

Benediction Hymns and Prayer

O SAVING VICTIM

O saving victim opening wide
The gate of heaven to us below.
Our foes press on from every side
Thy strength supply, thine aid bestow.

All praise and thanks to thee ascend
For evermore blest three in one,
O grant us life that shall not end
In our true native land with thee
AMEN.

HYMN OF ADORATION

Down in adoration falling,
This great sacrament we hail;
Ancient types have long departed
Newer rites of grace prevail
Faith for all defects supplying
Where the feeble senses fail.

Glory let us give and blessing
To the Father and the Son,
honour, might and praise addressing
while eternal ages run;
Equal praise to him confessing
who proceeds from both as one.
AMEN
V. You have given them bread from heaven
R. Having in itself all delight.

Holy God, We Praise Your Name

Holy God we praise your name!
Lord of all, we bow before you;
All on earth your pow'r proclaim,
All in heaven above adore you;
Boundless is your vast domain,
Everlasting is your reign.

Holy Father, Holy Son,
Holy Spirit, Three we name you;
While in essence only One,
Undivided God we claim you,
And adoring bend the knee,
While we own the mystery.

PRAYER FOR CHRISTIAN UNITY

*Lord Jesus Christ at your last supper
you prayed to the Father
that all should be one.*

*Send your Holy Spirit
upon all who bear your name
and seek to serve you.*

*Strengthen our faith in you, and make us
love one another in humility.
May we, who have been reborn in one
baptism, be united in one faith under one
shepherd.
Amen*



MONDAY 19 July 2021

Monday of the sixteenth week in Ordinary Time

ENTRANCE ANTIPHON:

See, I have God for my help.
The Lord sustains my soul.
I will sacrifice to you with willing heart,
and praise your name, O Lord, for it is good.

FIRST READING: Exodus 14:5-18 (JB)

RESPONSORIAL PSALM: *Exodus 15:1-6 (JB)*

R. Let us sing to the Lord;
he has covered himself in glory.

I will sing to the Lord, glorious his triumph!
Horse and rider he has thrown into the sea!
The Lord is my strength, my song, my salvation.
This is my God and I extol him,
my father's God and I give him praise. **R.**

The Lord is a warrior! The Lord is his name.
The chariots of Pharaoh he hurled into the sea,
the flower of his army is drowned in the sea. **R.**

The deeps hide them; they sank like a stone.
Your right hand, Lord, glorious in its power,
your right hand, Lord, has shattered the
enemy. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
If today you hear his voice,
harden not your hearts.
Alleluia!

GOSPEL: Matthew 12:38-42 (JB)

COMMUNION ANTIPHON:

Behold, I stand at the door and knock, says the
Lord.
If anyone hears my voice and opens the door to
me,
I will enter his house and dine with him, and he
with me.

WEEKDAY PRAYER SHEET

19 – 24 JULY 2021
SIXTEENTH WEEK
IN ORDINARY TIME

TUESDAY 20 July 2021

Tuesday of the sixteenth week in Ordinary Time

ENTRANCE ANTIPHON:

See, I have God for my help.
The Lord sustains my soul.
I will sacrifice to you with willing heart,
and praise your name, O Lord, for it is good.

FIRST READING: Exodus 14:21 - 15:1 (JB)

RESPONSORIAL PSALM:

Exodus 15:8-10, 12, 17 (JB)

R. Let us sing to the Lord;
he has covered himself in glory.

At the breath of your anger the waters piled high;
the moving waters stood up like a dam.
The deeps turned solid in the midst of the sea.
The enemy said: 'I will pursue and overtake them,
I will divide the plunder, I shall have my will.
I will draw my sword, my hand shall destroy
them.' **R.**

You blew with your breath, the sea closed over them.
They went down like lead into the mighty waters.
You stretched forth your hand, the earth engulfed
them. **R.**

You will lead your people and plant them on your
mountain,
the place, O Lord, where you have made your home,
the sanctuary, Lord, which your hands have made. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
All who love me will keep my words,
and my Father will love them, and we will come to
them.
Alleluia!

GOSPEL: Matthew 12:46-50 (JB)

COMMUNION ANTIPHON:

Behold, I stand at the door and knock, says the Lord.
If anyone hears my voice and opens the door to me,
I will enter his house and dine with him, and he with
me.

WEDNESDAY 21 July 2021*Wednesday of the sixteenth week in Ordinary Time***ENTRANCE ANTIPHON:**

See, I have God for my help.
 The Lord sustains my soul.
 I will sacrifice to you with willing heart,
 and praise your name, O Lord, for it is good.

FIRST READING: Exodus 16:1-5, 9-15 (JB)**RESPONSORIAL PSALM:***Ps 77:18-19, 23-28 (JB)***R.** The Lord gave them bread from heaven.

