

ENTRANCE ANTIPHON

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

PENITENTIAL ACT

Lord Jesus, you raise us to new life:
 Lord, have mercy. **Lord, have mercy.**
 Lord Jesus, you forgive us our sins:
 Christ, have mercy. **Christ, have mercy.**
 Lord Jesus, you feed us with your body and blood:
 Lord, have mercy. **Lord, have mercy.**
 May almighty God have mercy on us...Amen.

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

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through our Lord Jesus Christ...

LITURGY OF THE WORD

FIRST READING Isaiah 58: 7-10

A reading from the prophet Isaiah

Thus says the Lord:

Share your bread with the hungry, and shelter the homeless poor, clothe the man you see to be naked and turn not from your own kin. Then will your light shine like the dawn and your wound be quickly healed over.

Your integrity will go before you and the glory of the Lord behind you. Cry, and the Lord will answer; call, and he will say, 'I am here.'

If you do away with the yoke, the clenched fist, the wicked word, if you give your bread to the hungry, and relief to the oppressed, your light will rise in the darkness, and your shadows become like noon.

The word of the Lord. Thanks be to God.



RESPONSORIAL PSALM Ps. 111: 4 - 9

R. The good man is a light in the darkness for the upright or Alleluia!

1. He is a light in the darkness for the upright: he is generous, merciful and just. The good man takes pity and lends, he conducts his affairs with honour. **[R]**
2. The just man will never waver: he will be remembered for ever. He has no fear of evil news; with a firm heart he trusts in the Lord. **[R]**
3. With a steadfast heart he will not fear; open-handed, he gives to the poor; his justice stands firm for ever. His head will be raised in glory. **[R]**

SECOND READING 1 Corinthians 2: 1-5

A reading from the first letter of St Paul to the Corinthians
 When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia! I am the light of the world, says the Lord, anyone who follows me will have the light of life. Alleluia!

GOSPEL Matthew 5:13 - 16

A reading from the holy Gospel according to Matthew.

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men. 'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

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

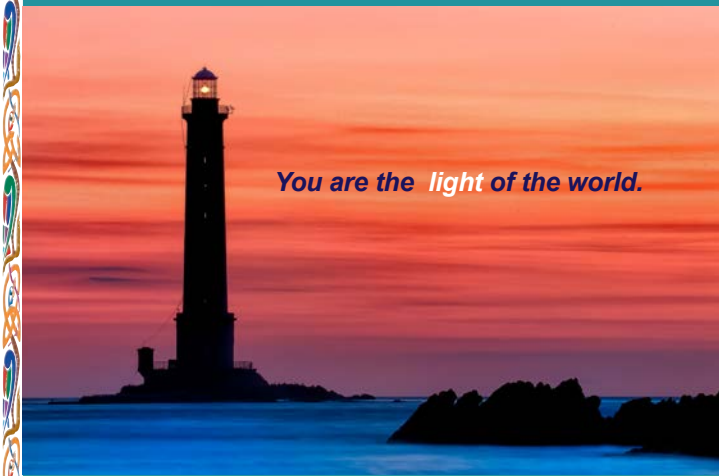
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I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.



focus on sunday

The followers of Jesus are the "light of the world" if they are seen to care for the oppressed, the hungry and the homeless. When such care is shown then the light of Christ is seen in our world.



You are the light of the world.

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.

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

O Lord, our God, who once established these created things to sustain us in our frailty, grant, we pray, that they may become for us now the Sacrament of eternal life. Through Christ our Lord.

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.

COMMUNION ANTIPHON

Blessed are those who mourn, for they shall be consoled. Blessed are those who hunger and thirst for righteousness, for they shall have their fill.

PRAYER AFTER COMMUNION

O God, who have willed that we be partakers in the one Bread and the one Chalice, grant us, we pray, so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world. Through Christ our Lord.



The light is what we receive. We are light because He shares light with us – a gift at baptism. Our baptismal candle will be lit at big times of life, like confirmation, maybe Easter celebrations and at our funeral Mass.

It is lit from the paschal candle. This gesture is saying we get our light from Christ. The centre of our faith is our relationship with Jesus Christ. The second reading brings out the way we shine!

Share your bread with the hungry, and shelter the homeless poor, Clothe the man you see to be naked and turn not from your own kin. Then will your light shine like the dawn If you give your bread to the hungry, and relief to the oppressed, your light will rise in the darkness,

Light isn't just a light for me to see by. The light of Christ is for the sharing: giving a hand at home, looking for the family when they need a hand; caring for the poor, the migrant and refugee, working for the good of our neighbourhoods, volunteering at home or abroad. Our lives should reflect the light of Christ and shine like a beacon – to bring hope to others.

Jesus talks very often about light – light to the nations, shining in the darkness. He is called the 'light of the world'. When we share some of that light in ordinary ways, our lives improve and so do the lives of others.

Donal Neary SJ (Editor, Sacred Heart Messenger)

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