother,  
who casts no slur on his neighbour,  
who holds the godless in disdain,  
but honours those who fear the Lord. **℟**
3. He who keeps his pledge, come what may;  
who takes no interest on a loan  
and accepts no bribes against the innocent.  
Such a man will stand firm for ever. **℟**

**SECOND READING**

*(Jas 1:17-18.21-22.27)*

A reading from the letter of St James.

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created.

Accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves.

Pure unspoilt religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

The word of the Lord.

**Thanks be to God.**

**GOSPEL ACCLAMATION**

*(Cf. Jn 6:63.68)*

**Alleluia, alleluia!**

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

**you have the message of eternal life.**

**Alleluia!**

**GOSPEL**

*(Mk 7:1-8.14-15.21-23)*



The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel  
according to Mark.

**Glorify to you, O Lord.**

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, 'Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?' He answered, 'It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

This people honours me only with lip-service,  
while their hearts are far from me.

The worship they offer me is worthless,  
the doctrines they teach are only human regulations.

You put aside the commandment of God to cling to human traditions.'

He called the people to him again and said, 'Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean.'

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.

*The priest introduces the Prayer of the Faithful.*

## THE LITURGY OF THE EUCHARIST

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

May this sacred offering, O Lord,  
confer on us always the blessing of salvation,  
that what it celebrates in mystery  
it may accomplish in power.  
Through Christ our Lord.  
**Amen.**

### Eucharistic Prayer III

*(Preface I of Sundays in 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 through his Paschal Mystery,  
he accomplished the marvellous deed,  
by which he has freed us from the yoke of sin and death,  
summoning us to the glory of being now called  
a chosen race, a royal priesthood,

a holy nation, a people for your own possession,  
to proclaim everywhere your mighty works,  
for you have called us out of darkness  
into your own wonderful light.

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.**

You are indeed Holy, O Lord,  
and all you have created  
rightly gives you praise,  
for through your Son our Lord Jesus Christ,  
by the power and working of the Holy Spirit,  
you give life to all things and make them holy,  
and you never cease to gather a people to yourself,  
so that from the rising of the sun to its setting  
a pure sacrifice may be offered to your name.

Therefore, O Lord, we humbly implore you:  
by the same Spirit graciously make holy  
these gifts we have brought to you for consecration,  
that they may become the Body and  $\times$  Blood  
of your Son our Lord Jesus Christ,  
at whose command we celebrate these mysteries.

For on the night he was betrayed  
he himself took bread,  
and, giving you thanks, he said the blessing,  
broke the bread 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.**

Therefore, O Lord, as we celebrate the memorial  
of the saving Passion of your Son,  
his wondrous Resurrection  
and Ascension into heaven,  
and as we look forward to his second coming,  
we offer you in thanksgiving  
this holy and living sacrifice.

Look, we pray, upon the oblation of your Church  
and, recognising the sacrificial Victim by whose death  
you willed to reconcile us to yourself,  
grant that we, who are nourished

by the Body and Blood of your Son  
and filled with his Holy Spirit,  
may become one body, one spirit in Christ.

May he make of us  
an eternal offering to you,  
so that we may obtain an inheritance with your elect,  
especially with the most Blessed Virgin Mary,

Mother of God,  
with blessed Joseph, her Spouse,  
with your blessed Apostles and glorious Martyrs  
(with Saint N.: *the Saint of the day or Patron Saint*)  
and with all the Saints,  
on whose constant intercession in your presence  
we rely for unfailing help.

May this Sacrifice of our reconciliation,  
we pray, O Lord,  
advance the peace and salvation of all the world.  
Be pleased to confirm in faith and charity  
your pilgrim Church on earth,  
with your servant N. our Pope and N. our Bishop,  
the Order of Bishops, all the clergy,  
and the entire people you have gained for your own.

Listen graciously to the prayers of this family,  
whom you have summoned before you:  
in your compassion, O merciful Father,  
gather to yourself all your children  
scattered throughout the world.

To our departed brothers and sisters  
and to all who were pleasing to you  
at their passing from this life,  
give kind admittance to your kingdom.  
There we hope to enjoy for ever the fullness of your glory  
through Christ our Lord,  
through whom you bestow on the world all that is good.

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, ...**

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, ...**

*Showing the Eucharist 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 30:20)

**How great is the goodness, Lord,  
that you keep for those who fear you.**

**Prayer after Communion**

Renewed by this bread from the heavenly table,  
we beseech you, Lord,  
that, being the food of charity,  
it may confirm our hearts  
and stir us to serve you in our neighbour.  
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 forth, the Mass is ended.

**Thanks be to God.**

## Personal Prayer

Who are your friends, Lord, only those who walk without  
fault, who act with justice, who speak the truth, who  
do no wrong. Such people really honour you with their  
minds, hearts and deeds. Would that I be one of them,  
but I'm afraid that I am not. I allow myself to be swayed  
by the opinion of others.

Help me to be a spiritual person, obeying your  
commandments. Cleanse me, purify me, wash me with  
your Blood poured out for us. Stay with me and walk  
beside me, so that I will keep your commandments and  
do your holy will.

Let me honour you from my heart, a heart full of sincerity,  
because I will have been inspired by you, motivated  
by you. Lord, save me from being worried about what  
others think of me. Let me only be worried by what you  
think of me, by the depth of my love for you. Amen.