



**CATHOLIC PARISH OF
OUR LADY OF PITY
SWAFFHAM & WATTON**



**HARVEST
THANKSGIVING MASS**

SUNDAY 3RD OCTOBER, 2021

10.30AM SWAFFHAM

(PUBLIC & STREAMED)

Public Masses are limited to 40 people at Watton, 50 people at the 8.30am Mass and 60 people at the 10.30am Mass in Swaffham. To book please consult the Website.

www.ourladyofpity.org

CAFOD HARVEST APPEAL 2021



Pope Francis says we are a single family living in a common home. As such we are ALL affected by the climate crisis. This is a crisis that will affect each and every one of us wherever we live in the world. It is a crisis that is damaging our world. Our common home. God's creation.

The Coronavirus pandemic is pushing millions of people around the world into poverty and deepened inequality. The poorest and most vulnerable people in the world are also the ones who are being hit hardest by climate change. Harvests are failing. Cities are flooding. Entire communities are finding it harder and harder to survive in the place they call home.

But, in the face of this, all around the world, ordinary people like you and me are giving their all to protect our planet. Our common home. God's creation. I'd like to tell you about one of these guardians of creation.



Ivanilde is a mother, a grandmother and a farmer. And, for the last 19 years, she's been on the frontline of the struggle to protect our common home.

She lives in a small patch of rainforest in one of the most heavily deforested regions of the

Brazilian Amazon. Pope Francis has said that the health of our planet depends on the health of the Amazon – yet every year thousands of acres are deliberately burned so the land can be cleared for cattle ranching, or simply to be turned over to make a quick profit.

More than once, Ivanilde's home has been ravaged by fires started on land owned by wealthy cattle ranchers. She's felt the heat on her face and the sting of the smoke in her eyes as the flames destroyed her trees and crops. Trees she's planted herself and spent so long caring for – the trees whose fruits her family rely on to survive.

She's faced obstacles that could shake the spirits of the very bravest – but she has never given up.

With the help of local experts from our church network, she's replanted and restored her land. Thanks to donations like yours, expert human rights lawyers were able to stand alongside Ivanilde and her community through years of legal battles, to help them win their rights to stay, and protect the fragile piece of the Amazon they call home.

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Continued from front inside cover.

Ivanilde is not alone. All over the world, people are doing their bit to fight the worst effects of climate change. In Ethiopia, water experts are helping to build solar-powered pumps to help communities struggling with drought. In Bangladesh, local climate experts are helping people protect their homes and livelihoods from ever more devastating cyclones.

By giving today, you'll be helping the people who have done the least to cause the climate crisis but are being hit the hardest by its devastating effects. And you will be supporting people like Ivanilde, who are dedicating their lives to protecting our common home. You can give online or by using a CAFOD envelope with the proceeds of your Harvest Fast Day last Friday by a personal donation in the same envelope.

You can also join us in asking the Prime Minister to show leadership in tackling the climate crisis by signing our petition on the CAFOD website.

Thank you for your generosity today. Through Ivanilde's resolute commitment to our common home, we can find hope. And, through your gifts, solidarity and prayer, our hope will be strengthened. May the Holy Spirit guide us, strengthen our resolve and 'renew the face of the earth'.

Walk beside us, Lord,
in the cool of the day,
in the garden you have created as our common home.

Walk beside us, Lord,
as the cries of the forest pierce the dawn,
and flames rip through our common home.

Grant us courage, Lord,
as we walk beside all those who struggle,
to protect our common home.

Grant us hope, Lord,
and the vision to walk dark paths in the light of a single sunbeam.

Grant us grace, Lord,
to put the flourishing of all people
and the wonder of your creation
at the heart of all we do,
as we strive to be guardians of our common home.
Amen.

St Francis, pray for us



The Priest then sanitises his hands and taking the covered ciborium containing the hosts for the Communion of the people. PLEASE REMAIN IN YOUR PLACE.

Holy Communion may now be received in your hand or on the tongue.

IF YOU ARE RECEIVING HOLY COMMUNION IN THE HAND then please place one hand over the other, palm upwards. As the Priest approaches please keep 1 metre distant and stretch out your hands to the Priest who will place the Host in your hand saying:

PRIEST The Body of Christ.

ALL Amen.

Please use your fingers to place the Host in your mouth to avoid the danger of dropping it.

IF YOU WISH TO RECEIVE ON THE TONGUE, then the Priest will come to you at the end of Holy Communion, so do not worry if he passes you by, he will return! Please ensure you put your tongue out sufficiently so that he does not have to put his fingers inside your mouth as he places the host on your tongue.

CONCLUDING PRAYER, FINAL BLESSING & DISMISSAL

The Priest gives the Blessing and the dismissal .

Please leave your seats as directed by the stewards, and maintaining social-distancing of 2 metres please move up the aisle towards the Narthex. Please leave the Church, pausing only to sanitise your hands and place any offering you may wish to make in the baskets provided.

ENTRANCE HYMN:

As the Priest approaches the Altar and the fruits of the Harvest are presented, a children's harvest hymn is played. The words are printed below for you to follow.

Cabbages and greens,
broccoli and beans,
cauliflower and roasted potatoes,
taste so good to me!
Apricots and plums,
ripened in the sun,
oranges and yellow bananas:
good for everyone.

*It's another Harvest Festival,
when we bring our fruit and vegetables,
'cause we want to share the best of all
the good things that we've been given.
It's another opportunity,
to be grateful for the food we eat,
with a samba celebration to say
'Thank you' to God the Father.*

Golden corn and wheat,
oats and sugar beet,
fluffy rice and tasty spaghetti,
wonderful to eat!
Coffee, cocoa, tea, growing naturally,
herbal plants and all kinds of spices:
very nice indeed!

