

ENTRANCE ANTIPHON

Have mercy on me, O Lord, for I cry to you all the day long. O Lord, you are good and forgiving, full of mercy to all who call to you.

PENITENTIAL ACT

Lord Jesus, you are mighty God and prince of peace: Lord, have mercy. **Lord, have mercy.**
 Lord Jesus, you are Son of God and Son of Mary: Christ, have mercy. **Christ, have mercy.**
 Lord Jesus, you are Word made flesh and splendour of the Father: Lord, have mercy. **Lord, have mercy.**
 May almighty God have mercy on us....

THE GLORIA

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 the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

OPENING PRAYER

God of might, giver of every good gift, put into our hearts the love of your name, so that, by deepening our sense of reverence, you may nurture in us what is good and, by your watchful care, keep safe what you have nurtured. Through our Lord Jesus Christ...

LITURGY OF THE WORD

FIRST READING Deuteronomy 4:1-2. 6-8

A reading from the book of Deuteronomy
 Moses said to the people: 'Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim, "No other people is as wise and prudent as this great nation." And indeed, what great nation is there that has its gods so near as the Lord our God is to us whenever we call to him? And what great nation is there that has laws and customs to match this whole Law that I put before you today?'

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM P.S. 14:2-5

R. The just will live in the presence of the Lord.

1. Lord, who shall dwell on your holy mountain? He who walks without fault; he who acts with justice and speaks the truth from his heart. **[R]**
2. He who does no wrong to his brother, who casts no slur on his neighbour, who holds the godless in disdain, but honours those who fear the Lord. **[R]**
3. He who keeps his pledge, come what may; who takes no interest on a loan and accepts no bribes against the innocent. Such a man will stand firm for ever. **[R]**

SECOND READING James 1:17-18. 21-22.27

A reading from the letter of St. James

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created.

Accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves.

Pure, unspoilt religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia! By his own choice the Father made us his children by the message of the truth, so that we should be a sort of first-fruits of all that he created. Alleluia!

GOSPEL Mark 7:1-8.14-15.21-23

A reading from the holy Gospel according to Mark

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, 'Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?' He answered, 'It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture: This people honours me only with lip-service, while their hearts are far from me. The worship they offer me is worthless, the doctrines they teach are only human regulations.'



You put aside the commandment of God to cling to human traditions.'

He called the people to him again and said, 'Listen to me all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean.'

The Gospel of the Lord. Praise to you, Lord Jesus Christ.

APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord,

All bow for following two lines: who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God, the Father almighty; from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

LITURGY OF THE EUCHARIST

PRAYER OVER THE OFFERINGS

May this sacred offering, O Lord, confer on us always the blessing of salvation, that what it celebrates in mystery it may accomplish in power. Through Christ our Lord.

AFTER THE CONSECRATION

Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

Jesus denounces hypocrisy and a religion concerned only with externals. He demands a change of heart and a sincerity between what we say and what we do.



The Gospel today is to look at the heart.

How we do what we do is important. But the heart is the space of true religion. Both goodness and sin can come from the heart. A loving gesture of friendship in this case was much more important than a religious ruling.

This can come into everyday life a lot and into many church areas – divorce, remarriage and communion; LGBT issues; the change for the better in how we speak of death by suicide, and in our approach to single or unmarried parents.

The rediscovery now, is the big commandment – love God and love our neighbour. We remember the humility and sadness of the Pope at the phoenix Park Mass, begging forgiveness for the abuse of innocent people – in many ways including abuse of conscience.

We easily judge people. The call now in the church is to relate on the level of the heart.

For Jesus and the best of his ancestors, the command is love God and love your neighbour. Let us bring these words with us for the week.

I pray Lord for a great love of you which reaches in tolerance and love to my neighbour.

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