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.

When we eat this Bread and drink this Cup, The mystery of faith. we proclaim your Death, O Lord, until vou come again.

Communion Antiphon

Jn 14:15-16

If you love me, keep my commandments, says the Lord, and I will ask the Father and he will send you another Paraclete, to abide with you for ever, alleluia.

REFLECTION

The wounded heart.

If only the heart was right we could give so much more.

But, alas, the heart is often empty.

It is often cold and unwelcoming, hard and unvielding.

It is often weighed down with worry, often sad and lonely.

It is often in darkness, often wounded.

And it is sometimes broken.

We have to heal the wounds of the heart in order to be able to love. Lord, touch our hearts and heal them.

so that we may be able to bear the fruits of love. Amen.

Prayer after Communion:

Almighty ever-living God, who restore us to eternal life in the Resurrection of Christ, increase in us, we pray, the fruits of this paschal Sacrament and pour into our hears the strength of this saving food. Amen.

Final Blessina:

The Lord be with you:	And with your spirit.
May almighty God bless you,	
the Father, and the Son, and the Holy Spirit.	Amen.
The Mass is ended: Go in peace, alleluia.	Thanks be to God, alleluia.

Prayer

Pedestal high, I falter and fail Having gone far beyond my pale Trying to be what others see, Denying the beauty of my mortality. Pedestal God, of you I beg and pray The grace to be who I really am this day. Let me grow in constant awe Of the wonder I am, despite any flaw. Let me learn to be the one you love and treasure And share that gift beyond all measure With those who also live on pedestals high That they might know that mortal joy is earth not sky. Amen.

Sixth Sunday of Easter B

Entrance Antiphon

Cf Is 48:20 Proclaim a joyful sound and let it be heard; proclaim to the ends of the earth: The Lord has freed his people, alleluia.



The Gospel today reminds us of Christ's

commandment: 'Love one another as I have loved you.' It was God who first loved us. Mindful of God's love for us, let us make an effort to truly love one another.

Let us ask forgiveness from God and from one another for our failure to live Christ's commandment of love.

Have mercy on us, O Lord. For we have sinned against you. Show us, O Lord, your mercy. And grant us your salvation

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

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:

Grant, almighty God, that we may celebrate with heartfelt devotion these days of joy, which we keep in honour of the risen Lord, and that what we relive in remembrance we may always hold to, in what we do. 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 Acts of the Apostles. Acts 10: 25-26 34-35 44-48 As Peter reached the house. Cornelius went out to meet him, knelt at his feet and prostrated himself. But Peter helped him up. 'Stand up,' he said 'I am only a man after all!'

Then Peter addressed them: 'The truth I have now come to realise' he said 'is that God does not have favourites, but that anybody of any nationality who fears God and does what is right is acceptable to him.'

While Peter was still speaking the Holy Spirit came down on all the listeners. Jewish believers who had accompanied Peter were all astonished that the gift of the Holy Spirit should be poured out on the pagans too, since they could hear them speaking strange languages and proclaiming the greatness of God. Peter himself then said: 'Could anyone refuse the water of baptism to these people, now they have received the Holy Spirit just as much as we have?' He then gave orders for them to be baptised in the name of Jesus Christ. Afterwards they begged him to stay on for some days.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM Psalm 97 Response: The Lord has shown his salvation to the nations.

Sing a new song to the Lord for he has worked wonders.

His right hand and his holy arm have brought salvation. R/.

The Lord has made known his salvation;

has shown his justice to the nations.

He has remembered his truth and love for the house of Israel. R/.

All the ends of the earth have seen the salvation of our God. Shout to the Lord all the earth, ring out your joy. **R**/.

SECOND READING

A reading from the first letter of St John.

My dear people, let us love one another since love comes from God and everyone who loves is begotten by God and knows God. Anyone who fails to love can never have known God, because God is love.

God's love for us was revealed when God sent into the world his only Son so that we could have life through him; this is the love I mean: not our love for God, but God's love for us when he sent his Son to be the sacrifice that takes our sins away.

The word of the Lord.

Thanks be to God.

1 John 4: 7-10

Alleluia, alleluia! Jesus said: 'If anyone loves me he will keep my word, and my Father will love him, and we shall come to him. Alleluia!

GOSPEL

The Lord be with you.

John 15: 9-17

And with your spirit.

A reading from the holy Gospel according to John. **Glory to you, Lord.** Jesus said to his disciples: "As the Father has loved me, so have I loved you. Remain in my love. If you keep my commandments you will remain in my love, just as I have kept my Father's commandments and remain in his love. I have told you this so that my own joy may be in you and your joy be complete. This is my commandment: love one another, as I have loved you. A man can have no greater love than to lay down his life for his friends. You are my friends, if you do what I command you. I shall not call you servants any more, because a servant does not know his master's business; I call you friends, because I have made known to you everything I have learnt from my Father.

You did not choose me, no, I chose you; and I commissioned you to go out and to bear fruit, fruit that will last; and then the Father will give you anything you ask him in my name. What I command you is to love one another."

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

May our prayers rise up to you, O Lord, together with the sacrificial offerings, so that, purified by your graciousness, we may be conformed to the mysteries of your mighty love. Through Christ our Lord. **Amen.**

Preface:

The Lord be with you. And wit Lift up your hearts. We lift them up	h your spirit.
	ight and just.
It is truly right and just, our duty and our salvation, at all times to acclaim you, O Lord, but in this time above all to laud you yet more gloriously when Christ our Passover has been sacrificed. By the oblation of his Body, he brought the sacrifices of old to fulfilment in the reality of the Cross and, by commending himself to you for our salvation, showed himself the Priest, the Altar, and the Lamb of sacrifice. Therefore, overcome with paschal joy, every land, every people exults in your praise and even the heavenly Powers, with the angelic hosts, sing together the unending hymn of your glory as they a	