

*The Parish of S. Michael and All
Angels
Abbey Wood
9 August 2020*

The Nineteenth Sunday in Ordinary Time

THE ORDER OF MASS

**Mass will be offered this Sunday
at 08:30 and 10:00**



You are encouraged to print this sheet off at home and bring it with you to Mass,

Copies will however also be available in church.

Please take all copies which you have used home with you.

At this time our Mass takes a slightly different form. At the time of producing this sheet the impact on worship of some of the latest government regulations, remain unclear,

We hope to meet Government advice and regulations by how we have laid out our church.

You are welcome, if you wish, to access this sheet by phone or tablet while you are in church.

**By law you must wear a Face Covering
while in Church.**

The Police have powers to enforce this,

Entrance Antiphon

Look to your covenant, O Lord,
and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause,
and forget not the cries of those who seek you.
Cf. Ps 73: 20, 19, 22, 23

In the name of the Father, and of the Son + and of
the Holy Spirit.

Amen.

The grace of our Lord Jesus Christ, the love of God
and the communion of the Holy Spirit be with you all
and also with you.

Or:

Grace to you and peace from God our Father
and the Lord Jesus Christ.
and also with you.

Or:

The Lord be with you.
and also with you.

The Priest introduces the Mass.

The Penitential Rite

*We say sorry to God for our sins and seek his forgiveness.
other petitions may also be used.*

You were sent to heal the contrite of heart:
Lord, have mercy. *or* Kyrie, eleison.

Christ, have mercy. Or Christi eleison.

You came to call sinners:

Christ, Lord, have mercy. *or* Kyrie, eleison.

Christ, have mercy. Or Christi eleison.

You are seated at the right hand of the Father to
intercede for us:

Lord, Lord, have mercy. *or* Kyrie, eleison.

Christ, have mercy. Or Christi eleison.

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

The Gloria.

**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.**

The Collect.

Almighty ever-living God,
whom, taught by the Holy Spirit,
we dare to call our Father,
bring, we pray, to perfection in our hearts
the spirit of adoption as your sons and daughters,
that we may merit to enter into the inheritance
which you have promised.
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**

Sit

First Reading

1 Kings 19:9,11-13

A reading from First Book of kings

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The word of the Lord.

Thanks be to God.

Responsorial Psalm

Psalm 84(85):9-14

Let us see, O Lord, your mercy, and give us your saving help.

**Let us see, O Lord, your mercy,
and give us your saving help.**

I will hear what the Lord God has to say,
a voice that speaks of peace.

His help is near for those who fear him
and his glory will dwell in our land.

**Let us see, O Lord, your mercy,
and give us your saving help.**

Mercy and faithfulness have met;
justice and peace have embraced.

Faithfulness shall spring from the earth
and justice look down from heaven.

**Let us see, O Lord, your mercy,
and give us your saving help.**

The Lord will make us prosper
and our earth shall yield its fruit.

Justice shall march before him
and peace shall follow his steps.

**Let us see, O Lord, your mercy,
and give us your saving help.**



Second Reading

Romans 8:35,37-39

A reading from the Letter of S Paul to the Romans

What I want to say now is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The word of the Lord.

Thanks be to God.

The Gospel Acclamation.

Alleluia, alleluia!

Blessings on the King who comes,
in the name of the Lord!

Peace in heaven
and glory in the highest heavens!

Alleluia!

Gospel Reading

The Lord be with you
and also with you.

A reading from the Holy Gospel according to
Matthew.

Glory to you, O Lord.

Matthew 14:22-33

Jesus walks on the water

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

The Gospel of the Lord.

Praise to you, O Christ.

The Sermon.

The Creed

**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,**

*At the words that follow, up to and including 'and became man',
all bow.*

**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.**

The Prayers of the Faithful. *If not omitted.*

Lord in your mercy
Hear our prayer.

The Offertory

The Altar is prepared and our gifts of bread and wine are offered.

