

The Eucharist

29 October 2023 ♦ 30th SUNDAY IN ORDINARY TIME / A



To observe Sunday as a day of rest and a day of prayer is to recognise that human life has a rhythm of work and rest and rhythm of work and prayer. The Lord's day is a means to cultivate our familial, cultural, social and religious lives. It makes for true human flourishing.



*'You must love the Lord your God with all your heart...
You must love your neighbour as yourself.'*

FIRST READING *(Exodus 22:20-26)*

In this reading the children of Israel are reminded that the covenant which they have made with God has implications for the way in which they relate to one another. The covenant has a two dimensional importance: vertical, which is concerned with Israel's relationship with God and horizontal, which is a matter of the Israelites' relationships with one another.

SECOND READING *(1 Thessalonians 1:5-10)*

In his report to Paul which resulted in this letter, Timothy is thought to have described the Christians in Thessalonica in glowing terms. And Paul's joy which is apparent in this excerpt. There is not yet any mention of the misunderstanding which he will deal with later on in the letter.

GOSPEL *(Matthew 22:34-40)*

In today's gospel we have Jesus' masterly summary of the entire teaching contained in two of the three sections of the Hebrew Bible, namely, the law and the prophets. There is no contrast here between the two hinges of this summary. It is not a question of either or, but very clearly an assertion of both and you cannot have one without the other.

THE INTRODUCTORY RITES

Entrance Antiphon

(Cf. Ps 104:3-4)

**Let the hearts that seek the Lord rejoice;
turn to the Lord and his strength;
constantly seek his face.**

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

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.

A brief pause for silence follows.

You were sent to heal the contrite of heart:

Lord, have mercy.

Or: Kyrie, eleison.

Lord, have mercy.

Or: Kyrie, eleison.

You came to call sinners:

Christ, have mercy.

Or: Christe, eleison.

Christ, have mercy.

Or: Christe, eleison.

You are seated at the right hand of the Father
to intercede for us:

Lord, have mercy.

Or: Kyrie, eleison.

Lord, have mercy.

Or: Kyrie, eleison.

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,
increase our faith, hope and charity,
and make us love what you command,
so that we may merit what you promise.
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

(Ex 22:20-26)

A reading from the book of Exodus.

The Lord said to Moses, ‘Tell the sons of Israel this, “You must not molest the stranger or oppress him, for you lived as strangers in the land of Egypt. You must not be harsh with the widow, or with the orphan; if you are harsh with them, they will surely cry out to me, and be sure I shall hear their cry; my anger will flare and I shall kill you with the sword, your own wives will be widows, your own children orphans.

“If you lend money to any of my people, to any poor man among you, you must not play the usurer with him: you must not demand interest from him.

“If you take another’s cloak as a pledge, you must give it back to him before sunset. It is all the covering he has; it is the cloak he wraps his body in; what else would he sleep in? If he cries to me, I will listen, for I am full of pity.”’

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

(Ps 17:2-4.47.51)

R I love you, Lord, my strength.

1. I love you, Lord, my strength,
my rock, my fortress, my saviour.
My God is the rock where I take refuge;
my shield, my mighty help, my stronghold.
The Lord is worthy of all praise:
when I call I am saved from my foes. **R**
2. Long life to the Lord, my rock!
Praised be the God who saves me.
He has given great victories to his king
and shown his love for his anointed. **R**

SECOND READING

(1 Thess 1:5-10)

A reading from the first letter of St Paul
to the Thessalonians.

You observed the sort of life we lived when we were with you, which was for your instruction, and you were led to become imitators of us, and of the Lord; and it was with the joy of the Holy Spirit that you took to the gospel, in spite of the great opposition all round you. This has made you the great example to all believers in Macedonia and Achaia since it was from you that the word of the Lord

started to spread – and not only throughout Macedonia and Achaia, for the news of your faith in God has spread everywhere. We do not need to tell other people about it: other people tell us how we started the work among you, how you broke with idolatry when you were converted to God and became servants of the real, living God; and how you are now waiting for Jesus, his Son, whom he raised from the dead, to come from heaven to save us from the retribution which is coming.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

(Cf. Acts 16:14)

Alleluia, alleluia!

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

GOSPEL

(Mt 22:34-40)

The Lord be with you.
And with your spirit.



A reading from the holy Gospel
according to Matthew.

Glory to you, O Lord.

When the Pharisees heard that Jesus had silenced the Sadducees they got together and, to disconcert him, one of them put a question, ‘Master, which is the greatest commandment of the Law?’ Jesus said, ‘You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: you must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.’

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.

Profession of Faith

(Apostles' Creed)

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,

*At the words that follow, up to and including the Virgin Mary,
all bow.*

who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God
the Father almighty;
from there he will come to judge the living
and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

he 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

Look, we pray, O Lord,
on the offerings we make to your majesty,
that whatever is done by us in your service
may be directed above all to your glory.
Through Christ our Lord.
Amen.

Eucharistic Prayer II

(Preface Proper)

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,

Father most holy,
through your beloved Son, Jesus Christ,
your Word through whom you made all things,
whom you sent as our Saviour and Redeemer,
incarnate by the Holy Spirit and born of the Virgin.

Fulfilling your will and gaining for you a holy people,
he stretched out his hands as he endured his Passion,
so as to break the bonds of death and manifest
the resurrection.

And so, with the Angels and all the Saints
we declare your glory,
as with one voice 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,
the fount of all holiness.

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.

**We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.**

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 **N.** our Pope and **N.** our Bishop
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.

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,
hallowed be thy name;
thy kingdom come,
thy will be done**

on earth as it is in heaven.

**Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.**

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 Host 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 19:6)

**We will ring out our joy at your saving help
and exult in the name of our God.**

Prayer after Communion

May your Sacraments, O Lord, we pray,
perfect in us what lies within them,
that what we now celebrate in signs
we may one day possess in truth.
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 in peace.

Thanks be to God.

Personal Prayer

Lord our God, today you put before us the centre of
the Jewish law and the centre of the Christian life,
namely, love of one another and love of you.

Our inspiration comes from the fact that you have first
loved us, in fact while we were still sinners.

We do not look on this as a command to do something
which we would not wish to. Rather, we are inspired to
act generously in response to your generous love of
us expressed throughout the ages of Israel's history
but most of all, through your Son Jesus Christ. Amen.