

a people for your own possession,  
to proclaim everywhere your mighty works,  
for you have called us out of darkness  
into your own wonderful light.

And so, with the Angels and Archangels,  
with Thrones and Dominions,  
and with all the hosts and Powers of heaven,  
we sing the hymn of your glory, 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: **We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

*Communion Antiphon:* **The eyes of all look to you, Lord,  
and you give them their food in due season.**

#### REFLECTION

My faith is tested many times every day, and more times than I'd like to confess, I'm unable to keep the banner of faith aloft. If a promise is not kept, or if a secret is betrayed, or if I experience long-lasting pain, I begin to doubt God and God's love. I fall into the chasm of disbelief and I cry out in despair. But then the Spirit lifts me up again, and once more I am secured in faith. I don't know how that happens, save when I cry out earnestly I am answered immediately and am returned to faithfulness. I am once again filled with Spirit and firmly planted on solid ground.

#### *Prayer after Communion:*

Renewed and nourished by the Sacred Body and Precious Blood of your Son, we ask of your mercy, O Lord, that what we celebrate with constant devotion may be our sure pledge of redemption. Through Christ our Lord.  
**Amen.**

#### *Final Blessing:*

The Lord be with you. **And with your spirit.**  
May almighty God bless you:  
the Father, the Son, and the Holy Spirit. **Amen.**  
Go in peace, glorifying the Lord by your life. **Thanks be to God.**

**Prayer:** My God, I fear that I will not survive the storminess that often seems to surround me. I wonder if you are really present in the boat of my life and question your love for me. Do you care that I am perishing? Will you awaken in time to address my needs? Will you rebuke the winds of fear that threaten my faith, create doubts in my trust and swamp my life with discouragement? From the depths of my spirit, I cry out to you. With the slimmest thread of belief, I place my hope in your promise of peace. I am still in your presence. I am in awe of your might. I will no longer be afraid.

## Twelfth Sunday of the Year B



Entrance Antiphon: **The Lord is the strength of his people, a saving refuge for the one he has anointed. Save your people, Lord, and bless your heritage, and govern them for ever.**

When the apostles got caught in a storm they turned to Jesus for help and found it. From time to time we too get caught in storms. Our storms usually take the form of trials of one kind or another. We must know how to turn to the Lord, and trust that he will see us through the storm.

Lord Jesus, you bring us peace of mind by forgiving our sins.

Lord, have mercy. **Lord, have mercy.**

You calm our fears by your presence with us.

Christ, have mercy. **Christ, have mercy.**

You uphold us with your grace in times of trial and difficulty.

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:

Grant, O Lord, that we may always revere and love your holy name, for you never deprive of your guidance those you set firm on the foundation of your love. 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 book of Job.

Job 38:1-11

Then from the heart of the tempest the Lord gave Job his answer. He said:

Who pent up the sea behind closed doors when it leapt tumultuous out of the womb, when I wrapped it in a robe of mist and made black clouds its swaddling bands; when I marked the bounds it was not to cross and made it fast with a bolted gate? Come thus far, I said, and no farther: here your proud waves shall break.

The word of the Lord.

**Thanks be to God.**

RESPONSORIAL PSALM

Psalm 106

**Response: O give thanks to the Lord,  
for his love endures for ever.**

Some sailed to the sea in ships  
to trade on the mighty waters.  
These men have seen the Lord's deeds,  
the wonders he does in the deep.

**Response**

For he spoke; he summoned the gale,  
tossing the waves of the sea  
up to heaven and back into the deep;  
their soul melted away in their distress.

**Response**

Then they cried to the Lord in their need  
and he rescued them from their distress.  
He stilled the storm to a whisper:  
all the waves of the sea were hushed.

**Response**

They rejoiced because of the calm  
and he led them to the haven they desired.  
Let them thank the Lord for his love,  
the wonders he does for men.

**Response**

SECOND READING

A reading from St Paul's second Letter to the Corinthians. 2 Cor 5:14-17

The love of Christ overwhelms us when we reflect that if one man has died for all, then all men should be dead; and the reason he died for all was so that living men should live no longer for themselves, but for him who died and was raised to life for them.

From now onwards, therefore, we do not judge anyone by the standards of the flesh. Even if we did once know Christ in the flesh, that is not how we know him now. And for anyone who is in Christ, there is a new creation; the old creation has gone, and now the new one is here.

The word of the Lord.

**Thanks be to God.**

**Alleluia, alleluia! May the Father of our Lord Jesus Christ  
enlighten the eyes of our mind, so that we can see  
what hope his call holds for us. Alleluia!**

GOSPEL

Mark 4:35-41

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to Mark. **Glory to you, Lord.**  
With the coming of evening, Jesus said to his disciples, "Let us cross over to the other side." And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep. They woke him and said to him, "Master, do you not care? We are going down!" And he woke up and rebuked the wind and said to the sea, "Quiet now! Be calm!" And the wind dropped, and all was calm again. Then he

said to them, "Why are you so frightened? How is it that you have no faith?" They were filled with awe and said to one another: "Who can this be? Even the wind and the sea obey him."

The Gospel of the Lord.

**Praise to you Lord Jesus Christ.**

**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 Offering*

Receive, O Lord, the sacrifice of conciliation and praise and grant that, cleansed by its action, we may make offering of a heart pleasing to you. 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,  
through Christ our Lord.

For through his Paschal Mystery,  
he accomplished the marvellous deed,  
by which he has freed us from the yoke of sin and death,  
summoning us to the glory of being now called  
a chosen race, a royal priesthood, a holy nation,