

that the cause of our downfall
 might become the means of our salvation,
 through Christ our Lord.
 Through him the host of Angels adores your majesty
 and rejoices in your presence for ever.
 May our voices, we pray, join with theirs
 in one chorus of exultant praise, as 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. **When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.**

Communion Antiphon: **There is one thing I ask of the Lord, only this do I seek: to live in the house of the Lord all the days of my life.** *Psalm 26:4*

REFLECTION

On many an idle day have I grieved over lost time. But it is never lost, my Lord. You have taken every moment of my life in your own hands. Hidden in the heart of things you are nourishing seeds into sprouts, buds into blossoms, and ripening flowers into fruitfulness. I was tired and sleeping on my idle bed and imagining all work had ceased. In the morning I woke up and found my garden full with wonders of flowers.

R Tagore

Prayer after Communion:

As this reception of your Holy Communion, O Lord, foreshadows the union of the faithful in you, so may it bring about unity in your Church. Through Christ our Lord. **Amen.**

Final Blessing:

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

The word of God is to the human heart what a seed is to the earth. However, just as a seed needs soil, so the word needs a receptive heart. The earth responds to the rain and sun so that even the desert blooms. But the arid human heart has the power to resist so that it remains barren. Lord, soften our hearts with your grace, open them with your gentle love, so that the precious seed of your word may take root in our hearts, and bear fruit in our lives.

Eleventh Sunday of the Year B



Antiphon **O Lord, hear my voice, for I have called to you; be my help. Do not abandon or forsake me, O God, my Saviour!** *Psalm 26:7,9*

Life calls for a lot of patience and trust. You can't plant an acorn today and expect to sit in the shade of an oak tree tomorrow. The same holds true for spiritual matters. We have to make the effort. But then we must be patient and trust that God's grace will take over.
 Lord, you make the just flourish like trees planted by a running stream.
 Lord, have mercy. **Lord, have mercy.**
 You plant them in the house of the Lord, to flourish in the courts of our God.
 Christ, have mercy. **Christ, have mercy.**
 You make them bear fruit even when they are old.
 Lord, have mercy. **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:

O God, strength of those who hope in you, graciously hear our pleas, and, since without you mortal frailty can do nothing, grant us always the help of your grace, that in following your commands we may please you by our resolve and our deeds. 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 prophet Ezekiel.

Ezekiel 17:22-24

The Lord says this: "From the top of the cedar, from the highest branch I will take a shoot and plant it myself on a very high mountain. I will plant it on the high mountain of Israel. It will sprout branches and bear fruit, and become a noble cedar. Every kind of bird will live beneath it, every winged creature rest in the shade of its branches. And every tree of the field will learn that I, the Lord, am the one who stunts tall trees and makes the low

ones grow, who withers green trees and makes the withered green. I, the Lord, have spoken, and I will do it."

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM:

Psalm 91

Response: It is good to give thanks to the Lord.

It is good to give thanks to the Lord
to make music to your name, O Most High,
to proclaim your love in the morning
and your truth in the watches of the night. **R/.**

The just will flourish like the palm-tree
and grow like a Lebanon cedar. **R/.**

Planted in the house of the Lord
they will flourish in the courts of our God,
still bearing fruit when they are old,
still full of sap, still green,
to proclaim that the Lord is just.
In him, my rock, there is no wrong. **R/.**

SECOND READING

A reading from St Paul's Letter to the Corinthians. 2 Corinthians 5:6-10

We are always full of confidence, then, when we remember that to live in the body means to be exiled from the Lord, going as we do by faith and not by sight - we are full of confidence, I say, and actually want to be exiled from the body and make our home with the Lord. Whether we are living in the body or exiled from it, we are intent on pleasing him. For all the truth about us will be brought out in the law court of Christ, and each of us will get what he deserves for the things he did in the body, good or bad.

The word of the Lord.

Thanks be to God.

**Alleluia, alleluia! I call you friends, says the Lord,
because I have made known to you
everything I have learnt from my Father. Alleluia!**

GOSPEL

Mark 4:26-34

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Mark. **Glory to you, Lord.**

Jesus said: "This is what the Kingdom of God is like. A man throws seed on the land. Night and day, while he sleeps, when he is awake, the seed is sprouting and growing; how, he does not know. Of its own accord the land produces first the shoot, then the ear, then the full grain in the ear. And when the crop is ready, he loses no time: he starts to reap because the harvest has come."

He also said: "What can we say the kingdom of God is like? What parable can we find for it? It is like a mustard seed which at the time of its sowing in the soil is the smallest of all the seeds on earth; yet once it is sown it grows into the biggest shrub of them all and puts out big branches so that the birds of the air can shelter in its shade."

Using many parables like these, he spoke the word to them, so far as they were capable of understanding it. He would not speak to them except in parables, but he explained everything to his disciples when they were alone.

The Gospel of the Lord.

Praise to you Lord Jesus Christ.

The profession of faith:

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, 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.

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:

O God, who in the offerings presented here provide for the twofold needs of human nature, nourishing us with food and renewing us with your sacrament, grant, we pray, that the sustenance they provide may not fail us in body or in spirit. Through Christ our Lord. **Amen.**

Preface:

The Lord be with you.

And with your spirit.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

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.

For we know it belongs to your boundless glory,
that you came to the aid of mortal beings with your divinity
and even fashioned for us a remedy out of mortality itself,