

we listen to the cry of the poor or of our ailing planet. We carried on regardless, thinking we would stay healthy in a world that was sick. Now that we are in a stormy sea, we implore you: "Wake up, Lord!"

"Why are you afraid? Have you no faith?" Lord, you are calling to us, calling us to faith. Which is not so much believing that you exist, but coming to you and trusting in you. This Lent your call reverberates urgently: "Be converted!", "Return to me with all your heart" (Joel 2:12). You are calling on us to seize this time of trial as a *time of choosing*. It is not the time of your judgement, but of our judgement: a time to choose what matters. The Lord asks us and, in the midst of our tempest, invites us to reawaken and put into practice that solidarity and hope capable of giving strength, support and meaning to these hours when everything seems to be floundering. The Lord awakens so as to reawaken and revive our Easter faith. We have an anchor: by his cross we have been saved. We have a rudder: by his cross we have been redeemed. We have a hope: by his cross we have been healed and embraced so that nothing and no one can separate us from his redeeming love. In the midst of isolation when we are suffering from a lack of tenderness and chances to meet up, and we experience the loss of so many things, let us once again listen to the proclamation that saves us: he is risen and is living by our side. The Lord asks us from his cross to rediscover the life that awaits us, to look towards those who look to us, to strengthen, recognize and foster the grace that lives within us. Let us not quench the wavering flame (cf. *Is* 42:3) that never falters, and let us allow hope to be rekindled.

Embracing his cross means finding the courage to embrace all the hardships of the present time, abandoning for a moment our eagerness for power and possessions in order to make room for the creativity that only the Spirit is capable of inspiring. It means finding the courage to create spaces where everyone can recognize that they are called, and to allow new forms of hospitality, fraternity and solidarity. By his cross we have been saved in order to embrace hope and let it strengthen and sustain all measures and all possible avenues for helping us protect ourselves and others. Embracing the Lord in order to embrace hope: that is the strength of faith, which frees us from fear and gives us hope.

"Why are you afraid? Have you no faith?" Dear brothers and sisters, from this place that tells of Peter's rock-solid faith, I would like this evening to entrust all of you to the Lord, through the intercession of Mary, Health of the People and Star of the stormy Sea. From this colonnade that embraces Rome and the whole world, may God's blessing come down upon you as a consoling embrace. Lord, may you bless the world, give health to our bodies and comfort our hearts. You ask us not to be afraid. Yet our faith is weak and we are fearful. But you, Lord, will not leave us at the mercy of the storm. Tell us again: "Do not be afraid" (*Mt* 28:5). And we, together with Peter, "cast all our anxieties onto you, for you care about us" (cf. *1 Pet* 5:7).

For full text, visit [Vatican.org](http://Vatican.org)



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



### **MASS OF PENTECOST**

**SATURDAY 30TH MAY, 5PM  
&  
SUNDAY 31ST MAY, 2020  
8.30AM, 10.30AM**

[www.ourladyofpity.org](http://www.ourladyofpity.org)

**Words from the  
homily of  
Pope Francis**

**Vigil of Prayer  
St. Peter's Square,  
Rome  
27th March 2020.**



“When evening had come” (*Mk* 4:35). The Gospel passage we have just heard begins like this. For weeks now it has been evening. Thick darkness has gathered over our squares, our streets and our cities; it has taken over our lives, filling everything with a deafening silence and a distressing void, that stops everything as it passes by; we feel it in the air, we notice in people’s gestures, their glances give them away. We find ourselves afraid and lost. Like the disciples in the Gospel we were caught off guard by an unexpected, turbulent storm. We have realized that we are on the same boat, all of us fragile and disoriented, but at the same time important and needed, all of us called to row together, each of us in need of comforting the other. On this boat... are all of us. Just like those disciples, who spoke anxiously with one voice, saying “We are perishing” (v. 38), so we too have realized that we cannot go on thinking of ourselves, but only together can we do this.

