

Nineteenth Sunday in Ordinary Time



"Take courage, it is I; do not be afraid."

(Cycle A)

INTRODUCTORY RITES

Opening Hymn

A Shelter in the Time of Storm

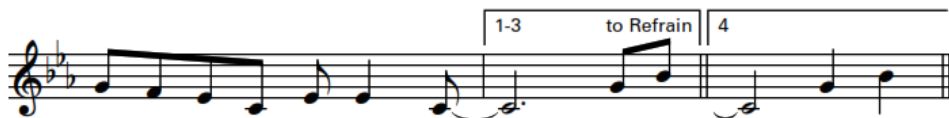
Verses



1. The Lord's our rock and in him we hide: a shel-ter in the
2. A shade by day, a de-fense by night: a shel-ter in the
3. The rag - ing storms may a-round us beat: a shel-ter in the
4. O rock di - vine, and our ref-uge dear: a shel-ter in the



1. time of storm. He bids us come and with him a - bide: a
2. time of storm. No fears a - larm, and no foes af-fright: a
3. time of storm. We'll nev - er leave our safe re-treat: a
4. time of storm. Come, be our Help - er who's ev - er near: a



- 1-3. shel-ter in the time of storm. Oh, my Oh, my
4. shel-ter in the time of storm.

Refrain: All



Je - sus is a ref-uge in a wea - ry land, a



wea - ry land, a wea - ry land; Oh, my Je-sus is a



ref-uge in a wea - ry land, a shel-ter in the time of storm.

Greeting

Ÿ. In the Name of the Father, and of the Son, and of the Holy Spirit.

R. Amen.

Ÿ. The grace and peace of our Lord, Jesus Christ,
the Love of God
and the Fellowship of the Holy Spirit be with you always.

R. And also with you.

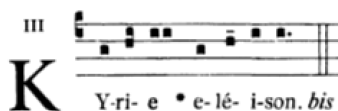
PENITENTIAL RITE (C2)

Invitation to reflect on our faults and failings.

Ÿ To prepare ourselves to celebrate these sacred mysteries,
let us call to mind our faults and failings
and ask our heavenly Father in his mercy
for his healing and forgiveness.

Pause for silent reflection.

Ÿ Lord Jesus, you came to gather the nations
into the peace of God's kingdom:



Ÿ Lord Jesus, you come in word and sacrament
to strengthen us in holiness.



Ÿ Lord Jesus, you will come in glory
with salvation for your people:



Ÿ May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

R. Amen.

Gloria

Priest/cantor: *All:*

V **G** Ló-ri- a in excélsis De- o. Et in terra pax homí-

Choir: *All:*

ni-bus bonæ vo-luntá- tis. Laudá- mus te. Bene-dí- cimus

te. Ado-rá- mus te. Glo-ri- fi- cá- mus te. Grá- ti- as á- gi- mus

ti- bi propter magnam gló- ri- am tu- am. Dómi- ne De- us,

Rex cæ- lé- stis, De- us Pa- ter omní- pot- ens. Dómi- ne Fi- li

u- ni- gé- ni- te, Je- su Chri- ste. Dómi- ne De- us, Agnus

De- i, Fí- li- us Pa- tris. Qui tollis peccá- ta mun- di, mi- se-

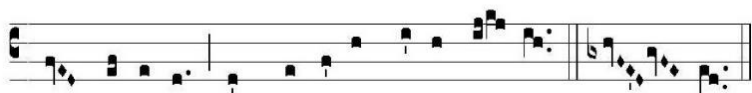
ré- re no- bis. Qui tollis peccá- ta mundi, sú- sci- pe depre-

ca- ti- ónem no- stram. Qui sedes ad dexte- ram Pa- tris, mi-

se- ré- re no- bis. Quó- ni- am tu so- lus sanctus. Tu so- lus



Dómi-nus. Tu so-lus Altíssimus, Je-su Chri-ste. Cum San-



cto Spí-ri-tu, in gló-ri-a De-i Pa-tris. A-men.

**Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King, almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world: have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One, you alone are the Lord,
You alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father.
Amen.**

Opening Prayer

Father,
we come, reborn in the Spirit,
to celebrate our adoption in the Lord Jesus Christ.
Touch our hearts,
help them grow toward the life you have promised.
Touch our lives,
make them signs of your love for all.

Grant this through Christ our Lord.

R. Amen.

LITURGY OF THE WORD

Reading 1 (*1 Kgs 19:9a, 11-13a*)

A reading from the First Book of Kings

At the mountain of God, Horeb,
Elijah came to a cave where he took shelter.
Then the LORD said to him,
“Go outside and stand on the mountain before the LORD;
the LORD will be passing by.”
A strong and heavy wind was rending the mountains
and crushing rocks before the LORD—
but the LORD was not in the wind.
After the wind there was an earthquake—
but the LORD was not in the earthquake.
After the earthquake there was fire—
but the LORD was not in the fire.
After the fire there was a tiny whispering sound.
When he heard this,
Elijah hid his face in his cloak
and went and stood at the entrance of the cave.

℣. This is the Word of the Lord.

℟. Thanks be to God.

