

Holy Communion will be given in your hand, so please place one hand over the other, palm upwards. As you the Priest approaches 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.

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.

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.



CATHOLIC PARISH OF OUR LADY OF PITY SWAFFHAM & WATTON



EVENTS IN OUR PARISH THIS WEEK

WEDNESDAY 27th JANUARY

10.30am HOLY HOUR at Our Lady of Pity.
Church is open for private prayer before the Blessed Sacrament.

1.30pm 'ZOOMED' PARISH PRAYER GROUP MEETING
All are welcome to join. For link please e-mail Anne Darkins at darkins873@btinternet.com by Tuesday evening.



THURSDAY 28th JANUARY

12noon 'ZOOMED' MASS FROM OUR LADY OF PITY
Join a growing group of parishioners for Mass and for the opportunity to chat and catch up afterwards. For link, please request at ourladyofpity@btinternet.com by Wednesday lunchtime.



FRIDAY 29th JANUARY

10.30am 'ZOOMED' PARISH COFFEE & CHAT
Please join us with coffee & cake for a live 'zoomed' social! For link, please request at ourladyofpity@btinternet.com by Thursday evening.



MASS

FOR

3RD SUNDAY OF ORDINARY TIME B

SATURDAY 23RD JANUARY, 2021

5.00PM

(STREAMED ONLY)

&

SUNDAY 24TH JANUARY, 2021

8.30AM, 10.30AM SWAFFHAM

(PUBLIC AND LIVE-STREAMED)

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 do NOT join in!

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.**

‘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 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.**

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.

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COMMUNION OF THE FAITHFUL

The Priest sanitises his hands and taking the covered ciborium containing the hosts for the Communion of the people, he takes Holy Communion to the people who REMAIN IN THEIR PLACES.

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 When we eat this Bread and drink this Cup,
we proclaim your death, O Lord,
until you come again.

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.'

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.

COLLECT

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

THE LITURGY OF THE WORD

FIRST READING:

Jonah 3: 1-5. 10 *The people of Nineveh renounce their evil behaviour.*

The word of the Lord was addressed to Jonah: 'Up!' He said, 'Go to Nineveh, the great city, and preach to them as I told you to.' Jonah set out and went to Nineveh in obedience to the word of the Lord. Now Nineveh was a great city beyond compare: it took three days to cross it. Jonah went on into the city, making a day's journey. He preached in these words, 'Only forty days more and Nineveh is going to be destroyed.' And the people of Nineveh believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least.

God saw their efforts to renounce their evil behaviour. And God relented: He did not inflict on them the disaster which He had threatened.

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.

Lord, make me know your ways.

SECOND READING:

1 Corinthians 7: 29-31 *The world as we know it is passing away.*

Brothers: our time is growing short. Those who have wives should live as though they had none, and those who mourn should live as though they had nothing to mourn for; those who are enjoying life should live as though there were nothing to laugh about; those whose life is buying things should live as though they had nothing of their own; and those who have to deal with the world should not become engrossed in it. I say this because the world as we know it is passing away.

GOSPEL ACCLAMATION:

We stand and say together the Gospel Acclamation.

Alleluia, alleluia!
The kingdom of God is close at hand;
believe the Good News.
Alleluia!

GOSPEL:

Mark 1: 14-20

Repent, and believe the Good News!

After John had been arrested, Jesus went into Galilee. There He proclaimed the Good News from God. 'The time has come,' He said, 'and the kingdom of God is close at hand. Repent, and believe the Good News.' As He was walking along by the Sea of Galilee He saw Simon and his brother Andrew casting a net in the lake - for they were fishermen. And Jesus said to them, 'Follow me and I will make you into fishers of men.' And at once they left their nets and followed Him. Going on a little further, He saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after Him.

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 use the time during the Preparation of the Altar for your private prayer so that we continue our mission of praying together.

Please include in your prayers those who are sick, those who have died recently, and those whose anniversaries fall at this time.

FOR OUR SICK:

Brian & Margaret Nash, Jan and Margita Pivarnikovi, Sr Francis, Vic Head, Kim Wright, Margaret Maxey, Theresa Axham, Norah Reeve, Catherine Oliver, Charles

Burgess, Helen Philips, Edward Hodnett, Jack Izzo, Peggy Ellis, Davida MacDonald, Christine Dryden, Sheila Morris, Anna Dawson, Maureen & Eddie Doran, Gail Double, Lina Giovoni, Sr Elizabeth Rees, Francis Bostrom, Vishal Patil Rao & Klaudia James., Heather Smith, Phyllis Cornish.

FOR THOSE WHO HAVE DIED †

For Dimitrios Photopoulos, Tony Lawlor, Archbishop Tartaglia, Mgr Mark Langham and all those who have died recently, and for Margaret Myles, John H Holland, John Neely, John George, George Brookes, Albert Moran, Georgina Shanley, Fr John Reffitt, Rachel Beecham, Joseph McKay, Peter Taylor, Milliicent Askey & Linda Crowhurst whose anniversaries fall this week. ***May they rest in peace.***

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.**'*