

Holy, holy, holy Lord, God of power and might. 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.

Communion Antiphon: **We will rejoice at the victory of God and make our boast to his great name.**

Communion Reflection:

The total Gospel

To separate the two great commandments
is a tragedy and goes clean contrary to the Gospel.
Yet unfortunately this often happens.
Those who have faith often have no love,
and those who love often have no faith.
Thus the Gospel has been torn in two.
Jesus spoke of two great commandments.
The first - that we should love God.
The second - that we should love our neighbour.
He didn't say that they were the same thing,
but that they are like two sides of the one coin.
If we want the total gospel we must have both.
He himself showed us how to do this.

Prayer after Communion:

Lord, bring to perfection within us the communion we share in this sacrament.
May our celebration have an effect in our lives. We ask this through Christ
our Lord. **Amen.**

Final Blessing:

The Lord be with you.

And also with you.

May Almighty God bless you:

the Father, the Son and the Holy Spirit.

Amen.

The Mass is ended: go in peace.

Thanks be to God.

Final thought ...

Youth is not a time of life ... it is a state of mind. Nobody grows old by merely living a number of years; people grow old only by deserting their ideals. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, doubt, self-distrust, fear and despair ... these are the long, long years that bow the head and turn the growing spirit back to dust.

Whether seventy or sixteen, there is in every being's heart the love of wonder, the sweet amazement at the stars and the star-like things and thoughts, the undaunted challenge of events, the unfailing childlike appetite for what's next, and the joy of the game of life.

You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair.

Thirtieth Sunday of the Year ^A

Let hearts that seek the Lord rejoice. See him and be strengthened; constantly seek his face.

Today's Gospel reminds us of the two great commandments: love of God and love of neighbour. Here in a nutshell we have the whole teaching of the Bible. The only real failure for a Christian is the failure to love.

Lord Jesus, you teach us how to love God with all our heart and all our soul. Lord, have mercy.

Lord Jesus, you teach us how to love our neighbour as ourselves. Christ, have mercy.

Lord Jesus, you teach us that these two commandments sum up the whole of religion. Lord, have mercy.



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.

Let us pray:

Almighty and ever-living God, strengthen our faith, hope and love. May we do with loving hearts what you ask of us and come to share the life you promise. We ask this through Christ our Lord your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

FIRST READING:

A reading from the book of Exodus

22:20-26

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.'"

This is the word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Ps17:2-4.47.51

Response: I love you, Lord my strength.

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.

I love you, Lord my strength.

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.

I love you, Lord my strength.

SECOND READING

A reading from St Paul's first letter to the Thessalonians.

1:5-10

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.

This is the word of the Lord.

Thanks be to God.

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

GOSPEL

22:34-40

The Lord be with you.

And also with you.

A reading from the holy Gospel according to Matthew.

Glory to you, Lord.

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.'

This is the Gospel of the Lord.

Praise to you Lord Jesus Christ.

Let us now make our profession of faith:

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, of one being with the Father. Through Him all things were made. For us men and for our salvation he came down from heaven, by the power of the Holy Spirit he became incarnate from the Virgin Mary and was made man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried. On the third day he rose again 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. 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.

Offertory:

Pray, brethren, 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.

Prayer over the Gifts:

Lord God of power and might, receive the gifts we offer and let our service give you glory. Through Christ our Lord. **Amen.**

Preface:

The Lord be with you.

And also 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.

Father, all-powerful and ever-living God,
 we do well always and everywhere to give you thanks
 through Jesus Christ our Lord.

Out of love for sinful man,
 he humbled himself to be born of the Virgin.

By suffering on the cross
 he freed us from unending death,
 and by rising from the dead
 he gave us eternal life.

And so, with all the choirs of angels in heaven we proclaim your glory
 and join in their unending hymn of praise: