

THE CATHOLIC MASS SHEET

ENGLISH STANDARD VERSION

The Exaltation of The Holy Cross

14th September 2025

THE INTRODUCTORY RITES

Entrance Antiphon or a hymn

Stand

Cf. Gal 6:14

**We should glory in the Cross of our Lord
Jesus Christ,
in whom is our salvation, life and resurrection,
through whom we are saved and delivered.**

All make the Sign of the Cross as the Priest says:

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

The Priest greets everyone present.

*The people respond: **And with your spirit.***

The Mass of the day may be introduced.

Penitential Act

*The Priest invites the people to repentance
using one of the Penitential Acts.*

Have mercy on us, O Lord.

For we have sinned against you.

Show us, O Lord, your mercy.

And grant us your salvation.

*The Priest says the absolution. All reply: **Amen.***

Lord, have mercy.	Lord, have mercy.
Christ, have mercy.	Christ, have mercy.
Lord, 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, who willed that your Only Begotten Son
should undergo the Cross to save the human
race, grant, we pray,
that we, who have known his mystery on earth,
may merit the grace of his redemption in heaven.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.

Amen.

Sit

THE LITURGY OF THE WORD

First Reading

A reading from the Book of Numbers.

Numbers 21:4b-9

In those days: The people became impatient
on the way. And the people spoke against
God and against Moses, 'Why have you
brought us up out of Egypt to die in the
wilderness? For there is no food and no
water, and we loathe this worthless food.'
Then the LORD sent fiery serpents among
the people, and they bit the people, so that
many people of Israel died. And the people
came to Moses and said, 'We have sinned,
for we have spoken against the LORD and
against you. Pray to the LORD, that he take
away the serpents from us.' So Moses prayed
for the people. And the LORD said to Moses,
'Make a fiery serpent and set it on a pole, and
everyone who is bitten, when he sees it, shall
live.' So Moses made a bronze serpent and
set it on a pole. And if a serpent bit anyone,
he would look at the bronze serpent and live.

The word of the Lord.

Thanks be to God.

Psalm

Psalm 78(77):1-2. 34-35. 36-37. 38. R. cf. 7b

R. Never forget the deeds of the Lord!

Give ear, my people, to my teaching;
incline your ear to the words of my mouth.
I will open my mouth in a parable
and utter hidden lessons of the past.

R.

When he slew them, then they sought him,
repented and earnestly sought God.
They would remember that God was their rock,
God the Most High their redeemer.

R.

Yet they deceived him with their mouths;
they lied to him with their tongues.
For their hearts were not steadfast towards him;
they were not faithful to his covenant.

R.

Yet he who is full of compassion
forgave them their sin and spared them.
So often he held back his anger,
and did not stir up all his rage.

R.

Second Reading

A reading from the Letter of Saint Paul to the
Philippians. Philippians 2:6-11

Christ Jesus, though he was in the form of
God, did not count equality with God a thing to
be grasped, but emptied himself, by taking the
form of a servant, being born in the likeness
of men. And being found in human form, he
humbled himself by becoming obedient to
the point of death, even death on a cross.
Therefore God has highly exalted him and
bestowed on him the name that is above
every name, so that at the name of Jesus
every knee should bow, in heaven and on
earth and under the earth, and every tongue
confess that Jesus Christ is Lord, to the glory
of God the Father.

The word of the Lord.

Thanks be to God.

Acclamation before the Gospel

Stand

Alleluia, alleluia.

**We adore you, O Christ, and we bless you,
because by your Cross you have redeemed
the world.
Alleluia.**

Gospel

John 3:13-17

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to John.

Glory to you, O Lord.

At that time: Jesus said to Nicodemus, 'No
one has ascended into heaven except he who
descended from heaven, the Son of Man.
And as Moses lifted up the serpent in the
wilderness, so must the Son of Man be lifted
up, that whoever believes in him may have
eternal life. For God so loved the world, that
he gave his only begotten Son, that whoever
believes in him should not perish but have
eternal life. For God did not send his Son into
the world to condemn the world, but in order
that the world might be saved through him.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Homily

Sit

The Nicene Creed

Stand

**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,
and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.**

All bow

**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.**

Or:

The Apostles' Creed

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

All bow

**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.**

Prayer of the Faithful

Response example: Lord, in your mercy.
Hear our prayer.

After the concluding prayer all say: Amen. Sit

THE LITURGY OF THE EUCHARIST

*The offerings are brought to the altar.
A hymn may be sung. If the Priest says the two
prayers of offering aloud, the response both times is:*
Blessed be God for ever.

The people rise as the Priest says:
Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

The people reply:

**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, O Lord,
which on the altar of the Cross
cancelled the offence of the whole world,
cleanse us, we pray, of all our sins.

Through Christ our Lord.

Amen.

The Eucharistic 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.

*The Priest continues with the Preface and
concludes with the people, singing or saying aloud:*

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.

Kneel

The Eucharistic Prayer continues until the Priest says:

The mystery of faith.

*And the people continue, acclaiming one of the
following:*

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

Or:

**When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord,
until you come again.**

Or:

**Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.**

*The Priest concludes the Eucharistic Prayer
saying alone:*

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.

The people acclaim: Amen.

The Communion Rite

Stand

The Priest invites all to join in the Lord's Prayer:

**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.**

The Priest continues alone:

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.**

The Priest says:

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 Deacon, or the Priest, adds:

Let us offer each other the sign of peace.

The Priest takes the host and breaks it.

Meanwhile the people say or sing:

**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.** *Kneel*

The Priest shows the host to the people and 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.**

The Priest or other minister says to each communicant:

The Body [Blood] of Christ.

Each communicant answers: **Amen.**

Communion Antiphon Jn 12:32
**When I am lifted up from the earth,
I will draw everyone to myself, says the Lord.**

Prayer after Communion *Stand*

Having been nourished by your holy banquet,
we beseech you, Lord Jesus Christ,
to bring those you have redeemed
by the wood of your life-giving Cross
to the glory of the resurrection.
Who live and reign for ever and ever. **Amen.**

THE CONCLUDING RITES

Announcements may be made. *Then:*

Priest: The Lord be with you.

All: And with your spirit.

May almighty God bless you,
the Father, and the Son, ✠ and the Holy Spirit.
Amen.

Then the Deacon, or the Priest, says:

Go forth, the Mass is ended. *Or:*
Go and announce the Gospel of the Lord. *Or:*
Go in peace, glorifying the Lord by your life. *Or:*
Go in peace.

Thanks be to God.



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