

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 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.



CATHOLIC PARISH OF OUR LADY OF PITY SWAFFHAM & WATTON



MASS
FOR
27TH SUNDAY OF ORDINARY TIME B
SATURDAY 2ND OCTOBER 2021
5.00PM WATTON
&
SUNDAY 3RD OCTOBER, 2021
8.30AM SWAFFHAM
(PUBLIC & STREAMED)

FOR 10.30AM
HARVEST THANKSGIVING MASS AT SWAFFHAM
SEE SEPARATE MASS BOOKLET

*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

ENTRANCE HYMN:

Music will be played at the beginning of Mass.

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.

'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.**

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.

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.

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':

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.*

COLLECT

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

THE LITURGY OF THE WORD

FIRST READING:

Genesis 2:18-24

They become one body.

The Lord God said, 'It is not good that the man should be alone. I will make him a helpmate.' So from the soil the Lord God fashioned all the wild beasts and all the birds of heaven. These he brought to the man to see what he would call them; each one was to bear the name the man would give it. The man gave names to all the cattle, all the birds of heaven and all the wild beasts. But no helpmate suitable for man was found for him. So the Lord God made the man fall into a deep sleep. And while he slept, he took one of his ribs and enclosed it in flesh. The Lord God built the rib he had taken from the man into a woman, and brought her to the man. The man exclaimed: 'This at last is bone from my bones, and flesh from my flesh!

This is to be called woman,
for this was taken from man.'

This is why a man leaves his father and mother and joins himself to his wife, and they become one body.

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.*

May the Lord bless us all the days of our lives.

SECOND READING:

Hebrews 2:9-11

The one who sanctifies, and the ones who are sanctified, are of the same stock. .

We see in Jesus one who was for a short while made lower than the angels and is now crowned with glory and splendour because he submitted to death; by God's grace he had to experience death for all mankind.

As it was his purpose to bring a great many of his sons into glory, it was appropriate that God, for whom everything exists and through whom everything exists, should make perfect, through suffering, the leader who would take them to their salvation. For the one who sanctifies, and the ones who are sanctified, are of the same stock; that is why he openly calls them brothers.

GOSPEL ACCLAMATION:

We stand and say together the Gospel Acclamation.

Alleluia, alleluia!
Your word is truth, O Lord:
consecrate us in the truth.
Alleluia!

GOSPEL:

Mark 10:2-16

What God has united, man must not divide

Some Pharisees approached Jesus and asked, 'Is it against the law for a man to divorce his wife?' They were testing him. He answered them, 'What did Moses command you?' 'Moses allowed us' they said 'to draw up a writ of dismissal and so to divorce.' Then Jesus said to them, 'It was because you were so unteachable that he wrote this commandment for you. But from the beginning of creation God made them male and female. This is why a man must leave father and mother, and the two become one body. They are no longer two, therefore, but one body. So then, what God has united, man must not divide.' Back in the house the disciples questioned him again about this, and he said to them, 'The man who divorces his wife and marries another is guilty of adultery against her. And if a woman divorces her husband and marries another she is guilty of adultery too.'

People were bringing little children to him, for him to touch them. The disciples turned them away, but when Jesus saw this he was indignant

and said to them, 'Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. I tell you solemnly, anyone who does not welcome the kingdom of God like a little child will never enter it.' Then he put his arms round them, laid his hands on them and gave them his blessing.

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