



focus on sunday

ENTRANCE ANTIPHON

Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

GREETING

The Lord be with you.
And with your spirit.



PENITENTIAL ACT

You were sent to heal the contrite of heart: Lord, have mercy. **Lord, have mercy.**

You came to call sinners: Christ, have mercy. **Christ, have mercy.**

You are seated at the right hand of the Father to intercede for us: Lord, have mercy. **Lord, have mercy.**

May almighty God have mercy on us....

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

Almighty ever-living God, whom, taught by the Holy Spirit, we dare to call our Father, bring, we pray, to perfection in our hearts the spirit of adoption as your sons and daughters, that we may merit to enter into the inheritance which you have promised. Through our Lord Jesus Christ...

LITURGY OF THE WORD

FIRST READING 1 Kings 19:9, 11-13

A reading from the first book of the Kings
When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The word of the Lord.
Thanks be to God.

RESPONSORIAL PSALM Ps. 84: 9-14

R. Let us see, O Lord, your mercy and give us your saving help.

1. I will hear what the Lord God has to say, a voice that speaks of peace. His help is near for those who fear him and his glory will dwell in our land. **[R]**

2. Mercy and faithfulness have met; justice and peace have embraced. Faithfulness shall spring from the earth and justice look down from heaven. **[R]**

3. The Lord will make us prosper and our earth shall yield its fruit. Justice shall march before him and peace shall follow his steps. **[R]**

SECOND READING Romans 9: 1-5

A reading from the letter of St Paul to the Romans

What I want to say is no pretence; I say it in union with Christ - it is the truth - my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!
My soul is waiting for the Lord,
I count on his word.
Alleluia!

GOSPEL Matthew 14: 22 - 33

A reading from the holy Gospel according to Matthew

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at

once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

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

Be pleased, O Lord, to accept the offerings of your Church, for in your mercy you have given them to be offered and by your power you transform them into the mystery of our salvation. 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

The bread that I will give, says the Lord, is my flesh for the life of the world.

PRAYER AFTER COMMUNION

May the communion in your Sacrament that we have consumed, save us, O Lord, and confirm us in the light of your truth. Through Christ our Lord.

CONCLUDING RITE

The Lord be with you.
And with your spirit.
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.**



At times God is to be found where we least expect him. He appears in joy and anguish, in the mountain breeze and the sea storm. In our prayer we need the patience to wait for God to speak to us, and the faith to walk towards him when he calls.



Do not be afraid!



Many times in life we need help from others. The sponsor in AA, the one who loaned a bit of money to get a house, the one who listened in times of stress and loss, the school run, a help to pray; we get through life with helping hands. The gospel today is about that. Jesus saves Peter from drowning. We all walk on water at times and need this help. Help in life comes from prayer – from Jesus himself and from Jesus in others.

There is the ordinary day to day help in family and among friends. In solidarity with our fellow human beings. Like neighbourliness, or just friendliness. We need to show solidarity not just with our immediate neighbours but with the world far and near.

When we show solidarity, we can be more than human. When we show solidarity we are doing the work of God - we are our brother's keeper, our sister's keeper! God works through us.

The helping hand of God is your hand and mine. Many are sinking today in addictions, mental health issues and poverty. They are like the sinking Peter – but together and like Jesus, we can lift up the sinking Peter! With solidarity, neighbourliness, friendliness and friendship.

Donal Neary SJ, Editor Sacred Heart Messenger

Jesus' Story

Fr. Liam Hickey

Jesus was sad when his cousin John was killed. He wanted to go to a quiet place, but the people followed Him, bringing the sick and lonely. In the evening his companions asked Him to send the people home, because they had no meal all day. Jesus said "No, give them something to eat yourselves". There was only a few loaves and two fish. Jesus blessed the food, and as it was handed out it got bigger and bigger. All had plenty to eat. Even when Jesus was sad, He put others first, and their hunger. He puts us first too. When we are lonely and sad He gives us The Food of Holy Communion, and we get the blessing, to help someone else, even when we are lonely and sad.