

# FOURTEENTH SUNDAY IN ORDINARY TIME

STAND

**ENTRANCE ANTIPHON** Cf. Ps 47: 10-11  
Your merciful love, O God,  
we have received in the midst of  
your temple. Your praise, O God,  
like your name, reaches the ends of  
the earth; your right hand is filled  
with saving justice.

## ENTRANCE HYMN

Come to me,  
all who labour and are heavy burdened,  
and I shall give you rest.  
Take up my yoke and learn from me,  
for I am meek and humble of heart.  
And you'll find rest for your souls.  
Yes, my yoke is easy and my burden is light.

The Lord is my shepherd,  
I shall never be in need.  
Fresh and green are the pastures  
where he gives me rest.

**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.**



5th July 2026

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.**



## COLLECT

O God, who in the abasement of  
your Son have raised up a fallen world,  
fill your faithful with holy joy, for on those  
you have rescued from slavery to sin  
you bestow eternal gladness.  
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.**

## THE LITURGY OF THE WORD

SIT

## FIRST READING

9:9-10

### A reading from the prophet Zechariah

The Lord says this:

“Rejoice heart and soul, daughter of  
Zion!

Shout with gladness, daughter of  
Jerusalem!

See now, your king comes to you;  
he is victorious, he is triumphant,  
humble and riding on a donkey,  
on a colt, the foal of a donkey.  
He will banish chariots from Ephraim  
and horses from Jerusalem;  
the bow of war will be banished.  
He will proclaim peace for the nations.  
His empire shall stretch from sea to  
sea,  
from the River to the ends of the  
earth.”

The word of the Lord.  
**Thanks be to God.**

## RESPONSORIAL PSALM

Ps144:1-2.8-11.13-14.R.v1

**R. I will bless your name for ever,  
O God my King.**

1. I will give you glory, O God my King,  
I will bless your name for ever.  
I will bless you day after day  
and praise your name for ever. **R.**
2. The Lord is kind and full of  
compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures. **R.**
3. All your creatures shall thank you,  
O Lord  
and your friends shall repeat their  
blessing.  
They shall speak of the glory of  
your reign  
and declare your might, O God. **R.**
4. The Lord is faithful in all his words  
and loving in all his deeds.  
The Lord supports all who fall  
and raises all who are bowed down. **R.**

## SECOND READING 8:9.11-13

**A reading from the letter of St Paul  
to the Romans**

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

The word of the Lord.

**Thanks be to God.**

— **STAND** —

## ACCLAMATION cf.Mt11:25

Alleluia, alleluia!

**Blessed are you, Father,  
Lord of heaven and earth,  
for revealing the mysteries of the  
kingdom to mere children.  
Alleluia!**

## GOSPEL

11:25-30

The Lord be with you.  
**And with your spirit.**  
A reading from the holy  
Gospel according to Matthew  
**Glory to you, O Lord.**



Jesus exclaimed, "I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

"Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light."

The Gospel of the Lord.  
**Praise to you, Lord Jesus Christ.**

— **STAND** —

## 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

— **SIT** —

**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 dedicated to your name purify us, O Lord, and day by day bring our conduct closer to the life of heaven. Through Christ our Lord.  
**Amen.**

## **EUCHARISTIC PRAYER III**

*Preface: Sunday Ord Time: 1*

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.**

◆◆◆**KNEEL**◆◆◆

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**

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

*Then the Priest, with hands extended, says:*

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 the 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 Leo, our Pope, and **N.** our Bishop, his assistant Bishop(s) 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. †

*The Priest joins his hands.*

through Christ our Lord, through whom you bestow on the world all that is good. †

*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.

for ever and ever.

**Amen.**

## **COMMUNION RITE**

◆◆◆**STAND**◆◆◆

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 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 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 judgment 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 Ps 33: 9**

**Taste and see that the Lord is  
good; blessed the man who seeks  
refuge in him.**

## COMMUNION HYMN

*R: God bids us welcome to his House*

*And He invites us to His Feast*

*Day of great joy and happiness, Alleluia!*

**Great was my joy when I was told**

**Let us approach to God's abode**

**That's in the City of the Lord. R.**

**Let us approach unto the Feast**

**To which the Lord invites us all**

**And eat the bread which gives us life. R.**

**Christ is the Sun which brings the dawn**

**He is the Light of all the world**

**Setting us free from death and sin. R.**

**Christ is alive, with joy we sing**

**We celebrate our Risen Lord**

**Praising the glory of His name. R.**

## PRIVATE PRAYER AFTER COMMUNION

Lord Jesus, Son of the Father,  
you have come as our King,  
but humble and riding a donkey.  
You invite us to come to you.  
By the power and nourishment of this  
communion make me like you,  
gentle and humble in heart.  
Keep me from being bad-tempered or  
harsh,  
especially at home, or with those in  
my care.  
Jesus, meek and humble of heart,  
make my heart like unto yours.



## PRAYER AFTER COMMUNION

Grant, we pray, O Lord, that, having  
been replenished by such great gifts,  
we may gain the prize of salvation  
and never cease to praise you.  
Through Christ our Lord.

**Amen.**

## CONCLUDING RITES



The Lord be with you.

**And with your spirit.**

*Bow for the blessing No13 – short silence*

May almighty God always keep  
every adversity far from you  
and in his kindness pour out upon  
you the gifts of his blessing.

**Amen.**

May God keep your hearts attentive  
to his words,  
that they may be filled with everlasting  
gladness.

**Amen.**

And so may you always understand  
what is good and right,  
and be found ever hastening along  
in the path of God's commandments,  
made coheirs with the citizens of  
heaven.

**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 forever.

**Amen.**

Go forth, the Mass is ended.

**Thanks be to God.**

## RECESSIONAL HYMN

**God's Spirit is in my heart.  
He has called me and set me apart.  
This is what I have to do,  
what I have to do.**

*He sent me to give the Good News to  
the poor,  
tell pris'ners that  
they are pris'ners no more,  
tell blind people that they can see,  
and set the downtrodden free,  
and go tell ev'ryone  
the news that  
the kingdom of God has come,  
and go tell ev'ryone  
the news that God's kingdom has  
come.*

**Just as the Father sent me,  
so I am sending you out to be  
my witnesses throughout the world,  
the whole of the world.**