

# Benediction Hymns and Prayer

## O SAVING VICTIM

O saving victim, op'ning wide  
The gate of heav'n to us below.  
Our foes press on from ev'ry side,  
Thine aid supply, thy strength bestow.

All praise and thanks to thee ascend  
For evermore, blest One in Three;  
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 PRIESTLY & RELIGIOUS VOCATIONS

**Celebrant:** At the sight of the crowds,  
Jesus' heart was moved.

**Response:** For they were like sheep  
without a shepherd.

**Celebrant:** Jesus said, 'The harvest is  
ready.'

**Response:** But the labourers are few.

**Celebrant:** Ask the Lord to send our  
labourers for the harvest.

**Response:** O Lord, we pray for more  
young people to answer the call to become  
priests and religious in your harvest.

**Celebrant:** And shepherd for your people.

**Response:** Amen.



## WEEKDAY PRAYER SHEET

22nd July — 27th July 2024  
16TH WEEK OF ORDINARY TIME  
YEAR B

### **MONDAY 22nd July 2024**

*St Mary Magdalene Feast*

#### **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:** Song of Songs 3:1-4

**RESPONSORIAL PSALM:** Ps 62

**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

#### **COMMUNION ANTIPHON:**

The love of Christ impels us,  
so that those who live may live no longer  
for themselves,

### **TUESDAY 23rd July 2024**

*Tuesday, 16th 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:** Micah 7:14-15, 18-20

**RESPONSORIAL PSALM:** Ps 84

**R.** Lord, show us your mercy and love.

O Lord, you once favoured your land  
and revived the fortunes of Jacob,  
you forgave the guilt of your people  
and covered all their sins.  
You averted all your rage,  
you calmed the heat of your anger. **R.**

Revive us now, God, our helper!  
Put an end to your grievance against us.  
Will you be angry with us for ever,  
will your anger never cease? **R.**

Will you not restore again our life  
that your people may rejoice in you?  
Let us see, O Lord, your mercy  
and give us your saving help. **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

#### **COMMUNION ANTIPHON:**

The Lord, the gracious, the merciful,  
has made a memorial of his wonders;  
he gives food to those who fear him.

**WEDNESDAY 24th July 2024**  
*Wednesday, 16th 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.

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**GOSPEL:** Matthew 12:46-50

**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.

**Support of the Cathedral Parish**

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door of the church; Place your donation in  
the collection bags after Mass; Online  
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**THURSDAY 25th July 2024**  
*St James Feast*

**ENTRANCE ANTIPHON:**

As he walked by the Sea of Galilee,  
Jesus saw James the son of Zebedee and  
John his brother  
mending their nets and he called them.

**FIRST READING:** 2 Corinthians 4:7-15

**RESPONSORIAL PSALM:** Ps 125  
**R.** Those who sow in tears, shall reap with  
shouts of joy.

When the Lord delivered Zion from bondage,  
it seemed like a dream.  
Then was our mouth filled with laughter,  
on our lips there were songs. **R.**

The heathens themselves said: 'What  
marvels  
the Lord worked for them!'  
What marvels the Lord worked for us!  
Indeed we were glad. **R.**

Deliver us, O Lord, from our bondage  
as streams in dry land.  
Those who are sowing in tears  
will sing when they reap. **R.**

They go out, they go out, full of tears,  
carrying seed for the sowing:  
they come back, they come back,  
full of song, carrying their sheaves. **R.**

**GOSPEL ACCLAMATION:**

Alleluia, alleluia!  
I have chosen you from the world,  
says the Lord,  
to go and bear fruit that will last.  
Alleluia!

**GOSPEL:** Matthew 20:20-28

**COMMUNION ANTIPHON:**

They drank the chalice of the Lord,  
and became the friends of God.

**FRIDAY 26th July 2024**  
*Sts Joachim & Anne Memorial*

**ENTRANCE ANTIPHON:**

Let us praise Joachim and Anne, to whom,  
in their generation, the Lord gave Him who  
was a blessing for all the nations.

**FIRST READING:** Jeremiah 3:14-17

**RESPONSORIAL PSALM:** Jer 31:10-13  
**R.** The Lord will guard us,  
like a shepherd guarding his flock.

O nations, hear the word of the Lord,  
proclaim it to the far-off coasts.  
Say: 'He who scattered Israel will gather him  
and guard him as a shepherd guards his  
flock.' **R.**

For the Lord has ransomed Jacob,  
has saved him from an overpowering hand.  
They will come and shout for joy on Mount  
Zion,  
they will stream to the blessings of the  
Lord. **R.**

Then the young girls will rejoice and dance,  
the men, young and old, will be glad.  
I will turn their mourning into joy,  
I will console them, give gladness for  
grief. **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

**COMMUNION ANTIPHON:**

They received blessings from the Lord  
and mercy from God their Saviour.

**SATURDAY 27th July 2024**  
*Saturday, 16th 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:** Jeremiah 7:1-11

**RESPONSORIAL PSALM:** Ps 83  
**R.** How lovely is your dwelling-place,  
Lord, mighty God!

My soul is longing and yearning,  
is yearning for the courts of the Lord.  
My heart and my soul ring out their joy  
to God, the living God. **R.**

The sparrow herself finds a home  
and the swallow a nest for her brood;  
she lays her young by your altars,  
Lord of hosts, my king and my God. **R.**

They are happy, who dwell in your house,  
for ever singing your praise.  
They are happy, whose strength is in you;  
they walk with ever growing strength. **R.**

One day within your courts  
is better than a thousand elsewhere.  
The threshold of the house of God  
I prefer to the dwellings of the wicked. **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

**COMMUNION ANTIPHON:**

The Lord, the gracious, the merciful,  
has made a memorial of his wonders;  
he gives food to those who fear him. for ever  
singing your praise.

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