

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.

GREETING

In the name of the Father and of the Son and of the Holy Spirit. Amen. 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 forgive us our sins, and bring us to everlasting life. Amen. Lord, have mercy. Christ, have mercy. Lord, have mercy. Christ, have mercy. Lord, have mercy. Christ, 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

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...

LITURGY OF THE WORD

FIRST READING Zechariah 9:9-10

A reading from the prophet Zechariah

The Lord says this: 'Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey,

on a colt, the foal of a donkey. He will banish chariots from Ephraim and horses from Jerusalem; the bow of war will be banished. He will proclaim peace for the nations. His empire shall stretch from sea to sea, from the River to the ends of the earth.'

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM

Ps. 144:1-2, 8-11, 13-14

R. I will bless your name for ever, O God my King.

1. I will give you glory, O God my King, I will bless your name for ever. I will bless you day after day and praise your name for ever. (R)
2. The Lord is kind and full of compassion, slow to anger, abounding in love. How good is the Lord to all, compassionate to all his creatures. (R)
3. 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)
4. The Lord is faithful in all his words and loving in all his deeds. The Lord supports all who fall and raises all who are bowed down. (R)

SECOND READING

Romans 8: 9. 11-13

A reading from the letter of St Paul to the Romans

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

The word of the Lord. Thanks be to God.



GOSPEL ACCLAMATION

Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children. Alleluia!

GOSPEL Matthew 11: 25-30

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

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

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

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.

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. 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.

AFTER THE CONSECRATION

The mystery of faith. When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

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

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.

CONCLUDING RITE

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 in peace, Thanks be to God.

The presence of Christ in our world and our lives is a friendship, companionship and love that gives peace to the restless hearts and hope and meaning in times of stress and trouble.



Come to me, all you who labour and are overburdened, and I will give you rest.



You may feel overburdened at times. Even as you read this, you may be getting a bit of 'time off' from different cares – children, grandchildren, pupils in your school, parents. While you may love the people who you care for, it can be wearing. You may have the burden of redundancy, homelessness, addiction or prison. In such times, people have found the words, 'come to me all you who are overburdened and I will give you rest'. It's rest not just for the body, but for the soul.

The rest Jesus offers is his love and his word. He also has been through times of heavy burdens. He knows what is the worst of our lives and he will give the best of himself just as he did for the many who came his way in search of healing and of peace.

The rest Jesus provides often comes through others. We can offer a listening ear when those near to us are burdened. We can offer help in many ways to those burdened with poverty, discrimination or injustice. Pope Francis says this well: 'Once we have received the refreshment and comfort of Christ, we are called in turn to become refreshment and comfort for our brothers and sisters, with a gentle and humble attitude, in imitation of the Master.' Pope Francis, (July 2014).

Donal Neary SJ, Editor Sacred Heart Messenger

Jesus' Story Fr. Liam Hickey

In the story today Jesus invites us to come to Him, if we have a worry or fear, if we are sad or make mistakes. His Spirit is in our heart, and in the hearts of others too, and Holy Communion, is God's Special Gift to help us. Jesus is always telling us that we are his friends, and that our failings and sins are always forgiven.