*We then offer our gifts and prepare ourselves to offer the sacrifice
of the Mass.*

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 holy Church.**

Be pleased, O Lord, to accept the offerings of your
Church,
for in your mercy you have given them to be offered
and by your power you transform them
into the mystery of our salvation.
Through Christ our Lord. **Amen.**

The Eucharistic Prayer.

*This is the holiest part of Mass, now we celebrate Christ's death
and resurrection, in the way that he commanded at his last
supper.*

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.

The Priest continues with the Preface..

**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.**

*The priest does and says what Jesus commanded at the last
supper. Through the power of the Holy Spirit, the Bread and Wine
become for us the Body and Blood of Christ. We then proclaim the
mystery that has happened.*

The mystery of faith.

Dying you destroyed our death,

rising you restored our life:

Lord Jesus, come in glory.

Or

Christ has died:

Christ is risen:

Christ will come again.

Or

**When we eat this bread and drink this cup
we proclaim your death, Lord Jesus,
until you come in glory**

Or

**Lord, by your cross and resurrection
you have set us free.**

You are the Saviour of the world.

*The priest continues with the eucharistic prayer bringing before
the Father all that Christ does for us by offering the bread and the
cup. We make the prayer our own by saying boldly*

Amen.



The Lord's Prayer

At the Saviour's command
And formed by divine teaching,
We dare to say
**Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth,
as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those
who trespass against us,
and lead us not into temptation,
but deliver us from evil.**

**For thine is the kingdom,
the power, and the glory
forever and ever. Amen**

The Peace.

Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give you,
look not on our sins,
but on the faith of your Church,
and graciously grant her peace and unity
in accordance with your will.
Who live and reign for ever and ever. **Amen.**

The peace of the Lord be with you always.

And also with you.

Currently the exchange of the Sign of Peace is omitted.

The Breaking of Bread and Holy Communion.

As the bread is broken we say.

**Lamb of God, you take away the sins of the world
have mercy on us.
Lamb of God, you take away the sins of the world:
have mercy on us.
Lamb of God, you take away the sins of the world:
grant us peace.**

The Priest raises the Host and we prepare ourselves for Holy Communion.

Behold the Lamb of God, behold him who takes
away the sins of the world. Blessed are those who
are called to the supper of the Lamb.

**Lord, I am not worthy to receive you,
but only say the word,
and I shall be healed.**

Communion Antiphon

O Jerusalem, glorify the Lord,
who gives you your fill of finest wheat.



PS147: 12, 14

The Communion of the Faithful

Before people come forward to receive the priest holds up the host and says

The Body of Christ

Amen.

Those who are prepared may come forward to receive Holy Communion. Holy Communion will be given in one kind.

Please follow the directions of the stewards and observe Social Distancing, you may wish to get your hands before receiving Holy Communion. Please remove or lower your Face Covering before receiving Holy Communion.

A Prayer before the Sacrament to use if you are not receiving Holy Communion.

Jesus Christ

**close beside me here and now
yesterday, today and forever;
the same now as with Mary in
Nazareth;**

the same as with Peter in Galilee.

**You will not force yourself upon me,
waiting for me to take the first
step,**

waiting till I in turn ask you to come.

Jesus Christ,

Jesus, Lord of all,

Christ, the Son of the living God.

The Prayer after Communion

May the communion in your Sacrament
that we have consumed, save us, O Lord,
and confirm us in the light of your truth.
Through Christ our Lord. **Amen.**

There may now be some very brief notices and announcements.

The Blessing and Dismissal

The Lord be with you
and also with you.

..... may the blessing of almighty God,
the Father, and the Son, + and the Holy Spirit,
come down on you and remain with you for ever.
Amen.

Go Forth the Mass is ended.

Thanks be to God.

Or:

Go and announce the Gospel of the Lord.

Thanks be to God.

Or:

Go in peace, glorifying the Lord by your life.

Thanks be to God.

*After Mass please continue to observe Social Distancing. The exit from the church is only by **the SE door**. Please do not exit by the door in which you came in. Don't forget to take any service and notice sheets you have used home with you.*

If you want to catch up with others you will find it easier to maintain appropriate distancing by doing so in the church grounds.

The Clergy will greet you outside the SE door.