

ENTRANCE ANTIPHON

Look to your covenant, O Lord,
and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause,
and forget not the cries of those who seek you.

PENITENTIAL RITE *all join in saying*

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,
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.

GLORIA *all join in saying*

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,
whom, taught by the Holy Spirit,
we dare to call our Father,
bring, we pray, to perfection in our hearts
the spirit of adoption as your sons and daughters,
that we may merit to enter into the inheritance
which you have promised.
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.
R. Amen.

FIRST READING *from the first book of the Kings 19:9,11-13*

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The Word of the Lord.
R. Thanks be to God.

PSALM 84 *all say the response R. after the Reader and after each verse of the psalm*

**R. Let us see, O Lord, your mercy
and give us your saving help.**

I will hear what the Lord God has to say,
a voice that speaks of peace.
His help is near for those who fear him
and his glory will dwell in our land. **R.**

Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven. **R.**

The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps. **R.**

SECOND READING *from the letter of St Paul to the Romans 9:1-5*

What I want to say is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The Word of the Lord.
R. Thanks be to God.

GOSPEL ACCLAMATION *all join in saying the Gospel Acclamation*

Alleluia, alleluia!
**Blessings on the King who comes,
in the name of the Lord!**
Peace in heaven and glory in the highest heavens!
Alleluia, alleluia!

GOSPEL

The Lord be with you.
R. And with your spirit.
A reading from the holy Gospel according to Matthew 14:22-33
R. Glory to you, O Lord.

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a headwind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the

wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH *all join in saying*

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.
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.

PRAYER OVER THE OFFERINGS

Be pleased, O Lord,
to accept the offerings of your Church,
for in your mercy you have given them to be offered
and by your power you transform them
into the mystery of our salvation.
Through Christ our Lord.

R. Amen.

COMMUNION ANTIPHON

O Jerusalem, glorify the Lord,
who gives you your fill of finest wheat.

PRAYER AFTER COMMUNION

May the communion in your Sacrament
that we have consumed, save us, O Lord,
and confirm us in the light of your truth.
Through Christ our Lord.

R. Amen.

WHAT TO EXPECT AT MASS We have put in place some new measures to ensure a safe and welcoming environment for all. This may mean that Mass feels a little different to the way we are used to celebrating. Please read our guidelines below:

WHEN YOU ARRIVE You will be welcomed by a volunteer steward. You will be directed to the hand sanitizer.

All people entering church must wear a face covering at all times.

You must adhere to social distancing guidelines in place. Any children accompanying you must do the same.

Baskets will be available at the entrance (and exit) for your weekly envelopes or other contributions.

There will also be contactless donation points available for those wishing contribute via debit card.

Toilets will remain closed at all times except for a genuine emergency. The Gift Shop will be closed.

DURING MASS There will be no Sign of Peace. There will be no congregational singing.

HOLY COMMUNION Will be distributed after the final dismissal of the Mass.

The words "The Body of Christ" and the reply "Amen" will only be said once at the beginning of distribution. They will not to be repeated for each person receiving Holy Communion.

The volunteer stewards will direct you to approach the altar to receive Holy Communion.

You may only receive the Sacred Host in your hand and not on your tongue.

Communicants must avoid skin to skin contact with the minister's hands.

You must then step to one side, lower your face covering and place the Sacred Host in your mouth then follow directions to leave the Cathedral immediately.

AFTER MASS Please take home any newsletters, Mass sheets and other papers you may use.

Use only the designated exit.

Please do not gather in the Cathedral porch or on Cathedral property for conversations.

Continue to wear your face covering until you leave the area where other people are.

If you are experiencing a high temperature, a new continuous cough or loss or change of taste / smell please return home and consult your GP.

While we will attempt to take appropriate precautions consistent with the advice of public health authorities, parishioners should understand that they assume the risk of contracting COVID-19 any time they enter a public space since such precautions do not eliminate the risk of infection.