

through Christ our Lord.
 For out of compassion for the waywardness that is ours,
 he humbled himself and was born of the Virgin;
 by the passion of the Cross
 he freed us from unending death,
 and by rising from the dead he gave us life eternal.
 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. **Save us, Saviour of the world,
 for by your Cross and Resurrection
 you have set us free.**

Communion Antiphon: **How great is the goodness, Lord,
 that you keep for those who fear you.**

REFLECTION: Cleaness of heart.
 Today pollution has become a big issue. People want clean water,
 clean air, and clean food. But we should be even more concerned
 about the most dangerous pollution of all: evil. Pride, anger, hate,
 lust, greed, envy ... all these are dangerous pollutants. So what must
 we do? We must purify the source: the heart is the source. It is the
 well-spring from which all our thoughts, words, and deeds flow. If the
 heart is clean, all that flows from it will be clean.
 Blessed are the clean of heart - they shall see God.

Prayer after Communion:
 Renewed by this bread from the heavenly table, we beseech you, Lord,
 that, being the food of charity, it may confirm our hearts and stir us to serve
 you in our neighbour. Through Christ our Lord. **Amen.**

Final Blessing:
 The Lord be with you: **And with your spirit.**
 May Almighty God bless you:
 the Father, and the Son, and the Holy Spirit. **Amen.**
 Go in peace. **Thanks be to God.**

Prayer: Dear God, my arms are open to receive your presence; my ears to hear your word. Let me not sit in sombre silence, or stay in slothful serenity without giving heed to the cries of the poor, oppressed, and violated ones who live in my neighbourhood, my workplace, and my church. Make me angry as Jesus was angry. Increase my awareness of injustice and make me a doer of good, one who empowers life. I ask this in the name of the Christ who is my companion and saviour, lover and friend. Amen.

Twenty-Second Sunday of the Year B



Antiphon: **Have mercy on me, O Lord, for I cry to you all the day long. O Lord, you are good and forgiving, full of mercy to all who call to you.**

The primary reason why we are here is to worship God. Jesus said of the Pharisees: 'This people honours me with their lips, but their hearts are far from me.' Hence, their worship was empty. It's a danger that faces us all. We need God's help to give him the kind of worship that will honour him and change our lives. Let us now turn to God with sincere hearts:

Lord, you help us to worship you with a sincere heart. Lord, have mercy.
 Lord, you help us to worship you with a humble heart. Christ, have mercy.
 Lord, you help us to worship you with a loving heart. 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:
 God of might, giver of every good gift, put into our hearts the love of your name, so that, by deepening our sense of reverence, you may nurture in us what is good and, by your watchful care, keep safe what you have nurtured. 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 Deuteronomy. Deuteronomy 4:1-2.6 8
 Moses said to the people: 'Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim: "No other people is as wise and prudent as this great nation." And indeed, what great nation is there that has its gods so near as the

Lord our God is to us whenever we call to him? And what great nation is there that has laws and customs to match this whole Law that I put before you today?'

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Psalm 14

Response: The just will live in the presence of the Lord.

Lord, who shall dwell on your holy mountain?

He who walks without fault;

he who acts with justice

and speaks the truth from his heart.

Response

He who does no wrong to his brother,

who casts no slur on his neighbour,

who holds the godless in disdain,

but honours those who fear the Lord.

Response

He who keeps his pledge, come what may;

who takes no interest on a loan

and accepts no bribes against the innocent.

Such a man will stand firm for ever.

Response

SECOND READING

A reading from the letter of St James

James 1:17-18. 21-22. 27

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created.

Accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves. Pure, unspoilt religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

The word of the Lord.

Thanks be to God.

Alleluia, alleluia!

Your words are spirit, Lord,

and they are life:

you have the message of eternal life.

Alleluia.

GOSPEL

Mark 7:1-8. 14-15.21-23

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Mark.

Glorify to you, Lord.

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and

never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him: 'Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?' He answered: 'It is of you hypocrites that Isaiah so rightly prophesied in this passage of scripture: This people honours me only with lip-service, while their hearts are far from me. The worship they offer me is worthless, the doctrines they teach are only human regulations. You put aside the commandment of God to cling to human traditions.'

He called the people to him again and said: 'Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean.'

The Gospel of the Lord.

Praise to you Lord Jesus Christ.

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 Offering:

May this sacred offering, O Lord, confer on us always the blessing of salvation, that what it celebrates in mystery it may accomplish in power. Through Christ our Lord. **Amen.**

Preface:

The Lord be with you.

Lift up your hearts.

Let us give thanks to the Lord our God.

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,

And with your spirit.

We lift them up to the Lord.

It is right and just.