

# The Eucharist

24 January 2021

THIRD SUNDAY IN ORDINARY TIME / B



**R**epentance is not merely an unpleasant process of getting rid of something bad. Neither is it merely feeling bad about the past or changing one's mind. It is, above all, a change of direction in one's life – a turning to God. It is not just backing away from sin and accidentally bumping into God. No – it is a joyful encounter with Jesus that generates a new love in people's hearts, which crowds out the old love of sin. One is called to turn around and advance because the news is good!



*Jesus said: 'The kingdom of God is close at hand. Repent, and believe the Good News.'*

## FIRST READING

*(Jonah 3:1-5.10)*

Jonah thought the Ninevites had sunk so deep in degradation that his (not very enthusiastic) preaching would make no difference. But he was wrong: God's strong love made all the difference and they changed the direction of their lives.

## SECOND READING

*(1 Corinthians 7:29-31)*

Because time never stands still and all things in the world are passing away we cannot depend on them to provide a sure foundation for a permanent existence. Only Jesus Christ is the sure foundation of our lives.

## GOSPEL

*(Mark 1:14-20)*

Jesus' call to people to change the direction of their lives is dramatically illustrated by Peter, Andrew, James and John who gave up the life they knew to take up something unfamiliar and risky.

## THE INTRODUCTORY RITES

### Entrance Antiphon

*(Cf. Ps 95:1.6)*

**O sing a new song to the Lord;  
sing to the Lord, all the earth.  
In his presence are majesty and splendour,  
strength and honour in his holy place.**

In the name of the Father, and of the Son,  
and of the Holy Spirit.

**Amen.**

The grace of our Lord Jesus Christ,  
and the love of God,  
and the communion of the Holy Spirit  
be with you all.

**And with your spirit.**

### Penitential Act

Brethren (brothers and sisters),  
let us acknowledge our sins,  
and so prepare ourselves  
to celebrate the sacred mysteries.

*A brief pause for silence follows.*

**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.**

May almighty God have mercy on us,  
forgive us our sins,  
and bring us to everlasting life.

**Amen.**

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.

**Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.**

### 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.**

**Collect**

Almighty ever-living God,  
direct our actions according to your good pleasure,  
that in the name of your beloved Son  
we may abound in good works.  
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.**

**THE LITURGY OF THE WORD**

**FIRST READING**

*(Jon 3:1-5. 10)*

A reading from the prophet Jonah.

The word of the Lord was addressed to Jonah: 'Up!' he said, 'Go to Nineveh, the great city, and preach to them as I told you to.' Jonah set out and went to Nineveh in obedience to the word of the Lord. Now Nineveh was a city great beyond compare: it took three days to cross it. Jonah went on into the city, making a day's journey. He preached in these words, 'Only forty days more and Nineveh is going to be destroyed.' And the people of Nineveh believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least.

God saw their efforts to renounce their evil behaviour. And God relented: he did not inflict on them the disaster which he had threatened.

The word of the Lord.

**Thanks be to God.**

**RESPONSORIAL PSALM**

*(Ps 24:4-9)*

**℟ Lord, make me know your ways.**

1. Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth, and teach me:  
for you are God my saviour. **℟**

2. Remember your mercy, Lord,

and the love you have shown from of old.

In your love remember me,  
because of your goodness, O Lord. **℟**

3. The Lord is good and upright.

He shows the path to those who stray,  
he guides the humble in the right path;  
he teaches his way to the poor. **℟**

**SECOND READING**

*(1 Cor 7:29-31)*

A reading from the first letter of St Paul to the Corinthians.

Brothers, our time is growing short. Those who have wives should live as though they had none, and those who mourn should live as though they had nothing to mourn for; those who are enjoying life should live as though there were nothing to laugh about; those whose life is buying things should live as though they had nothing of their own; and those who have to deal with the world should not become engrossed in it. I say this because the world as we know it is passing away.

The word of the Lord.

**Thanks be to God.**

**GOSPEL ACCLAMATION**

*(Mk 1:15)*

**Alleluia, alleluia!**

**The kingdom of God is close at hand;  
believe the Good News.**

**Alleluia!**

**GOSPEL**

*(Mk 1:14-20)*



The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel  
according to Mark.

**Glorify to you, O Lord.**

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come,' he said, 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

As he was walking along by the Sea of Galilee he saw Simon and his brother Andrew casting a net in the lake – for they were fishermen. And Jesus said to them, 'Follow me and I will make you into fishers of men.' And at once they left their nets and followed him.

Going on a little further, he saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after him.

The Gospel of the Lord.

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

**Profession of Faith**

*(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,**

*At the words that follow, up to and including  
and became man, all bow.*

**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.**

*The priest introduces the* Prayer of the Faithful.

## THE LITURGY OF THE EUCHARIST

Pray, brethren (brothers and sisters),  
that my sacrifice and yours  
may be acceptable to God,  
the almighty Father.

**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

Accept our offerings, O Lord, we pray,  
and in sanctifying them  
grant that they may profit us for salvation.  
Through Christ our Lord.

**Amen.**

### Eucharistic Prayer III

*(Preface I of the Sundays in Ordinary Time)*

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.**

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
Lord, holy Father, almighty and eternal God,  
through Christ our Lord.

For through his Paschal Mystery,  
he accomplished the marvellous deed,  
by which he has freed us from the yoke of sin and death,  
summoning us to the glory of being now called  
a chosen race, a royal priesthood,  
a holy nation, a people for your own possession,  
to proclaim everywhere your mighty works,  
for you have called us out of darkness  
into your own wonderful light.

And so, with Angels and Archangels,  
with Thrones and Dominions,  
and with all the hosts and Powers of heaven,  
we sing the hymn of your glory,  
as without end we acclaim:

**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.**

You are indeed Holy, O Lord,  
and all you have created  
rightly gives you praise,  
for through your Son our Lord Jesus Christ,  
by the power and working of the Holy Spirit,  
you give life to all things and make them holy,  
and you never cease to gather a people to yourself,  
so that from the rising of the sun to its setting  
a pure sacrifice may be offered to your name.

Therefore, O Lord, we humbly implore you:  
by the same Spirit graciously make holy  
these gifts we have brought to you for consecration,  
that they may become the Body and Blood

of your Son our Lord Jesus Christ,  
at whose command we celebrate these mysteries.

For on the night he was betrayed  
he himself took bread,  
and, giving you thanks, he said the blessing,  
broke the bread and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,  
FOR THIS IS MY BODY,  
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended,  
he took the chalice,  
and, giving you thanks, he said the blessing,  
and gave the chalice to his disciples, saying:

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,  
FOR THIS IS THE CHALICE OF MY BLOOD,  
THE BLOOD OF THE NEW AND ETERNAL COVENANT,  
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY  
FOR THE FORGIVENESS OF SINS.

DO THIS IN MEMORY OF ME.

The mystery of faith.

**Save us, Saviour of the world,  
for by your Cross and Resurrection  
you have set us free.**

Therefore, O Lord, as we celebrate the memorial  
of the saving Passion of your Son,  
his wondrous Resurrection  
and Ascension into heaven,  
and as we look forward to his second coming,  
we offer you in thanksgiving  
this holy and living sacrifice.

Look, we pray, upon the oblation of your Church  
and, recognising the sacrificial Victim by whose death  
you willed to reconcile us to yourself,  
grant that we, who are nourished  
by the Body and Blood of your Son  
and filled with his Holy Spirit,  
may become one body, one spirit in Christ.

May he make of us  
an eternal offering to you,  
so that we may obtain an inheritance with your elect,  
especially with the most Blessed Virgin Mary,

Mother of God,  
with blessed Joseph, her Spouse,  
with your blessed Apostles and glorious Martyrs  
(with Saint N.: the Saint of the day or Patron Saint)  
and with all the Saints,  
on whose constant intercession in your presence  
we rely for unailing help.

May this Sacrifice of our reconciliation,  
we pray, O Lord,  
advance the peace and salvation of all the world.  
Be pleased to confirm in faith and charity  
your pilgrim Church on earth,  
with your servant N. our Pope and N. our Bishop,  
the Order of Bishops, all the clergy,  
and the entire people you have gained for your own.  
Listen graciously to the prayers of this family,  
whom you have summoned before you:  
in your compassion, O merciful Father,  
gather to yourself all your children  
scattered throughout the world.

To our departed brothers and sisters  
and to all who were pleasing to you  
at their passing from this life,  
give kind admittance to your kingdom.  
There we hope to enjoy for ever the fullness of your glory  
through Christ our Lord,  
through whom you bestow on the world all that is good.  
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.  
**Amen.**

## THE COMMUNION RITE

At the Saviour's command  
and formed by divine teaching,  
we dare to say:

**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.**

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.**

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 priest may invite the people to exchange a sign of peace  
and Christian fellowship. As the priest breaks the consecrated  
Host the following is sung or said:*

**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.**

*Showing the Eucharist to the people, the priest 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.**

**Communion Antiphon**

*(Cf. Ps 33:6)*

**Look toward the Lord and be radiant;  
let your faces not be abashed.**

**Prayer after Communion**

Grant, we pray, almighty God,  
that, receiving the grace  
by which you bring us to new life,  
we may always glory in your gift.  
Through Christ our Lord.

**Amen.**

## THE CONCLUDING RITES

The Lord be with you.

**And with your spirit.**

May the Lord bless you and keep you.

**Amen.**

May he let his face shine upon you  
and show you his mercy.

**Amen.**

May he turn his countenance towards you  
and give you his peace.

**Amen.**

And 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 forth, the Mass is ended.

**Thanks be to God.**

## Personal Prayer

My Jesus, make me humble enough to admit when others are right and I am wrong. Make me strong enough to be independent of the praises, blame, or contempt of those who shun your principles.

With justice in my mind and charity in my heart, let me please you without desiring to displease them. When this is impossible, I hope to imitate your loyalty to the Father's will.

My Jesus, be close to me. I am constantly tempted to reach out for my advantage, benefit, and contentment. Since you alone are my highest, most enduring, and most complete Good, help me prefer you when any person or thing threatens to separate me from you. Amen.