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. For yours is the power and the glory are yours now and for ever. Amen.

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. Amen.

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. 

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 ever the word of your grace and my soul shall be healed.

The Priest or other minister says to each communicant:

Comminution Antiphon
Mt 5:3-4
Blessed are the poor in spirit, for theirs is the Kingdom of Heaven. Blessed are the meek, for they shall possess the land. 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
Nourished by these redeeming gifts, we pray, O Lord, that through this help to eternal salvation true faith may ever increase. Through Christ our Lord. Amen.

THE CONCLUDING RITES

Announcements may be made. Then:

P r i e s t: 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.

THE INTRODUCTORY RITES

Entrance Antiphon
Ps 105:47
Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you. 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.

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.

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
Grant us, Lord our God, that we may honour you with all our mind, and love everyone in truth of heart. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

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: Chryste, eleison.
Christ, have mercy. Or: Chryste, 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.

The people reply:
Amen.

If the ‘Kyrie, eleison’ has not been said or sung, it is said or sung now.

The Gloria

THE EMMAUS MASS SHEET

4th SUNDAY IN ORDINARY TIME (B) 31st January 2021

**First Reading**

A reading from the book of Deuteronomy 18:15-20

Moses said to the people: ‘Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. “Do not let me hear again” you said “the voice of the Lord my God, nor look any longer on this great fire, or I shall die”; and the Lord said to me, “All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I said. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die.”’

The word of the Lord.

**Thanks be to God.**

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**Psalm**

Ps 94:1-2.6-9.R.v9

R) O that today you would listen to his voice! Harden not your hearts.

**Come, ring out your joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord.**

Come in; let us kneel and bend low; the people who belong to his pasture, the flock that is led by his hand.

R) O that today you would listen to his voice! Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.

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**Second Reading**

A reading from the first letter of St Paul to the Corinthians 7:32-35

I would like to see you free from all worry. An unmarried man devote himself to the Lord’s affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world’s affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord’s affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world’s affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

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**Gospel Acclamation**

Alleluia, alleluia!

The people who dwell in darkness has seen a great light; on those who dwell in the land and shadow of death a light has dawned. Alleluia!

**Gospel**

Mark 1:21-28

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Mark.

Glory to you, O Lord.

Jesus and his followers went as far as Capernaum, and as soon as the sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority. In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, ‘What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.’ But Jesus said sharply, ‘Be quiet! Come out of him!’ And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. ‘Here is a teaching that is new’ they said ‘and with authority behind it: he gives orders even to unclean spirits and they obey him.’ And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

The Gospel of the Lord.

**Thanks be to God.**

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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 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.

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**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 Priest completes additional personal preparation and the people rise as he 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**

O Lord, we bring to your altar these offerings of our service: be pleased to receive them, we pray, and transform them into the Sacrament of our redemption. Through Christ our Lord. Amen.

**The Eucharistic Prayer**

The Lord be with you. And with your spirit.

**We lift them up to the Lord.**

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

Hosanna in the highest.

The Priest says: The prayers of the faithful are offered. All bow

The Lord concludes with the Preface and concludes with the people, singing or saying aloud:

Hosanna in the highest.

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

Hosanna in the highest.

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

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: The Eucharistic Prayer continues until the priest says: