

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

Mt 5:5-6

**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**

*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*

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. **Amen.**

### THE CONCLUDING RITES

*Announcements may be made. Then:*

*Priest:* 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  
CATHOLIC  
PRINTING  
COMPANY OF FARNWORTH  
www.catholicprint.co.uk  
0161 873 7457

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# THE EMMAUS MASS SHEET

5th SUNDAY IN ORDINARY TIME (B) 7th February 2021

## THE INTRODUCTORY RITES

**Entrance Antiphon** or a hymn.

*Stand*  
Ps 94:6-7

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

*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.*

*The people reply:*  
**Amen.**

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

### The Gloria

**Glorify 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

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, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
one God, for ever and ever.  
**Amen.**

*Sit*

## THE LITURGY OF THE WORD

### First Reading

A reading from the book of Job 7:1-4.6-7

Job began to speak:

Is not man's life on earth nothing more than  
pressed service,  
his time no better than hired drudgery?  
Like the slave, sighing for the shade,  
or the workman with no thought but his wages,  
months of delusion I have assigned to me,  
nothing for my own but nights of grief.  
Lying in bed I wonder, 'When will it be day?'  
Risen I think, 'How slowly evening comes!'  
Restlessly I fret till twilight falls.  
Swifter than a weaver's shuttle my days have  
passed,  
and vanished, leaving no hope behind.  
Remember that my life is but a breath,  
and that my eyes will never again see joy.

The word of the Lord.

**Thanks be to God.**

### Psalms

Ps 146:1-6.R.v3

**R) Praise the Lord who heals the broken-  
hearted.**

Praise the Lord for he is good;  
sing to our God for he is loving:  
to him our praise is due. **(R)**

The Lord builds up Jerusalem  
and bring back Israel's exiles,  
he heals the broken-hearted,  
he binds up all their wounds.  
He fixes the number of the stars;  
he calls each one by its name. **(R)**

Our Lord is great and almighty;  
his wisdom can never be measured.  
The Lord raises the lowly;  
he humbles the wicked to the dust. **(R)**

### Second Reading

A reading from the first letter of St Paul to  
the Corinthians 9:16-19. 22-23

I do not boast of preaching the gospel, since it  
is a duty which has been laid on me; I should  
be punished if I did not preach it! If I had  
chosen this work myself, I might have been  
paid for it, but as I have not, it is a responsibility  
which has been put into my hands. Do you  
know what my reward is? It is this: in my  
preaching, to be able to offer the Good News  
free, and not insist on the rights which the  
gospel gives me.

So though I am not a slave of any man I have  
made myself the slave of everyone so as to win  
as many as I could. For the weak I made

myself weak. I made myself all things to all  
men in order to save some at any cost; and I  
still do this, for the sake of the gospel, to have  
a share in its blessings.

The word of the Lord.

**Thanks be to God.**

### Gospel Acclamation

**Alleluia, alleluia!**

**He took our sicknesses away,  
and carried our diseases for us.  
Alleluia!**

*Stand*

Mt 8:17

### Gospel

Mark 1:29-39

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to  
Mark.

**Glory to you, O Lord.**

On leaving the synagogue, Jesus went with  
James and John straight to the house of Simon  
and Andrew. Now Simon's mother-in-law had  
gone to bed with fever, and they told him about  
her straightaway. He went to her, took her by  
the hand and helped her up. And the fever left  
her and she began to wait on them.

That evening, after sunset, they brought to  
him all who were sick and those who were  
possessed by devils. The whole town came  
crowding round the door, and he cured many  
who were suffering from diseases of one kind  
or another; he also cast out many devils, but he  
would not allow them to speak, because they  
knew who he was.

In the morning, long before dawn, he got up  
and left the house, and went off to a lonely  
place and prayed there. Simon and his  
companions set out in search of him, and when  
they found him they said, 'Everybody is looking  
for you.' He answered, 'Let us go elsewhere, to  
the neighbouring country towns, so that I can  
preach there too, because that is why I came.'  
And he went all through Galilee, preaching in  
their synagogues and casting out devils.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

### The Homily

*Sit*

### The Nicene Creed

*Stand*

**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.**

*All bow*

**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.**

*All bow*

**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.**

### 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  
around the response both times is:  
Blessed be God for ever.*

*The Priest completes additional personal  
preparatory rites, 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 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.  
**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:*