

THE CATHOLIC MASS SHEET

ENGLISH STANDARD VERSION

3rd SUNDAY IN ORDINARY TIME (C)

26th January 2025

THE INTRODUCTORY RITES

Entrance Antiphon or a hymn.

Stand

Cf. Ps 95:1,6

**O sing a new song to the Lord;
sing to the Lord, all the earth.
In his presence are majesty and splendour,
strength and honour in his holy place.**

*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.*

Greeting

The Priest greets the people, saying:

The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.

Or:

Grace to you and peace from God our Father
and the Lord Jesus Christ.

Or:

The Lord be with you.

The people reply:

And with your spirit.

The Mass of the day may be introduced.

Penitential Act

*The Priest invites the faithful to repentance
followed, after a brief pause, by one of the
Penitential Acts:*

**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,**

And, striking their breast, they say:

**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.**

Or:

Have mercy on us, O Lord.
For we have sinned against you.
Show us, O Lord, your mercy.
And grant us your salvation.

Or:

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.

The absolution by the Priest follows:

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.
Amen.

*If the 'Kyrie, eleison' has not been said or sung,
it is said or sung now.*

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.**

The Collect

Almighty ever-living God,
direct our actions according to your good pleasure,
that in the name of your beloved Son
we may abound in good works.
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 Nehemiah.

Nehemiah 8:2-4a, 5-6, 8-10

In those days: Ezra the priest brought the Law
before the assembly, both men and women and all
who could understand what they heard, on the first
day of the seventh month. And he read from it facing
the square before the Water Gate from early morn-
ing until midday, in the presence of the men and
the women and those who could understand. And
the ears of all the people were attentive to the
Book of the Law.

And Ezra the scribe stood on a wooden platform
that they had made for the purpose. And Ezra
opened the book in the sight of all the people, for
he was above all the people, and as he opened it,
all the people stood. And Ezra blessed the LORD,

the great God, and all the people answered, 'Amen, Amen,' lifting up their hands. And they bowed their heads and worshipped the LORD with their faces to the ground. Ezra and the Levites read from the book, from the Law of God, clearly, and they gave the meaning, so that the people understood the reading.

And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, 'This day is holy to the LORD your God; do not mourn or weep.' For all the people wept as they heard the words of the Law. Then he said to them, 'Go on your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the LORD is your strength.'

The word of the Lord.
Thanks be to God.

Psalm Psalm 19(18):8. 9. 10. 15. R. John 6:63c

R. Your words, O Lord, are spirit and life.

The law of the LORD is perfect;
it revives the soul.

The decrees of the LORD are steadfast;
they give wisdom to the simple.

The precepts of the LORD are right;
they gladden the heart.

The command of the LORD is clear;
it gives light to the eyes.

The fear of the LORD is pure,
abiding for ever.

The judgements of the LORD are true;
they are, all of them, just.

May the spoken words of my mouth,
the thoughts of my heart,
win favour in your sight, O LORD,
my rock and my redeemer!

Second Reading

A reading from the First Letter of Saint Paul to the Corinthians. 1 Corinthians 12:12-30

Brothers and sisters: Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one Spirit we were all baptised into one body — Jews or Greeks, slaves or free — and all were made to drink of one Spirit.

For the body does not consist of one member but of many. If the foot should say, 'Because I am not a hand, I do not belong to the body', that would not make it any less a part of the body. And if the ear should say, 'Because I am not an eye, I do not belong to the body', that would not make it any less a part of the body. If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many parts, yet one body. The eye cannot say to the hand, 'I have no need of you', nor again the head to the feet, 'I have no need of you.' On the contrary, the parts of the body that seem to be weaker are indispensable, and on those parts of the body

that we think less honourable we bestow the greater honour, and our unrepresentable parts are treated with greater modesty, which our more presentable parts do not require. But God has so composed the body, giving greater honour to the part that lacked it, that there may be no division in the body, but that the members may have the same care for one another. If one member suffers, all suffer together; if one member is honoured, all rejoice together.

Now you are the body of Christ and individually members of it. And God has appointed in the Church first Apostles, second prophets, third teachers, then miracles, then gifts of healing, helping, administrating, and various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak with tongues? Do all interpret?

The word of the Lord.
Thanks be to God.

Acclamation before the Gospel *Stand*
Alleluia, alleluia. Luke 4:18

**The Lord has sent me to proclaim good news to the poor;
to proclaim liberty to the captives.**
Alleluia.

Gospel Luke 1:1-4; 4:14-21

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Luke.
Glory to you, O Lord.

Inasmuch as many have undertaken to compile a narrative of the things that have been accomplished among us, just as those who from the beginning were eyewitnesses and ministers of the word have delivered them to us, it seemed good to me also, having followed all things closely for some time past, to write an orderly account for you, most excellent Theophilus, that you may have certainty concerning the things you have been taught.

At that time: Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country.

And he taught in their synagogues, being glorified by all. And he came to Nazareth, where he had been brought up. And as was his custom, he went to the synagogue on the Sabbath day, and he stood up to read. And the scroll of the prophet Isaiah was given to him. He unrolled the scroll, and found the place where it was written, 'The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favour.' And he rolled up the scroll, and gave it back to the attendant, and sat down. And the eyes of all in the synagogue were fixed on him. And he began to say to them, 'Today this Scripture has been fulfilled in your hearing.'

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

The Homily

Sit

The 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,
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.

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
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.

Stand

All bow

The 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

Accept our offerings, O Lord, we pray,
and in sanctifying them
grant that they may profit us for salvation.
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.
All then make an appropriate 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

Cf. Ps 33:6

**Look toward the Lord and be radiant;
let your faces not be abashed.**

*After the distribution of Holy Communion a
sacred silence may be observed or a psalm,
hymn or canticle of praise may be sung.*

Prayer after Communion

Stand

Grant, we pray, almighty God,
that, receiving the grace
by which you bring us to new life,
we may always glory in your gift.
Through Christ our Lord.
Amen.

THE CONCLUDING RITES

Announcements may be made.

Then:

Blessing

Priest: The Lord be with you.

All: **And with your spirit.**

A formula of Solemn Blessing may be used.

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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