

EXALTATION OF THE HOLY CROSS

STAND

ENTRANCE ANTIPHON *Cf. Gal 6: 14*

We should glory in the Cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered.

ENTRANCE HYMN

When I behold the wondrous cross,
On which the prince of glory died,
My richest gain I count but loss,
And pour contempt on all my pride.

Forbid it, Lord, that I should boast
Save in the death of Christ my God;
All the vain things that charm me most,
I sacrifice them to his blood.

See, from his head, his hands, his feet,
What grief and love flow mingled down:
Did e'er such love and sorrow meet,
Or thorns compose so rich a crown?

Were all the realm of nature mine,
It would be offering far too small;
Love so amazing, so divine,
Demands my soul, my life, my all.

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

People: **Amen.**

Grace to you and peace from God our
Father and the Lord Jesus Christ.

And with your spirit.

PENITENTIAL ACT

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

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,

Striking your breast as you 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.



The absolution by the priest follows:

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

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

14th September 2025

COLLECT

O God, who willed that your Only
Begotten Son should undergo the
Cross to save the human race, grant,
we pray, that we, who have known his
mystery on earth, may merit the grace
of his redemption in heaven. Through
our Lord Jesus Christ, your Son, who
lives and reigns with you in the unity
of the Holy Spirit, God, for ever and
ever. **Amen.**

SIT

THE LITURGY OF THE WORD

FIRST READING

21:4-9

**A reading from the book of
Numbers**

On the way through the wilderness,
the Israelites lost patience. They
spoke against God and against
Moses, 'Why did you bring us out of
Egypt to die in this wilderness?
For there is neither bread nor water
here; we are sick of this unsatisfying
food.'

At this God sent fiery serpents
among the people; their bite brought
death to many in Israel. The people
came and said to Moses, 'We have
sinned by speaking against the Lord
and against you. Intercede for us with
the Lord to save us from these
serpents.' Moses interceded for the
people, and the Lord answered him,
'Make a fiery serpent and put it on a
standard. If anyone is bitten and looks
at it, he shall live.' So Moses
fashioned a bronze serpent which he
put on a standard, and if anyone was
bitten by a serpent, he looked at the
bronze serpent and lived.

The word of the Lord.

Thanks be to God.

RESPONSORIAL P

Ps77: 1-2.34-35.36-37.38.R.v.7

R. Never forget the deeds of the Lord.

1. Give heed, my people to my teaching;
turn your ear to the words of my
mouth.

I will open my mouth in a parable
and reveal hidden lessons of the past.

R.

2. When he slew them then they would seek him,
return and seek him in earnest.
They would remember that God was their rock,
God the Most High their redeemer. **R.**
3. But the words they spoke were mere flattery;
they lied to him with their lips.
For their hearts were not truly with him;
they were not faithful to his covenant. **R.**
4. Yet he who is full of compassion
forgave their sin and spared them.
So often he held back his anger
when he might have stirred up his rage. **R.**

SECOND READING

2:6-11

A reading from the letter of St Paul to the Philippians

The state of Jesus Christ was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are; and being as all men are, he was humbler yet, even to accepting death, death on a cross. But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the under-world, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father.

The word of the Lord.

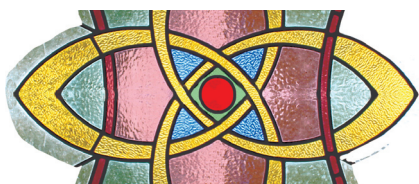
Thanks be to God.



ACCLAMATION

Alleluia, alleluia!

We adore you, O Christ, and we bless you, because by your holy cross you have redeemed the world. Alleluia!



GOSPEL

3:13-17

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to John.

Glory to you, O Lord.

Jesus said to Nicodemus:

"No one has gone up to heaven except the one who came down from heaven, the Son of Man who is in heaven; and the Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him.

Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.

For God sent his Son into the world not to condemn the world, but so that through him the world might be saved."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH

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,
(All bow during the next three lines)
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 OF THE FAITHFUL



LITURGY OF THE EUCHARIST

Raising the host, the priest says:

Blessed are you, Lord, God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.
Blessed be God for ever.

The priest pours wine and a little water into the chalice, saying quietly:

By the mystery of this water and wine may we come to share in the divinity of Christ, who humbled himself to share in our humanity.

Raising the chalice, the priest says:

Blessed are you, Lord, God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands, it will become our spiritual drink.
Blessed be God for ever.



Bowing the priest says quietly:

With humble spirit and contrite heart
may we be accepted by you, O Lord,
and may our sacrifice in your sight this
day be pleasing to you, O Lord.

Then the priest washes his hands, saying quietly:

Wash me, O Lord, from my iniquity;
and cleanse me from my sin.

STAND

Facing the people the priest says:

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

May this oblation, O Lord,
which on the altar of the Cross
cancelled the offence of the whole
world, cleanse us, we pray, of all our
sins. Through Christ our Lord.
Amen.

EUCCHARISTIC PRAYER II

PREFACE *Victory of the Glorious Cross*

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.