Responsorial Psalm (*Ps 85:9, 10, 11-12, 13-14*)



Lord, let us see your kind-ness, and grant us your sal - va-tion

I will hear what God proclaims;
the LORD — for he proclaims peace.
Near indeed is his salvation to those who fear him,
glory dwelling in our land.

℟. Lord, let us see your kindness, and grant us your salvation.

Kindness and truth shall meet;
justice and peace shall kiss.
Truth shall spring out of the earth,
and justice shall look down from heaven.

R. Lord, let us see your kindness, and grant us your salvation.

The LORD himself will give his benefits;
our land shall yield its increase.
Justice shall walk before him,
and prepare the way of his steps.

R. Lord, let us see your kindness, and grant us your salvation.

Reading 2 (Rom 9:1-5)

A reading from the letter of Paul to the Romans:

Brothers and sisters:

I speak the truth in Christ, I do not lie;
my conscience joins with the Holy Spirit in bearing me witness
that I have great sorrow and constant anguish in my heart.
For I could wish that I myself were accursed and cut off from Christ
for the sake of my own people,
my kindred according to the flesh.
They are Israelites;
theirs the adoption, the glory, the covenants,
the giving of the law, the worship, and the promises;
theirs the patriarchs, and from them,
according to the flesh, is the Christ,
who is over all, God blessed forever. Amen

✠. This is the Word of the Lord.

R. Thanks be to God.

Gospel Acclamation Cf. Ps 130:5)

Ant.
6
A L-le-lú-ia, * alle-lú-ia, alle-lú-ia.

I wait for the Lord;
my soul waits for his word.

Ant.
6
A L-le-lú-ia, * alle-lú-ia, alle-lú-ia.

Gospel (Mt 14:22-33)

℣. The Lord be with you.

℟. **And also with you.**

℣. A reading from the Holy Gospel according to Matthew.

The celebrant and the people mark a cross on their foreheads (mind), their lips (speech) and over their hearts, asking the Lord to open them to his Word.

℟. **Glory to you Lord.**

After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them walking on the sea. When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once Jesus spoke to them, "Take courage, it is I; do not be afraid." Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught Peter, and said to him, "O you of little faith, why did you doubt?" After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, "Truly, you are the Son of God."

℣. This is the Gospel of the Lord.

℟. **Praise to you, Lord, Jesus Christ.**

Homily

Nicene Creed

**We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father,
God from God, Light from Light, true God from true God,
begotten, not made, one in Being with the Father.
Through him all things were made.
For us and for our salvation he came down from heaven:
All bow at these two lines
by the power of the Holy Spirit
he was born of the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate;
he suffered, died, and was buried.
On the third day he rose again in fulfillment of 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.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshipped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen**

General Intercessions

*The celebrant invites the congregation to pray and offers several
prayer intentions. Each concludes, "We pray to the Lord."*

℟. Lord, hear our prayer.

*The celebrant concludes the intercessions with a final short prayer
ending with "... through Christ, our Lord."*

℟. Amen.

LITURGY OF THE EUCHARIST

Offering of the Gifts

℣. Blessed are you, Lord, God of all creation. Through your goodness we have this bread to offer, which earth has given and human hands have made. It will become for us the bread of life.

℟. Blessed be God for ever.

℣. Blessed are you, Lord, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will become our spiritual drink.

℟. Blessed be God for ever.

Prayer over the Gifts

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

**℟. 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 Church.**

God of power,
giver of the gifts we bring,
accept the offering of your Church
and make it the sacrament of our salvation.

We ask this through Christ our Lord.

℟. Amen.

Preface and *Sanctus* (Sundays in Ordinary Time III)

The salvation of mankind by a man



℣. The Lord be with you. ℞. And al - so with you. ℣. Lift up your hearts.

℞. We lift them up to the Lord. ℣. Let us give thanks to the Lord our God.

℞. It is right to give him thanks and praise.

The celebrant recites or sings the Preface:

Father, all-powerful and ever-living God,
we do well always and everywhere to give you thanks.

We see your infinite power
in your loving plan of salvation.
You came to our rescue by your power as God,
but you wanted us to be saved by one like us.
Mankind refused your friendship,
but humanity itself was to restore it
through Jesus Christ our Lord.

Through him the angels of heaven offer their prayer of adoration
as they rejoice in your presence for ever.
May our voices be one with theirs
in their triumphant hymn of praise:



S anctus, * Sanctus, Sanctus Dómi-nus De-us


Sába-oth. Ple-ni sunt cæ-li et terra gló-ri-a

tu-a. Ho-sánna in excélsis. Bene-díctus qui ve-nit

in nómi-ne Dómi-ni. Ho-sánna in excél-sis.

Eucharistic Prayer (III)

The celebrant prays the Eucharistic Prayer. After the consecration, the celebrant sings:




Ÿ. Let us proclaim the mystery of faith.

Christ has died, Christ is ris-en, Christ will come a - gain.

The celebrant concludes the Eucharistic Prayer.

Through him, with him and in him
in the unity of the Holy Spirit
all glory and honor are yours, Almighty Father
Forever and ever.



A - men, A - men, A - men.

