

ENTRANCE ANTIPHON

The Lord became my protector.
He brought me out to a place of freedom;
he saved me because he delighted in me.

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 us, O Lord, we pray, that the course of our world may be directed by your peaceful rule and that your Church may rejoice, untroubled in her devotion. Through our Lord Jesus Christ,.....

LITURGY OF THE WORD

FIRST READING Ecclesiasticus 27:4-7

A reading from the book of Ecclesiasticus

In a shaken sieve the rubbish is left behind, so too the defects of a man appear in his talk. The kiln tests the work of the potter, the test of a man is in his conversation. The orchard where the tree grows is judged on the quality of its fruit, similarly a man's words betray what he feels. Do not praise a man before he has spoken, since this is the test of men.

The word of the Lord Thanks be to God..

RESPONSORIAL PSALM Ps 91:2-3.13-16

R. It is good to give you thanks, O Lord.

1. It is good to give thanks to the Lord,
to make music to your name, O Most High,
to proclaim your love in the morning
and your truth in the watches of the night. (R)
2. The just will flourish like the palm-tree
and grow like a Lebanon cedar. (R)
3. Planted in the house of the Lord
they will flourish in the courts of our God,
still bearing fruit when they are old,
still full of sap, still green,
to proclaim that the Lord is just.
In him, my rock, there is no wrong. (R)

SECOND READING 1 Corinthians 15:54-58

A reading from St. Paul's first letter to the Corinthians.

When this perishable nature has put on im-perishability, and when this mortal nature has put on immortality, then the words of scripture will come true: Death is swallowed up in victory. Death, where is your victory? Death, where is your sting? Now the sting of death is sin, and sin gets its power from the Law. So let us thank God for giving us the victory through our Lord Jesus Christ. Never give in then, my dear brothers, never admit defeat; keep on working at the Lord's work always, knowing that, in the Lord, you cannot be labouring in vain.

The word of the Lord Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia! You will shine in the world like bright stars because you are offering it the word of life. Alleluia !

GOSPEL Luke 6:39-45

A reading from the holy Gospel according to Luke.

Jesus told a parable to his disciples, 'Can one blind man guide another? Surely both will fall into a pit? The disciple is not superior to his teacher; the fully trained disciple will always be like his teacher. Why do you observe the splinter in your brother's eye and never notice the plank in your own? How can you say to your brother, "Brother, let me take out the splinter that is in your eye," when you cannot see the plank in your own? Hypocrite! Take the plank out of your own eye first, and then you will see clearly enough to take out the splinter that is in your brother's eye. 'There is no sound tree that produces rotten fruit, nor again a rotten tree that produces sound fruit. For every tree can be told by its own fruit: people do not pick figs from thorns, nor gather grapes from brambles. A good man draws what is good from the store of goodness in his heart; a bad man draws what is bad from the store of badness. For a man's words flow out of what fills his heart.

The Gospel of the Lord Thanks be to God.

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,



focus on sunday

Day of Prayer for Temperance

What do we have to show for all the love God has shown us ?
Are our words full of bitterness or sweetness?



"A good man draws what is good..."



HOW SHOULD I PRAY? How do I know if I'm praying right? There are many ways of prayer, like the Rosary, stations, mass, and meditation.

We 'judge' our prayer on what is our life like? Is prayer helping me be a good person? Is it producing 'good fruit' as Jesus hints today? Am I increasing the store of goodness in my heart?

How do we nourish the source of goodness? We meet with people who build us up. We pray from the heart. Not just rote prayers but letting myself be myself with Jesus and God. We can enjoy art, music, and good conversation.

Ask what event yesterday might have nourished goodness in the heart? Did you play with a child or grandchild? Did you feel it did someone good to meet you? Have a good laugh with someone, or a good cry? Did you look after your body with nourishing food? Did you care for the earth and give thanks for creation? The grace of God nourishing our goodness comes in many and varied ways.

Donal Neary SJ (Editor, Sacred Heart Messenger)

LITURGY OF THE EUCHARIST

PRAYER OVER THE OFFERINGS

O God, who provide gifts to be offered to your name and count our oblations as signs of our desire to serve you with devotion, we ask of your mercy that what you grant as the source of merit may also help us to attain merit's reward. Through Christ our Lord.

AFTER THE CONSECRATION

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

PRAYER AFTER COMMUNION

Nourished by your saving gifts, we beseech your mercy, Lord that by this same Sacrament with which you feed us in the present age, you may make us partakers of life eternal. Through Christ our Lord.

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