For you placed the salvation of the
human race on the wood of the Cross,
so that, where death arose,
life might again spring forth
and the evil one, who conquered
on a tree, might likewise on a tree be
conquered, through Christ our Lord.
Through him the Angels praise
your majesty, Dominions adore and
Powers tremble before you.
Heaven and the Virtues of heaven and
the blessed Seraphim
worship together with exultation.
May our voices, we pray, join with
theirs in humble praise, as 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.**

KNEEL

You are indeed Holy, O Lord,
the fount of all holiness.

**The Priest joins his hands and, holding them
extended over the offerings, says:**

Make holy, therefore, these gifts, we
pray, by sending down your Spirit
upon them like the dewfall,
so that they may become for us
the Body ✠ and Blood of our Lord,
Jesus Christ.

At the time he was betrayed
and entered willingly into his Passion,
he took bread and, giving thanks,
broke it,
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, once more giving thanks,
he gave it 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:

**We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.**

Then the Priest, with hands extended, says:

Therefore, as we celebrate the
memorial of his Death and
Resurrection, we offer you, Lord,
the Bread of life and the Chalice of
salvation, giving thanks that you have
held us worthy to be in your presence
and minister to you.

Humbly we pray that, partaking of the
Body and Blood of Christ,
we may be gathered into one by the
Holy Spirit.

Remember, Lord, your Church,
spread throughout the world,
and bring her to the fullness of charity,
together with Leo our Pope,
N. our Bishop, his assistant Bishop(s),
and all the clergy.

Remember also our brothers and
sisters who have fallen asleep in the
hope of the resurrection, and all who
have died in your mercy: welcome
them into the light of your face.
Have mercy on us all, we pray,
that with the Blessed Virgin Mary,
Mother of God, with blessed Joseph
her Spouse, with the blessed
Apostles, and all the Saints who have
pleased you throughout the ages,
we may merit to be coheirs to eternal
life, and may praise and glorify you
through your Son, Jesus Christ.

**The Priest takes the chalice and the paten
with the host and, elevating both, he says:**

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.

COMMUNION RITE

The priest may use other introductions.

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

Our Father, who art in heaven . . .

Deliver us, Lord, we pray,
from every evil,
graciously grant peace in our days.
that, by the help of your mercy,
we may always be 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 add these or similar words.

Let us offer each other the sign of peace.

*The priest places a small piece of the host in
the chalice saying quietly:*

May this mingling of the body and
blood of our Lord Jesus Christ
bring eternal life to us who receive it.

Meanwhile the people sing or say:

**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.**

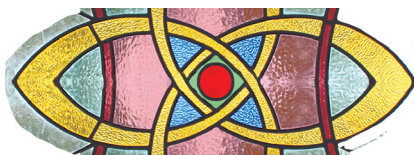


The priest says quietly:

May the receiving of your Body and
Blood,
Lord Jesus Christ,
not bring me to judgement and
condemnation,
but through your loving mercy
be for me protection in mind and
body, and a healing remedy.

Raising the host 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.



And together with the people he says once:

**Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed**

May the Body of Christ
keep me safe for eternal life.

*The Priest reverently consumes the Body of
Christ.*

Then he takes the chalice and says quietly:
May the Blood of Christ
keep me safe for eternal life.

*The Priest raises a host slightly and shows it
to each of the communicants, saying:*
The Body of Christ. **Amen.**

COMMUNION ANTIPHON *Jn 12: 32*
When I am lifted up from the earth,
I will draw everyone to myself,
says the Lord.

COMMUNION HYMN

The Lord's my shepherd,
I'll not want.
He makes me down to lie
In pastures green, he leadeth me
The quiet waters by.

My soul he doth restore again,
And me to walk doth make
Within the paths of righteousness,
E'en for his own name's sake.

Yea, though I walk through death's
dark vale,
Yet will I fear no ill;
For thou art with me, and thy rod
And staff me comfort still.

My table thou hast furnished
In presence of my foes:
My head thou dost with oil anoint,
And my cup overflows.

Goodness and mercy all my life
Shall surely follow me:
And in God's house for evermore
My dwelling-place shall be.

PRIVATE PRAYER AFTER COMMUNION

Son of Man lifted up on the cross,
draw all men and women to you.
May the precious blood of Christ,
the blood of the new and eternal
covenant,
once offered on the cross,
free us from our sins.
May the body of Christ which was
given for us on the cross
bring us to the glory of the
resurrection.
Christ has died.
Christ is risen.
Christ will come again.



PRAYER AFTER COMMUNION

Having been nourished by your holy
banquet, we beseech you, Lord Jesus
Christ, to bring those you have
redeemed by the wood of your life-
giving Cross to the glory of the
resurrection. Who live and reign for
ever and ever. **Amen.**

CONCLUDING RITES



The Lord be with you.
And with your spirit.

Bow head for the blessing – short silence
May almighty God bless you, the
Father, and the Son, and the Holy
Spirit.
Amen.

Go and announce the Gospel of the
Lord.
Thanks be to God.

RECESSIONAL HYMN

Praise my soul the King of heaven,
to his feet your tribute bring.
Ransomed, healed, restored,
forgiven,
Who am I his praise to sing?
*Praise him. Praise him.
Praise him. Praise him.
Praise the everlasting King.*

Praise him for his grace and favour
To our fathers in distress:
Praise him still the same for ever,
Slow to chide and swift to bless.
*Praise him. Praise him.
Praise him. Praise him.
Glorious in his faithfulness.*