

# The Eucharist

5 September 2021 ♦ 23rd SUNDAY IN ORDINARY TIME



**F**or our sake the Son of God came into this world, humble and despised, lowly and poor. It was to the humble and the poor that he addressed his saving message. As his followers, we direct our prayers and apostolic activity to all, but especially to those who are poor spiritually and materially.



*Jesus put his fingers into the deaf and dumb man's ears and touched his tongue with spittle. Then he said to him: 'Ephphatha,' that is, 'Be opened.'*

## FIRST READING (Isaiah 35:4-7)

With highly poetic language, Isaiah describes the future return of Israel from captivity. On that glorious day the desert will bloom and the handicapped will throw off their limitations.

## SECOND READING (James 2:1-5)

In today's reading James, in characteristically blunt fashion, says there must be no partiality between rich and poor in a Church in which all are poor and all are rich.

## GOSPEL (Mark 7:31-37)

Today's reading from our Gospel of the year underscores two qualities that endear the second Gospel to us. We read about a miracle described in elaborate detail. We savour the actual Aramaic word used by Jesus. We join in amazement over the One who has done everything well.

## THE INTRODUCTORY RITES

### Entrance Antiphon (Ps 118:137.124)

**You are just, O Lord, and your judgement is right; treat your servant in accord with your merciful love.**

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**

O God, by whom we are redeemed and receive adoption, look graciously upon your beloved sons and daughters, that those who believe in Christ may receive true freedom and an everlasting inheritance. 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**

*(Is 35:4-7)*

A reading from the prophet Isaiah.  
Say to all faint hearts,  
'Courage! Do not be afraid.  
'Look, your God is coming,  
vengeance is coming,  
the retribution of God;  
he is coming to save you.'  
Then the eyes of the blind shall be opened,  
the ears of the deaf unsealed,  
then the lame shall leap like a deer  
and the tongues of the dumb sing for joy;  
for water gushes in the desert,  
streams in the wasteland,  
the scorched earth becomes a lake,  
the parched land springs of water.

The word of the Lord.

**Thanks be to God.**

**RESPONSORIAL PSALM**

*(Ps 145:7-10)*

**℟ My soul, give praise to the Lord.**

1. It is the Lord who keeps faith for ever,  
who is just to those who are oppressed.  
It is he who gives bread to the hungry,  
the Lord, who sets prisoners free. **℟**
2. It is the Lord who gives sight to the blind,  
who raises up those who are bowed down,  
the Lord who loves the just,  
the Lord, who protects the stranger. **℟**
3. The Lord upholds the widow and orphan,  
but thwarts the path of the wicked.  
The Lord will reign for ever,  
Zion's God, from age to age. **℟**

**SECOND READING**

*(Jas 2:1-5)*

A reading from the letter of St James.  
My brothers, do not try to combine faith in Jesus Christ, our glorified Lord, with the making of distinctions between classes of people. Now suppose a man comes into your synagogue, beautifully dressed and with a gold ring on, and at the same time a poor man comes in, in shabby clothes, and you take notice of the well-dressed man, and say, 'Come this way to the best seat'; then you tell the poor man, 'Stand over there' or 'You can sit on the floor by my foot-rest.' Can't you see that you have used two different standards in

your mind, and turned yourselves into judges, and corrupt judges at that?

Listen, my dear brothers: it was those who are poor according to the world that God chose, to be rich in faith and to be the heirs to the kingdom which he promised to those who love him.

The word of the Lord.

**Thanks be to God.**

**GOSPEL ACCLAMATION**

*(1 Sam 3:9; Jn 6:68)*

**Alleluia, alleluia!**

**Speak, Lord, your servant is listening:  
you have the message of eternal life.  
Alleluia!**

**GOSPEL**

*(Mk 7:31-37)*



The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to Mark.

**Glorify to you, O Lord.**

Returning from the district of Tyre, Jesus went by way of Sidon towards the Sea of Galilee, right through the Decapolis region. And they brought him a deaf man who had an impediment in his speech; and they asked him to lay his hand on him. He took him aside in private, away from the crowd, put his fingers into the man's ears and touched his tongue with spittle. Then looking up to heaven he sighed; and he said to him, 'Ephphatha,' that is, 'Be opened.' And his ears were opened, and the ligament of his tongue was loosened and he spoke clearly. And Jesus ordered them to tell no one about it, but the more he insisted, the more widely they published it. Their admiration was unbounded. 'He has done all things well,' they said, 'he makes the deaf hear and the dumb speak.'

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

O God, who give us the gift of true prayer and of peace,  
graciously grant that through this offering,  
we may do fitting homage to your divine majesty  
and, by partaking of the sacred mystery,  
we may be faithfully united in mind and heart.  
Through Christ our Lord.

**Amen.**

### Eucharistic Prayer III

*(Preface III 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.

For we know it belongs to your boundless glory,  
that you came to the aid of mortal beings with your divinity  
and even fashioned for us a remedy out of mortality itself,  
that the cause of our downfall  
might become the means of our salvation,  
through Christ our Lord.

Through him the host of Angels adores your majesty  
and rejoices in your presence for ever.

May our voices, we pray, join with theirs  
in one chorus of exultant praise, as 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 unailing 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,  
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 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**

*(Cf. Ps 41:2-3)*

**Like the deer that yearns for running streams,  
so my soul is yearning for you, my God;  
my soul is thirsting for God, the living God.**

**Prayer after Communion**

Grant that your faithful, O Lord,  
whom you nourish and endow with life  
through the food of your Word and heavenly Sacrament,  
may so benefit from your beloved Son's great gifts  
that we may merit an eternal share in his life.

Who lives and reigns for ever and ever.

**Amen.**

### THE CONCLUDING RITES

The Lord be with you.

**And with your spirit.**

May the Lord bless you and keep you.

**Amen.**

May he let his face shine upon you  
and show you his mercy.

**Amen.**

May he turn his countenance towards you  
and give you his peace.

**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 and announce the Gospel of the Lord.

**Thanks be to God.**

### Personal Prayer

Lord, may my heart not be proud. Let me rejoice only  
in what you do through me. As you come to me in Holy  
Communion, I am aware that I am not worthy that you  
should come to me. Yet you come to me as my spiritual  
food.

Lord Jesus, I believe that you are present in the  
Sacrament of love. I cannot see you with my physical  
eyes, but my faith tells me that you are here present in  
the Eucharist. I believe, Lord, help my unbelief.

You raise up the lowly and those who are humble of  
heart. You let the proud fall, so that they may discover  
you. I need to turn from relying entirely on my own  
resources, although it is good that you made me as I am,  
able to use my talents for your glory.

Lord, it is hard to do good always, so I need you. Without  
you I can do nothing, but you can work miracles. I'll try to  
keep that mustard seed of faith within me so that you will  
be able to come to me and help me. You, Lord, support  
the weak, the poor, the oppressed. I know that you will  
help me in my needs. Amen.