*It's another Harvest Festival,
when we bring...*

Thank you for the harvest,
thank you for your goodness,
for all of the fruit and vegetables
and the wonderful things that grow.
Thank you for the harvest,
thank you for your goodness,
for all of the fruit and vegetables
and the wonderful things that grow.

Cabbages and greens,
broccoli and beans,
cauliflower and roasted potatoes,
taste so good to me!
Apricots and plums,
ripened in the sun,
oranges and yellow bananas:
good for everyone.

*It's another Harvest Festival,
when we bring our fruit and vegetables,
'cause we want to share the best of all
the good things that we've been given.
It's another opportunity,
to be grateful for the food we eat,
with a samba celebration to say
'Thank you' to God the Father.*

PENITENTIAL RITE:

The Priest introduces the Penitential Rite. Due to the current pandemic, if the Kyrie is sung by a the Priest or Cantor, then please join in by SAYING the response indicated!

PRIEST You were sent to heal the contrite of heart:
Lord, have mercy.

ALL SAY Lord, have mercy.

PRIEST You came to call sinners: Christ, have mercy.

ALL SAY Christ, have mercy.

PRIEST You are seated at the right hand of the Father
to intercede for us: Lord, have mercy.

ALL SAY Lord, have mercy.

PRIEST May almighty God have mercy on us, forgive us our sins,
and bring us to ever-lasting life. Amen

ALL SAY Amen.

THE 'AGNUS DEI':

*During the 'Breaking of the Bread' we either say the 'Agnus Dei' together, or it is sung by the **Cantor alone.**'*

**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.**

HOLY COMMUNION:

The Rite of Holy Communion and reception of the Blessed Sacrament differs during this period of the pandemic emergency.

The Priest presents the consecrated host and chalice to the people:

PRIEST 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.

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

As the those of us are joining Mass via live streaming are unable to receive Holy Communion, we make together the following Act of Spiritual Communion before the Priest receives the Sacrament.

AN ACT OF SPIRITUAL COMMUNION

**My Jesus,
I believe that you are present in the Most Holy Sacrament.
I love you above all things and I desire to receive you into my soul.
Since I cannot at this moment receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you were already there
and unite myself wholly to you.
Never permit me to be separated from you. Amen.**

The Priest receives Holy Communion.

THE PREFACE & EUCHARISTIC PRAYER

The Priest prays over the gifts and then introduces the Preface to the Eucharistic Prayer.

PRIEST The Lord be with you.
ALL **And with your Spirit.**

PRIEST Lift up your hearts.
ALL **We lift them up to the Lord.**

PRIEST Let us give thanks to the Lord our God.
ALL **It is right and just.**

*The Priest continues with the Preface to the Eucharistic Prayer. At its conclusion we either **say the 'Sanctus' together**, or it is sung by the **Cantor alone**.'*

THE 'SANCTUS':

ALL 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.

*In order to ensure social-distancing PLEASE **REMAIN STANDING AFTER THE SANCTUS**. If you need to sit, then please do so.*

THE MYSTERY OF FAITH:

*After the Consecration we either **say the 'Mystery of Faith' together**, or it is sung by the **Cantor alone**.'*

ALL **We proclaim you death, O Lord,
and profess your resurrection,
until you come again.**

THE 'GREAT AMEN':

*At the end of the Eucharistic Prayer, we either **say the 'Great Amen' together**, or if it is sung by the **Cantor alone**.*

'GLORIA':

The Gloria is said together.

**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 Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father. Amen.**

COLLECT

After the Collect we SIT for the Liturgy of the Word.

THE LITURGY OF THE WORD

FIRST READING:

2 Corinthians 9: 8-11

God will provide bread for people to eat.

Brothers and sisters: God can bless you with everything you need, and you will always have more than enough to do all kinds of good things for others.

The Scriptures say, "God freely gives His gifts to the poor, and always does right."

God gives seed to farmers and provides everyone with food. He will increase what you have, so that you can give even more to those in need.

You will be blessed in every way, and you will be able to keep on being generous. Then many people will thank God when we deliver your gift.

RESPONSORIAL PSALM:

Please join in **saying** the Response after the Cantor and between the verses of the Psalm., unless the Psalm is sung in its entirety by the Cantor **without** any response.

Shout praises to the Lord! Our God is kind.

GOSPEL ACCLAMATION:

We stand and say together the Gospel Acclamation.

**Alleluia, alleluia!
Those who sow in tears
Shall reap with shouts of joy.
Alleluia!**

GOSPEL:

Luke 12: 15-21 *Life is not made secure by worldly possessions
even when a person owns them in abundance.*

Jesus said to the crowd, "Don't be greedy! Owning a lot of things won't make your life safe."

So Jesus told them this story: A rich man's farm produced a big crop, and he said to himself, 'What can I do? I don't have a place large enough to store everything.'

" Later he said, 'Now I know what I will do. I will tear down my barns and build bigger ones, where I can store all my grain and other goods. Then I will say to myself, "You have stored up enough good things to last for years to come. Live it up! Eat, drink and enjoy yourself."'

But God said to him, 'You fool! Tonight you will die. Then who will get what you have stored up?'

'This is what happens to people who store up everything for themselves, but are poor in the sight of God.'

HOMILY

CREED

We stand to recite together the 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 PRAYER OF THE FAITHFUL

THE LITURGY OF THE EUCHARIST

As the Altar is prepared music is played.

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

ALL **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.**