The storm exposes our vulnerability and uncovers those false and superfluous certainties around which we have constructed our daily schedules, our projects, our habits and priorities. It shows us how we have allowed to become dull and feeble the very things that nourish, sustain and strengthen our lives and our communities. The tempest lays bare all our pre-packaged ideas and forgetfulness of what nourishes our people’s souls; all those attempts that anesthetize us with ways of thinking and acting that supposedly “save” us, but instead prove incapable of putting us in touch with our roots and keeping alive the memory of those who have gone before us. We deprive ourselves of the antibodies we need to confront adversity.

In this storm, the façade of those stereotypes with which we camouflaged our egos, always worrying about our image, has fallen away, uncovering once more that (blessed) common belonging, of which we cannot be deprived: our belonging as brothers and sisters.

*“Why are you afraid? Have you no faith?”* Lord, your word this evening strikes us and regards us, all of us. In this world, that you love more than we do, we have gone ahead at breakneck speed, feeling powerful and able to do anything. Greedy for profit, we let ourselves get caught up in things, and lured away by haste. We did not stop at your reproach to us, we were not shaken awake by wars or injustice across the world, nor did

## THE 'AGNUS DEI':

*During the 'Breaking of the Bread' the Cantor leads us in singing the 'Agnus Dei'.*

## HOLY COMMUNION:

*As the majority of us are unable to receive Holy Communion this year due to the restrictions of the Coronavirus Pandemic, 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.

## CONCLUDING PRAYER

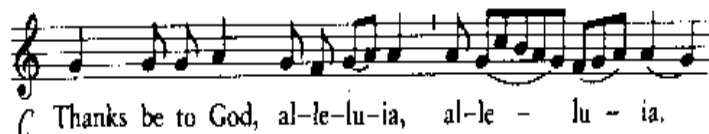
## FINAL BLESSING & DISMISSAL

*The Priest gives the Blessing and the dismissal is sung as below:*

PRIEST/  
DEACON



ALL



## ENTRANCE HYMN:

Holy Spirit, Lord of light,  
from the clear celestial height,  
thy pure beaming radiance give;  
come, thou Father of the poor,  
come with treasures which endure;  
come, thou Light of all that live.

Thou, of all consolers best,  
thou, the spoul's delightsome guest,  
dost refreshing peace bestow:  
thou in toil art comfort sweet;  
pleasant coolness in the heat;  
solace in the midst of woe.

Light immortal, light divine,  
visit thou these hearts fo thin,  
and our inmost being fill:  
if thou take thy grace away,  
nothing pure in us will stay;  
all our good is turned to ill.

Heal our wounds, our strength renew;  
on our dryness pour thy dew;  
wash the stains of guilt away:  
bend thy stubborn heart and will;  
melt the frozen, warm the chill;  
guide the steps that go astray.

Thou, on those who evermore  
thee confess and thee adore,  
in thy sevenfold gifts descend:  
give them comfort when they die;  
give them life with thee on high;  
give them joys that never end.

## 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.*

## COLLECT

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

# THE LITURGY OF THE WORD

## FIRST READING:

Acts 2: 1-11 *They were all filled with the Holy Spirit and began to speak.*

## RESPONSORIAL PSALM:

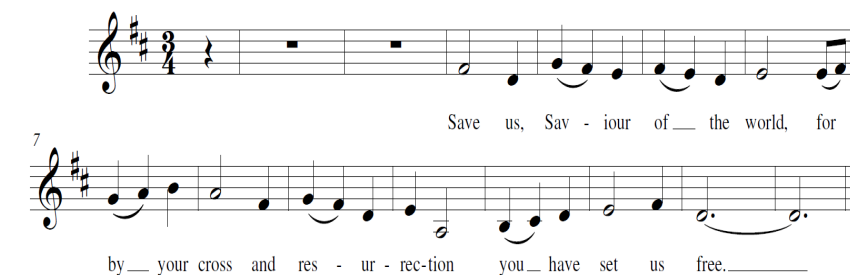
*Please join in singing the Response after the Cantor and between the verses of the Psalm.*

