



This Mass can be celebrated, according to the rubrics given for Masses and Prayers for Various Needs and Occasions, on any day except Solemnities, the Sundays of Advent, Lent, and Easter, days within the Octave of Easter, the Commemoration of All the Faithful Departed (All Souls' Day), Ash Wednesday and the days of Holy Week.

PRAYERS

Entrance Antiphon [Is 53:4]

Truly the Lord has borne our infirmities, and he has carried our sorrows.

Collect

Almighty and eternal God, our refuge in every danger, to whom we turn in our distress;
in faith we pray look with compassion on the afflicted,
grant eternal rest to the dead, comfort to mourners, healing to the sick, peace to the dying,
strength to healthcare workers, wisdom to our leaders and the courage to reach out to all in love,
so that together we may give glory to your holy name.
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.

Prayer over the Offerings

Accept, O Lord, the gifts we offer in this time of peril.
May they become for us, by your power, a source of healing and peace.
Through Christ our Lord.

Communion Antiphon [Mt 11:28]

Come to me, all who labour and are burdened, and I will refresh you, says the Lord.

Prayer after Communion

O God, from whose hand we have received the medicine of eternal life,
grant that through this sacrament we may glory in the fullness of heavenly healing.
Through Christ our Lord.

Prayer over the People

O God, protector of all who hope in you, bless your people, keep them safe,
defend them, prepare them, that, free from sin and safe from the enemy,
they may persevere always in your love. Through Christ our Lord.

READINGS

A reading from the book of Lamentations

3:17-26

It is good to wait in silence for the Lord to save.

My soul is shut out from peace. I have forgotten happiness.
And now I say, 'My strength is gone, that hope which came from the Lord'.
Brooding on my anguish and affliction is gall and worm wood.
My spirit ponders it continually and sinks within me.
This is what I shall tell my heart, and so recover hope:
the favours of the Lord are not all past, his kindnesses are not exhausted;
every morning they are renewed; great is his faithfulness.
'My portion is the Lord' says my soul 'and so I will hope in him.'
The Lord is good to those who trust him, to the soul that searches for him
It is good to wait in silence for the Lord to save.

The Word of the Lord - THANKS BE TO GOD

Psalm 79 2ac, 3b, 5-7 [p.679] R. 4b

LET YOUR FACE SHINE ON US, O LORD, AND WE SHALL BE SAVED

O shepherd of Israel, hear us,
shine forth from your cherubim throne
O Lord, rouse up your might.

Lord, God of hosts, how long will you frown upon your people's plea?
You have fed them with tears for their bread,
an abundance of tears for their drink.
You have made us the taunt of our neighbours, our enemies laugh us to scorn.

OR

A reading from the letter of St Paul to the Romans 8:31-35,37-

Nothing can come between us and the love of Christ.

With God on our side who can be against us?

Since God did not spare his own Son, but gave him up to benefit us all,
we may be certain, after such a gift, that he will not refuse anything he can give.

Could anyone accuse those that God has chosen?

When God acquits, could anyone condemn? Could Christ Jesus? No!

He not only died for us, he rose from the dead and there at God's right hand he stands and pleads for us.

Nothing therefore can come between us and the love of Christ, even if we are troubled or worried,
or being persecuted, or lacking food or clothes, or being threatened or even attacked.

As scripture promised: For your sake we are being massacred daily, and reckoned as sheep for the slaughter.

These are the trials through which we triumph, by the power of him who loved us.

For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come,
not any power, or height or depth, nor any created thing,

can ever come between us and the love of God made visible in Christ Jesus our Lord.

The Word of the Lord - THANKS BE TO GOD

Ps 122:1-3. R.v.4 or v.3

HAVE MERCY ON US, LORD, HAVE MERCY *or* OUR EYES ARE ON THE LORD TILL HE SHOW US HIS MERCY

To you have I lifted up my eyes, you who dwell in the heavens:
my eyes, like the eyes of slaves on the hands of their lords.

Like the eyes of a servant on the hand of her mistress,
so our eyes are on the Lord our God till he show us his mercy.

GOSPEL

Acclamation

II Cor 1:3,4

Alleluia, alleluia! Blessed be the God, a gentle Father,
and the God of all consolation, who comforts us in all our sorrows. Alleluia!

A reading from the holy Gospel according to Mark [4:35-41] GLORY TO YOU, O LORD

'Who can this be? Even the wind and the sea obey him.'

With the coming of evening, Jesus said to his disciples, 'Let us cross over to the other side.'

And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him.

Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped.

But he was in the stern, his head on the cushion, asleep.

They woke him and said to him, 'Master, do you not care? We are going down!'

And he woke up and rebuked the wind and said to the sea, 'Quiet now! Be calm!'

And the wind dropped, and all was calm again.

Then he said to them, 'Why are you so frightened? How is it that you have no faith?'

They were filled with awe and said to one another, 'Who can this be? Even the wind and the sea obey him.'

The Gospel of the Lord - PRAISE TO YOU LORD JESUS CHRIST