ENTRANCE ANTIPHON

Let the hearts that seek the Lord rejoice; turn to the Lord and his strength; constantly seek his face.

PENITENTIAL ACT

Lord Jesus, you healed the sick:
Lord, have mercy. Lord, have mercy.

Lord Jesus, you forgave sinners:
Christ, have mercy. Christ, have mercy.

Lord Jesus, you give yourself to heal us and bring us strength:
Lord, have mercy. Lord, have mercy.

May almighty God have mercy on us,..... Amen.

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

Almighty ever-living God, increase our faith, hope and charity, and make us love what you command, so that we may merit what you promise. Through our Lord Jesus Christ, you Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

LITURGY OF THE WORD

FIRST READING *Exodus 22: 20 - 26*

A reading from the book of Exodus

The Lord said to Moses, 'Tell the sons of Israel this, "You must not molest the stranger or oppress him, for you lived as strangers in the land of Egypt. You must not be harsh with the widow, or with the orphan; if you are harsh with them, they will surely cry out to me, and be sure I shall hear their cry; my anger will flare and I shall kill you with the sword, your own wives will be widows, your own children orphans.
"If you lend money to any of my people, to any poor man among you, you must not play the usurer with him: you must not demand interest from him.
"If you take another's cloak as a pledge, you must give it back to him before sunset. It is all the covering he has; it is the cloak he wraps his body in; what else would he sleep in? If he cries to me, I will listen, for I am full of pity." '

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM *Ps. 17: 2-4, 47,51*

R. I love you, Lord, my strength.

1. I love you, Lord, my strength,
my rock, my fortress, my saviour.
My God is the rock where I take refuge;
my shield, my mighty help, my stronghold.
The Lord is worthy of all praise:
when I call I am saved from my foes ***[R]***
2. Long life to the Lord, my rock!
Praised be the God who saves me.
He has given great victories to his king
and shown his love for his anointed ***[R]***

SECOND READING *1 Thessalonians 1: 5 - 10*

A reading from the first letter of St Paul to the Thessalonians

You observed the sort of life we lived when we were with you, which was for your instruction, and you were led to become imitators of us, and of the Lord; and it was with the joy of the Holy Spirit that you took to the gospel, in spite of the great opposition all round you. This has made you the great example to all believers in Macedonia and Achaia since it was from you that the word of the Lord started to spread - and not only throughout Macedonia and Achaia, for the news of your faith in God has spread everywhere. We do not need to tell other people about it: other people tell us how we started the work among you, how you broke with idolatry when you were converted to God and became servants of the real, living God; and how you are now waiting for Jesus, his Son, whom he raised from the dead, to come from heaven to save us from the retribution which is coming.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

**Alleluia, alleluia! Open our heart, O Lord,
to accept the words of your Son. Alleluia.**

GOSPEL *Matthew 22: 34 - 40*

A reading from the holy Gospel according to Matthew.

When the Pharisees heard that Jesus had silenced the Sadducees they got together and, to disconcert him, one of them put a question, 'Master, which is the greatest commandment of the Law?' Jesus said, 'You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: You must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.'

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

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,**
All bow for following three lines:
**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.**

LITURGY OF THE EUCHARIST

Pray brothers and sisters, ...
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.

PRAYER OVER THE OFFERINGS

Look, we pray, O Lord,on the offerings we make to your majesty, that whatever is done by us in your service may be directed above all to your glory. Through Christ our Lord.

AFTER THE CONSECRATION

The mystery of faith.
We proclaim your Death, O Lord, and profess your Resurrection until you come again.

COMMUNION ANTIPHON

We will ring out our joy at your saving help and exult in the name of our God.

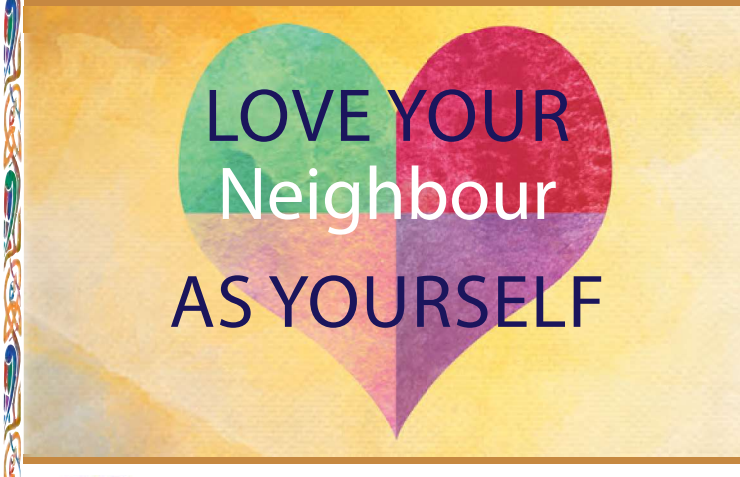
PRAYER AFTER COMMUNION

May your Sacraments, O Lord, we pray, perfect in us what lies within them, that what we now celebrate in signs we may one day possess in truth. Through Christ our Lord.

focus on sunday

THIRTIETH SUNDAY IN ORDINARY TIME 29th October 2023

The commandment of God is to love him and love people: both are so interlinked that in loving people we love God.



The first reading is like a commentary on the gospel reading, to 'love your neighbour as yourself'. It recalls the people who in that time needed special care and compassion: the strange (migrant, asylum seeker), the widow, the orphan (those who are lone parents, whose parents have died), the poor who need money (the people struggling with debt, mortgage, unemployment) and are overcharged by money lenders and banks. We are to keep our promises to people and not rob them of what they need.

Jesus had a kindly eye for those in need and asks that we do also. In the world now many have suffered great financial loss as well as loss of loved ones, and indeed of good health.

Pope Francis echoes this: "the most vulnerable of our brothers and sisters living in the cities and peripheries of every part of the world, must not be abandoned" (May 2019 to UN).

We look in this command to love those who need our care most. We can give comfort and care directly to those in our family and community and we can support those further away through donations of goods or financial support.

We can recall gratefully a time when we ourselves were helped by someone and let the energy of our gratitude reach out to practical love for others.

May your love be visible and tangible, o Lord, on earth as it is in heaven.

Donal Neary SJ, Editor Sacred Heart Messenger

Liturgical texts: concordat cum originali: †Dermot Farrell, Archbishop of Dublin Other texts: cum permissu: †Dermot Farrell, Archbishop of Dublin. Excerpts from the English translation of the Roman Missal © 2010 International Committee on English in the Liturgy Corporation. All rights reserved. Used with permission. The Jerusalem version of the Scripture is copyright Darton, Longman & Todd & Doubleday & Co. Inc. Responsorial psalms are copyright The Grail & or Geoffrey Chapman Ltd.
Published by Logos Publications, 26 Tolka Valley Business Park, Ballyboggan Rd, Glasnevin, D11 WK38 Phone (01 830 6751).