In their heart they put God to the test
 by demanding the food they craved.
 They even spoke against God.
 They said: 'Is it possible for God
 to prepare a table in the desert?' **R.**

Yet he commanded the clouds above
 and opened the gates of heaven.
 He rained down manna for their food,
 and gave them bread from heaven. **R.**

Mere men ate the bread of angels.
 He sent them abundance of food;
 he made the east wind blow from heaven
 and roused the south wind by his might. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
 The seed is the word of God, Christ is the sower;
 all who come to him will live for ever.
 Alleluia!

GOSPEL: Matthew 13:1-9 (JB)**COMMUNION ANTIPHON:**

Behold, I stand at the door and knock, says the Lord.
 If anyone hears my voice and opens the door to me,
 I will enter his house and dine with him, and he with me.

THURSDAY 22 July 2021*Saint Mary Magdalene (F)***ENTRANCE ANTIPHON:**

The Lord said to Mary Magdalene:
 Go to my brothers and tell them:
 I am going to my Father and your Father,
 to my God and your God.

FIRST READING: 2 Corinthians 5:14-17 (JB),
OR, Song of Songs 3:1-4 (JB)**RESPONSORIAL PSALM:***Ps 62:2-6, 8-9 (JB)***R.** My soul is thirsting for you, O Lord, my God.

O God, you are my God, for you I long;
 for you my soul is thirsting.
 My body pines for you
 like a dry, weary land without water. **R.**

So I gaze on you in the sanctuary
 to see your strength and your glory.
 For your love is better than life,
 my lips will speak your praise. **R.**

So I will bless you all my life,
 in your name I will lift up my hands.
 My soul shall be filled as with a banquet,
 my mouth shall praise you with joy. **R.**

For you have been my help;
 in the shadow of your wings I rejoice.
 My soul clings to you;
 your right hand holds me fast. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
 Tell us Mary, what did you see on the way?
 I saw the glory of the risen Christ, I saw his empty tomb.
 Alleluia!

GOSPEL: John 20:1-2, 11-18 (JB)**COMMUNION ANTIPHON:**

The love of Christ impels us,
 so that those who live may live no longer for themselves,
 but for him who died for them and was raised.

FRIDAY 23 July 2021*Friday of the sixteenth week in Ordinary Time***ENTRANCE ANTIPHON:**

See, I have God for my help.
 The Lord sustains my soul.
 I will sacrifice to you with willing heart,
 and praise your name, O Lord, for it is good.

FIRST READING: Exodus 20:1-17 (JB)**RESPONSORIAL PSALM:***Ps 18:8-11 (JB)***R.** Lord, you have the words of everlasting life.

The law of the Lord is perfect,
 it revives the soul.
 The rule of the Lord is to be trusted,
 it gives wisdom to the simple. **R.**

The precepts of the Lord are right,
 they gladden the heart.
 The command of the Lord is clear,
 it gives light to the eyes. **R.**

The fear of the Lord is holy,
 abiding for ever.
 The decrees of the Lord are truth
 and all of them just. **R.**

They are more to be desired than gold,
 than the purest of gold
 and sweeter are they than honey,
 than honey from the comb. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
 Happy are they who have kept the word with a generous heart
 and yield a harvest through perseverance.
 Alleluia!

GOSPEL: Matthew 13:18-23 (JB)**COMMUNION ANTIPHON:**

Behold, I stand at the door and knock, says the Lord.
 If anyone hears my voice and opens the door to me,
 I will enter his house and dine with him, and he with me.

*At our Masses on Friday we have
 a collection to allow weekday parishioners
 to support the Cathedral.
 Thank you for your contribution.*

SATURDAY 24 July 2021*Saturday of the sixteenth week in Ordinary Time***ENTRANCE ANTIPHON:**

See, I have God for my help.
 The Lord sustains my soul.
 I will sacrifice to you with willing heart,
 and praise your name, O Lord, for it is good.

FIRST READING:

Exodus 24:3-8 (JB)

RESPONSORIAL PSALM:*Ps 49:1-2, 5-6, 14-15 (JB)***R.** Offer to God a sacrifice of praise.

The God of gods, the Lord,
 has spoken and summoned the earth,
 from the rising of the sun to its setting.
 Out of Zion's perfect beauty he shines. **R.**

'Summon before me my people
 who made covenant with me by sacrifice.'
 The heavens proclaim his justice,
 for he, God, is the judge. **R.**

Pay your sacrifice of thanksgiving to God
 and render him your votive offerings.
 'Call on me in the day of distress.
 I will free you and you shall honour me.' **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
 Receive and submit to the word planted in you;
 it can save your souls.
 Alleluia!

GOSPEL: Matthew 13:24-30 (JB)**COMMUNION ANTIPHON:**

Behold, I stand at the door and knock, says the Lord.
 If anyone hears my voice and opens the door to me,
 I will enter his house and dine with him, and he with me.

*At our week day Masses we have a retiring
 collection to allow weekday parishioners
 to support the Cathedral.
 Thank you for your contribution.*