COMMUNION LITURGY

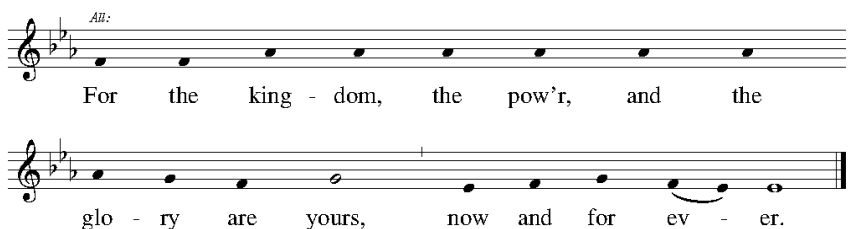
The Lord's Prayer

℣. We pray confidently in the words our Savior taught us:



Our Fa - ther, who art in heav - en, hal - lowed be thy name;
thy king - dom come; thy will be done on earth as it
is in heav - en. Give us this day our dai - ly bread;
and for - give us our tres - pass - es as we for - give
those who tres - pass a - gainst us; and lead us not
in - to temp - ta - tion, but de - liv - er us from e - vil.

℣. Deliver us, Lord, from every evil, and grant us peace in our day. In your mercy keep us free from sin and protect us from all anxiety as we wait in joyful hope for the coming of our Savior, Jesus Christ.



All:
For the king - dom, the pow'r, and the
glo - ry are yours, now and for ev - er.

Exchange of Peace

Ÿ. Lord Jesus Christ, you said to your apostles: I leave you peace, my peace I give you. Look not on our sins, but on the faith of your Church, and grant us the peace and unity of your kingdom where you live for ever and ever.

R. Amen.

Ÿ. The Peace of the Lord be with you always.

R. And also with you.

Ÿ. Let us offer each other a sign of peace.

Breaking of the Bread

As the bread is broken, we sing or say:

(Agnus Dei XVIII Deus Genitor Alme)

XII. s.

A -gnus De- i, * qui tol-lis peccá-ta mundi : mi-se-
ré-re no- bis. Agnus De- i, * qui tol-lis peccá-ta mundi :
mi-se-ré-re no- bis. Agnus De- i, * qui tol-lis peccá-ta mun-
di : do-na no-bis pa-cem.

Ψ. This is the Lamb of God who takes away the sins of the world.
Happy are those who are called to his supper.

**℞. Lord, I am not worthy to receive you,
but only say the word
and I shall be healed.**

*To those receiving Communion (by intinction), the celebrant
says:*

Ψ. The body and blood of Christ.

℞. Amen.

Communion Meditation

Be Not Afraid

Verse 1



1. You shall cross the bar-ren des-ert, but you shall not die of



1. thirst. You shall wan-der far in safe-ty though you do not know the



1. way. You shall speak your words in for-eign lands and all will un-der-




1. stand. You shall see the face of God and live. to Refrain

Refrain



Be not a-fraid. I go be-fore you al-ways. Come fol-low



me, and I will give you rest. 1, 2 to Vss 2, 3 Final 2

Verse 2



2. If you pass through rag-ing wa-ters in the sea, you shall not



2. drown. If you walk a-mid the burn-ing flames, you shall not be



2. harmed. If you stand be-fore the pow'r of hell and death is at your



2. side, know that I am with you through it all. to Refrain

Prayer after Communion

Lord,
may the eucharist you give us
bring us to salvation
and keep us faithful to the light of your truth.

We ask this in the name of Jesus the Lord.

R. Amen.

CONCLUDING RITES

Solemn Blessing (12)

℣. The Lord be with you.

R. And also with you.

Bow your heads and pray for God's blessing.

May almighty God bless you in his mercy,
and make you always aware of his saving wisdom.

R. Amen

May he strengthen your faith with proofs of his love,
so that you will persevere in good works.

R. Amen

May he direct your steps to himself,
and show you how to walk in charity and peace.

R. Amen

℣. May almighty God bless you,
the Father, and the Son, + and the Holy Spirit.

R. Amen

Concluding Hymn

Eternal Father, Strong to Save



1. E - ter - nal Fa - ther, strong to save, Whose arm has bound the
2. O Christ, the Lord of hill and plain O'er which our traf - fic
3. O Spir - it, whom the Fa - ther sent To spread a - broad the
4. O Trin - i - ty of love and pow'r, Your chil - dren shield in



1. rest - less wave, Who bids the might - y o - cean deep Its
2. runs a - main By moun - tain pass or val - ley low; Where -
3. fir - ma - ment; O Wind of heav - en, by your might Save
4. dan - ger's hour; From rock and tem - pest, fire and foe, Pro -



1. own ap - point - ed lim - its keep: O hear us when we
2. ev - er, Lord, your loved ones go, Pro - tect them by your
3. all who dare the ea - gle's flight, And keep them by your
4. tect them where - so - e'er they go; And then shall rise with



1. raise our plea For those in per - il on the sea.
2. guard - ing hand From ev - 'ry per - il on the land.
3. watch - ful care From ev - 'ry per - il in the air.
4. voic - es free Glad praise from air and land and sea.