



Entrance Antiphon: Look on your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

As we come together, we bring with us our joys and sorrows, the challenges and hopes, the achievements and the disappointments of the past week. We come with them, into the presence of Jesus, who stills the storms of life and creates for us a gentle moment in which we can experience God's protection.

Lord you hear our prayers: Lord, have mercy.

Your ears are attentive to our pleadings: Christ, have mercy.

In you there is fullness of redemption: Lord, have mercy.

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.

Let us pray:

Almighty ever-living God, whom, taught by the Holy Spirit, we dare to call our Father, bring, we pray, to perfection in our hearts the spirit of adoption as your sons and daughters, that we may merit to enter into the inheritance which you have promised. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

FIRST READING:

A reading from the first book of Kings

1 Kings 19: 9.11-13

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told: 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Ps 84: 9-14

**R/: Let us see, O Lord, your mercy
and give us your saving help.**

I will hear what the Lord God has to say
a voice that speaks of peace.

His help is near for those who fear him
and his glory will dwell in our land.

**R/: Let us see, O Lord, your mercy
and give us your saving help.**

Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven.

**R/: Let us see, O Lord, your mercy
and give us your saving help.**

The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps.

**R/: Let us see, O Lord, your mercy
and give us your saving help.**

SECOND READING

A reading from St Paul's Letter to the Romans

Romans 9: 1-5

What I want to say is no pretence; I say it in union with Christ - it is the truth - my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The word of the Lord.

Thanks be to God.

**Alleluia, alleluia! Blessings on the King who comes,
in the name of the Lord!
Peace in heaven and glory in the highest heavens!
Alleluia!**

GOSPEL

Matthew 14: 22-23

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Matthew.

Glory to you, Lord.

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a headwind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost,' they said, and cried out in fear. But at once Jesus called out to them saying: 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord', he said, 'if it is you, tell me to come to you across the water.' 'Come', said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me,' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said, 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said: 'Truly, you are the Son of God.'

The Gospel of the Lord.

Praise to you Lord Jesus Christ.

The Apostles' Creed

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

Offertory:

Pray, brothers and sisters, that my sacrifice and yours 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 holy Church.

Prayer over the Offerings:

Be pleased, O Lord, to accept the offerings of your Church, for in your mercy you have given them to be offered and by your power you transform them into the mystery of our salvation. Through Christ our Lord. **Amen.**

Preface:

The Lord be with you.

Lift up your hearts.

Let us give thanks to the Lord our God.

And with your spirit.

We lift them up to the Lord.

It is right and just.

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God, through Christ our Lord.
For by his birth he brought renewal to humanity's fallen state
and by his suffering cancelled out our sins;
by his rising from the dead
he has opened the way to eternal life,
and by ascending to you, O Father,
he has unlocked the gates of heaven.
And so, with the company of Angels and Saints,
we sing the hymn of your praise, as without end we acclaim:

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.

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

Communion Antiphon:

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

REFLECTION

Courage! Do not be afraid!

Like Peter we too have often set out confidently across the waters of life. However, as soon as the winds of trouble rise against us, and the waves of adversity begin to buffet us, we lose our nerve and begin to sink. Lord, when our faith falters, as it so often does, may we hear your gentle voice saying to us: 'Courage! Do not be afraid!' In that moment, Lord, may your divine power uphold us, calm our fears, steady our nerves, and enable us to steer our little boat to a place of safety and peace, beyond the wind and the waves.

Prayer after Communion:

Lord, may the Eucharist you give us bring us to salvation and keep us faithful to the light of your truth. Through Christ our Lord. **Amen.**

Final Blessing:

The Lord be with you.

May almighty God bless you,

the Father, and the Son, and the Holy Spirit.

Go and announce the Gospel of the Lord.

And with your spirit.

Amen.

Thanks be to God.

I'm all tied up. I know they are trying to help me. I want to be helped. But I hate being helped too. Part of me is kicking at them, sulking, turning the other way, refusing everything. And part of me is crying deep inside, wanting help, wanting love, in agony of need. But I'm too proud and too tied up to ask or even to accept. O Lord, I can ask you! Untie this knotted me.