



focus on sunday

ENTRANCE ANTIPHON

The Lord is the strength of his people, a saving refuge for the one he has anointed. Save your people, Lord, and bless your heritage, and govern them for ever.

GREETING

In the name of the FatherAmen. The Lord be with you. And with your spirit.

PENITENTIAL ACT

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, 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..... Amen.

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

THE 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.



OPENING PRAYER

Grant, O Lord, that we may always revere and love your holy name, for you never deprive of your guidance those you set firm on the foundation of your love. Through our Lord Jesus Christ.....

LITURGY OF THE WORD

FIRST READING Jeremiah 20: 10-13

A reading from the prophet Jeremiah

Jeremiah said: I hear so many disparaging me, "Terror from every side!" Denounce him! Let us denounce him! All those who used to be my friends watched for my downfall, 'Perhaps he will be seduced into error. Then we will master him and take our revenge!' But the Lord is at my side, a mighty hero; my opponents will stumble, mastered,

confounded by their failure; everlasting, unforgettable disgrace will be theirs. But you, Lord of Hosts, you who probe with justice, who scrutinise the loins and heart, let me see the vengeance you will take on them, for I have committed my cause to you. Sing to the Lord, praise the Lord, for he has delivered the soul of the needy from the hands of evil men.

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM

Ps 68:8-10, 14, 17, 33-35

R. In your great love, answer me, O God.

1. It is for you that I suffer taunts, that shame covers my face, that I have become a stranger to my brothers, an alien to my own mother's sons. I burn with zeal for your house and taunts against you fall on me. (R)
2. This is my prayer to you, my prayer for your favour. In your great love, answer me, O God, with your help that never fails: Lord, answer, for your love is kind; in your compassion, turn towards me. (R)
3. The poor when they see it will be glad and God-seeking hearts will revive; for the Lord listens to the needy and does not spurn his servants in their chains. Let the heavens and the earth give him praise, the sea and all its living creatures. (R)

SECOND READING Romans 5:12-15

A reading from the letter of St Paul to the Romans

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law - breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift.

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!



GOSPEL Matthew 10:26-33

The Lord be with you And with your spirit A reading from the holy Gospel according to Matthew

Glory to you, O Lord.

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the house-tops.

'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.

'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.'

The Gospel of the Lord. Praise to you, Lord Jesus Christ

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,

All bow for following 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.

LITURGY OF THE EUCHARIST

Pray brothers and sisters....

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

Receive, O Lord, the sacrifice of conciliation and praise and grant that, cleansed by its action, we may make offering of a heart pleasing to you. Through Christ our Lord.

EUCCHARISTIC PRAYER

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.

SANCTUS

Holy, Holy, Holy Lord God of hosts.....

AFTER THE CONSECRATION

The mystery of faith. We proclaim your Death, O Lord, and profess your Resurrection until you come again.

THE SIGN OF PEACE

The peace of the Lord be with you always. And with your spirit.

INVITATION TO HOLY COMMUNION

Behold the Lamb of God, 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

The eyes of all look to you, Lord, and you give them their food in due season.

PRAYER AFTER COMMUNION

Renewed and nourished by the Sacred Body and Precious Blood of your Son, we ask of your mercy, O Lord, that what we celebrate with constant devotion may be our sure pledge of redemption. Through Christ our Lord.

CONCLUDING RITE

The Lord be with you. And with your spirit. 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.

Go in peace, Thanks be to God.



God is always with us. He knows our every thought, word and deed. He loves us and constantly cares for us. He looks upon us and says, 'Do not be afraid.'



'In your great love, answer me, O God, with your help that never fails....'



Be proud of Jesus! In the gospel today Jesus says not to be ashamed of him or the word of God.

We often say to someone, 'I was really proud of you'; at other times we find ourselves standing up for an individual or groups of people who are being criticised. Jesus knows that in following him, we will find opposition, in what we might sometimes say or in our way of life. A person, young or old, may find themselves the only one in a family group who is a regular massgoer, or who stands up for the principles in some moral issue.

We find support in like-minded and like-believing people, or in people who may disagree with us but respect our point of view. We find support also in our practice of faith where we meet such people, also in prayer; as Jesus says, 'every hair of your head has been counted' by the Father who knows us and loves us through and through.

We have a lot to be proud of in Jesus: his love and concern for all, especially the poor; his giving us a meaning in life, and his love which brought him against the powerful, even to death. Like Jesus, we too will find 'the Lord at our side' as the first reading proclaims, as we live our Christian life as best we can.

Donal Neary SJ, Editor Sacred Heart Messenger

Jesus' Story Fr. Liam Hickey

At times in our life we feel we are in a storm and are afraid. When Jesus died, it was like a raging storm that killed Him, but God, our Loving Father, gave him New Life, and rescued Him, and now His Spirit is with us all the time, everyday, everywhere. So we ask Jesus to let His Spirit of Love shine through our hearts, when we help others at home, share with others and never forget to say Thanks, Please and Sorry, and have a smile for people.