**Send forth your Spirit, O Lord,  
and renew the face of the earth.**



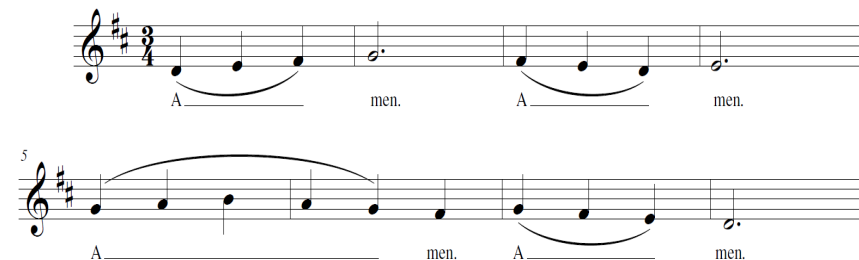
## THE MYSTERY OF FAITH:

*After the Consecration we all sing:*



## THE 'GREAT AMEN':

*At the end of the Eucharistic Prayer, we all sing the 'Great Amen'.*



**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.

V. The Lord be with you. R. And with your spir-it.

V. Lift up your hearts. R. We lift them up to the Lord.

V. Let us give thanks to the Lord our God. R. It is right and just.

The Priest continues with the Preface to the Eucharistic Prayer. At its conclusion we all join in the singing of the 'Sanctus'.

## THE 'SANCTUS':

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.

Hea - ven and earth are full of your glo - - - ry. Ho -

## THE SECOND READING:

1 Corinthians 12: 3-7. 12-13 *In the one Spirit we were all baptised.*

## THE GOSPEL SEQUENCE & ACCLAMATION

*Veni, Sancte Spiritus,  
et emitte caelitus  
lucis tuae radium.*

*Veni, pater pauperum,  
veni, dator munerum,  
veni, lumen cordium.*

*Consolator optime,  
dulcis hospes animae,  
dulce refrigerium.*

*In labore requies,  
in aestu temperies,  
in fletu solatium.*

*O lux beatissima,  
reple cordis intima  
tuorum fidelium.*

*Sine tuo numine,  
nihil est in homine,  
nihil est innoxium.*

*Lava quod est sordidum,  
riga quod est aridum,  
sana quod est saucium.*

*Flecte quod est rigidum,  
fove quod est frigidum,  
rege quod est devium.*

*Da tuis fidelibus,  
in te confidentibus,  
sacrum septenarium.*

*Da virtutis meritum,  
da salutis exitum,  
da perenne gaudium.*

Come, Holy Spirit,  
send forth the heavenly  
radiance of your light.

Come, father of the poor,  
come, giver of gifts,  
come, light of the heart.

Greatest comforter,  
sweet guest of the soul,  
sweet consolation.

In labour, rest,  
in heat, temperance,  
in tears, solace.

O most blessed light,  
fill the inmost heart  
of your faithful.

Without your spirit,  
there is nothing in man,  
nothing that is not harmful.

Cleanse that which is unclean,  
water that which is dry,  
heal that which is wounded.

Bend that which is inflexible,  
fire that which is chilled,  
correct what goes astray.

Give to your faithful,  
those who trust in you,  
the sevenfold gifts.

Grant the reward of virtue,  
grant the deliverance of  
salvation,  
grant eternal joy.



## GOSPEL:

John 20: 19-23

*As the Father sent me,  
so am I sending you: receive the Holy Spirit.*



## HOMILY

### THE PRAYER OF THE FAITHFUL

## THE LITURGY OF THE EUCHARIST

*As the Altar is prepared we sing the following hymn.*

I, the Lord of sea and sky,  
I have heard my people's cry.  
All who dwell in dark and sin  
my hand will save.  
I who made the stars of night,  
I will make their darkness bright.  
Who will bear my light to them?  
Whom shall I send?

*Here I am, Lord. Is it I, Lord?  
I have heard you calling in the night.  
I will go, Lord, if you lead me.  
I will hold your people in my heart.*

I, the Lord of snow and rain,  
I have borne my people's pain.  
I have wept for love of them.  
They turn away.  
I will break their hearts of stone,  
Give them hearts for love alone.  
I will speak my word to them.  
Whom shall I send?

*Here I am, Lord...*

I, the Lord of wind and flame,  
I will tend the poor and lame.  
I will set a feast for them.  
My hand will save.  
Finest bread I will provide  
till their hearts be satisfied.  
I will give my life to them.  
Whom shall I send?

*Here I am, Lord...*