The Priest or other minister says to each communicant:
Each communicant answers: Amen.

Commutation Antiphon
Ps 144:15
The eyes of all look to you, Lord, and you give them their food in due season.

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
Renewed and nourished by the Sacred Body and Precious Blood of your Son, we ask of your mercy, O Lord, that we may be free from sin, that, by the help of your mercy, our soul may be healed.

The Lord be with you.
The people reply:
And with your spirit.

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 INTRODUCTORY RITES
Entrance Antiphon or a hymn. Stand
Or: Ps 27: 8-9
The Lord is the strength of his people, a saving refuge for the one he has anointed. Save your people, Lord, and bless your heritage, and govern them for ever.
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: 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.
Or: Show us, O Lord, your mercy. And grant us your salvation.
Or: You were sent to heal the contumacious heart: Lord, have mercy. Or: Kyrie, eleison. Lord, have mercy. Or: Kyrie, eleison.
Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

A great prophet has appeared among us; God has visited his people.

Alleluia!

Gospel

Mark 4:35-41

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Mark.

Glory to you, O Lord.

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.

The Homily

The Nicene Creed

I believe in one God, the Father almighty, creator 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.

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.

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 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. Amen.

Or:

When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again. Amen.

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.