



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



MASS
FOR
14TH SUNDAY OF ORDINARY TIME
SATURDAY 4TH JULY, 5PM *(STREAMED ONLY)*
&
SUNDAY 5TH JULY, 2020
8.30AM, 10.30AM
(PUBLIC & STREAMED)

*Public Masses are limited to 30 people.
To book please consult the Website.*

www.ourladyofpity.org

When you have received Holy Communion, please leave the Church, pausing only to sanitise your hands and place any offering you may wish to make in the baskets provided.

Although it will seem unnatural and sad, please do not gather in the car park to chat. Observe social- distancing and return to your cars or leave the premises as quickly as is possible. If you need to wait to leave the car park, please do so inside your car.

**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, then cleanses the vessels and leads us in the Closing Prayer.

CONCLUDING PRAYER

FINAL BLESSING & DISMISSAL

The Priest gives the Blessing and the dismissal .

COMMUNION OF THE FAITHFUL

The Priest sanitises his hands and taking the covered ciborium containing the hosts for the Communion of the people, he moves to the Narthex.

Please leave your seats as directed by the stewards, and maintaining social-distancing of 2 metres please move up the aisle towards the Narthex removing your mask just before you receive Holy Communion.

Holy Communion will be given in your hand. So please place one hand over the other, palm upwards and place. As you approach the Priest please keep 1 metre distant and stretch out your hands to the Priest who will place the Host in your hands without any words. There is no need to respond 'Amen' as you have already done this.



ENTRANCE HYMN:

This hymn will only be sung at Saturday's streamed Mass, it will not be sung at public Masses, although it may be played as an instrumental item.

He who would valiant be
'gainst all disaster,
let him in constancy
follow the Master.
There's no discouragement
shall make him once relent
his first avowed intent
to be a pilgrim.

Who so beset him round
with dismal stories,
do but themselves confound:
his strength the more is.
No foes shall stay his might
though he with giants fight;
he will make good his right
to be a pilgrim.

Since, Lord, thou dost defend
us with thy Spirit,
we know we at the end
shall life inherit.
Then fancies flee away!
I'll fear not what men say;
I'll labour night and day
to be a pilgrim,

PENITENTIAL RITE:

The Priest introduces the Penitential Rite.

**ALL 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.

'KYRIE' & 'GLORIA':

The Kyrie and the Gloria are sung by Cantor alone.

COLLECT

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

THE LITURGY OF THE WORD

FIRST READING:

Zechariah 9: 9-10

See now, your King comes humbly to you.

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.

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

THE SECOND READING:

Romans 8: 9. 11-13

*I f by the Spirit, you put an end
to the misdeeds of the body, you will live.*

HOLY COMMUNION:

The Rite of Holy Communion and reception of the Blessed Sacrament differ 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.

The Priest then presents the Host and the Chalice to the people using the words that are normally said to each as they receive Holy Communion. We respond 'Amen' each time. This means that when you receive Holy Communion at the end of Mass, no dialogue is necessary at that point.

PRIEST The Body of Christ.

ALL Amen.

PRIEST The Blood of Christ.

ALL Amen.

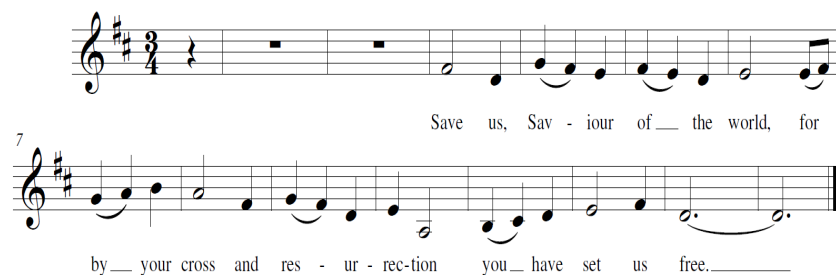
As the those of us are joining Mass via Live Streaming are unable to receive Holy Communion, we make together the following Act of Spiritual Communion before the Priest receives the Sacrament.

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**

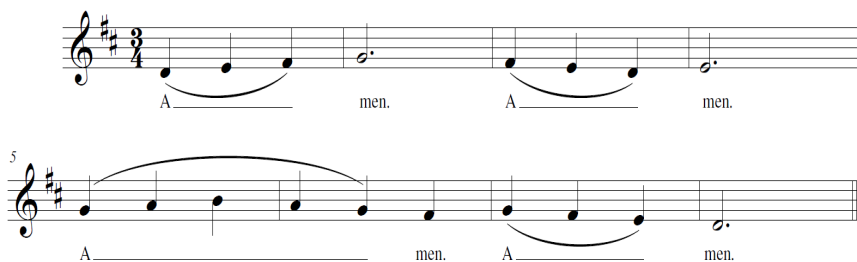
THE MYSTERY OF FAITH:

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



THE 'GREAT AMEN':

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



THE 'AGNUS DEI':

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

THE GOSPEL ACCLAMATION

GOSPEL:

Matthew 11: 25-30

I am gentle and humble of heart.

HOMILY

THE PRAYER OF THE FAITHFUL

The Prayer of the Faithful is omitted during public Masses during the pandemic emergency, but you are invited to sue them during the week for your private prayer so that we continue our mission of praying together.

PRIEST

God's only-begotten Son came to us in humility to share our humanity. Let us turn then in that same spirit of humility to God our Father in thanksgiving and intercession.

READER

We pray for Pope Francis and for our Bishop, Alan and for all who lead the Church. May the Holy Spirit continue to strengthen and guide them in their service of God's people.

Lord in your mercy...

READER

We pray for those who lead nations and peoples. May they be granted wisdom in this time of global emergency and a desire to work together to bring an end to the pandemic.

Lord in your mercy...

READER

We pray for all our parish community, remembering especially those who are shielding and for their families who shield with them. May we all act responsibly and with a genuine concern for the welfare of all.

Lord in your mercy...

READER

We pray with thanksgiving for the National Health Service and for all who work and volunteer to ensure it continues its mission of ensuring the health and well-being of all.

Lord in your mercy...

READER We pray for those who are sick, remembering especially those affected by the Coronavirus. May those who are sick be healed, and those who seek to treat and cure be led with wisdom and insight.

Lord in your mercy...

READER We pray for Rita Woodend who died recently. We remember too those whose anniversaries fall this week. May they rest in peace.

Lord in your mercy...

READER We ask Our Lady of Pity to pray with us and for us.

Hail Mary....

READER We pray for our private intentions.

PRIEST Father,
Receive the prayers and thanksgiving we offer
and grant your protection to your people
in their present need.
Through Christ our Lord. Amen.

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.**

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':

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.
Hea - ven and earth are full of your glo - - - ry. Ho -
san - na in the high - - - est.
Bless - ed is he who comes in the
name, the name of the Lord. Ho -
san - - - na in the high - - - - est. Ho -
san - - - na in the high - - - - est.