

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.

SWEET SACRAMENT DIVINE

Sweet Sacrament Divine,
hid in thy earthly home,
Lo! Round thy lowly shrine,
with suppliant hearts we come.
Jesus, to thee our voice we raise
in songs of love and heartfelt praise,
Sweet Sacrament Divine.

Sweet Sacrament of Peace,
dear home of every heart,
where restless yearnings cease,
and sorrows all depart.
There in thine ear, all trustfully
We tell our tale of misery
Sweet Sacrament of Peace.

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.*



MONDAY 06 FEBRUARY 2023

Saints Paul Miki and companions (M)

ENTRANCE ANTIPHON:

The souls of the Saints are rejoicing in heaven,
the Saints who followed the footsteps of Christ,
and since for love of him they shed their blood,
they now exult with Christ for ever.

FIRST READING:

Genesis 1:1-19 (JB)

RESPONSORIAL PSALM:

Ps 103:1-2, 5-6, 10, 12, 24, 35 (JB)

R. May the Lord be glad in his works.

Bless the Lord, my soul!
Lord God, how great you are,
clothed in majesty and glory,
wrapped in light as in a robe! **R.**

You founded the earth on its base,
to stand firm from age to age.
You wrapped it with the ocean like a cloak:
the waters stood higher than the mountains. **R.**

You make springs gush forth in the valleys:
they flow in between the hills.
On their banks dwell the birds of heaven;
from the branches they sing their song. **R.**

How many are your works, O Lord!
In wisdom you have made them all.
The earth is full of your riches.
Bless the Lord, my soul! **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
Jesus preached the Good News of the
kingdom
and healed all who were sick.
Alleluia!

GOSPEL:

Mark 6:53-56 (JB)

COMMUNION ANTIPHON:

It is you who have stood by me in my trials;
and I confer a kingdom on you, says the Lord,
that you may eat and drink at my table in my
kingdom.

WEEKDAY PRAYER SHEET

5 —11 FEBRUARY 2023 FIFTH SUNDAY IN ORDINARY TIME YEAR A

TUESDAY 07 FEBRUARY 2023

Tuesday of the fifth week in Ordinary Time

ENTRANCE ANTIPHON:

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

FIRST READING:

Genesis 1:20 - 2:4 (JB)

RESPONSORIAL PSALM:

Ps 8:4-9 (JB)

R. O Lord our God,
how wonderful your name in all the earth!

When I see the heavens, the work of your
hands,
the moon and the stars which you arranged,
what is man that you should keep him in mind,
mortal man that you care for him? **R.**

Yet you have made him little less than a god;
with glory and honour you crowned him,
gave him power over the works of your hand,
put all things under his feet. **R.**

All of them, sheep and cattle,
yes, even the savage beasts,
birds of the air, and fish
that make their way through the waters. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
Turn my heart to do your will:
teach me your law, O God.
Alleluia!

GOSPEL:

Mark 7:1-13 (JB)

COMMUNION ANTIPHON:

Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.

WEDNESDAY 08 FEBRUARY 2023*Wednesday of the fifth week in Ordinary Time***ENTRANCE ANTIPHON:**

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

FIRST READING:

Genesis 2:4-9, 15-17 (JB)

RESPONSORIAL PSALM:

Ps 103:1-2, 27-30 (JB)

R. Bless the Lord, my soul!

Bless the Lord my soul!
Lord God, how great you are,
clothed in majesty and glory,
wrapped in light as in a robe. **R.**

All of these look to you
to give them their food in due season.
You give it, they gather it up:
you open your hand, they have their fill. **R.**

You take back your spirit, they die,
returning from the dust from which they
came.
You send forth your spirit, they are created;
and you renew the face of the earth. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
Your word, O Lord, is truth:
make us holy in the truth.
Alleluia!

GOSPEL:

Mark 7:14-23 (JB)

COMMUNION ANTIPHON:

Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.

Support of the Cathedral Parish

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always appreciated. Ways to financially support your
Parish:*

*The "Tap & Go" facility at the door of the church;
Place your donation in the collection bags after
Mass;*

Online donation, please scan the QR code

THURSDAY 09 FEBRUARY 2023*Thursday of the fifth week in Ordinary Time***ENTRANCE ANTIPHON:**

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

FIRST READING:

Genesis 2:18-25 (JB)

RESPONSORIAL PSALM:

Ps 127:1-5 (JB)

R. Happy are those who fear the Lord.

O blessed are those who fear the Lord
and walk in his ways!
By the labour of your hands you shall eat.
You will be happy and prosper. **R.**

Your wife like a fruitful vine
in the heart of your house;
your children like shoots of the olive
around your table. **R.**

Indeed thus shall be blessed
the man who fears the Lord.
May the Lord bless you from Zion
all the days of your life! **R.**

GOSPEL ACCLAMATION:

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

GOSPEL:

Mark 7:24-30 (JB)

COMMUNION ANTIPHON:

Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.

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Parish**

**FRIDAY 10 FEBRUARY 2023***Saint Scholastica (M)***ENTRANCE ANTIPHON:**

I despised the kingdom of the world and all
worldly finery
for love of my Lord, Jesus Christ,
whom I have seen, whom I have loved,
in whom I have believed, in whom has been
my delight (**E.T.** alleluia).

FIRST READING:

Genesis 3:1-8 (JB)

RESPONSORIAL PSALM:

Ps 31:1-2, 5-7 (JB)

R. Happy are those whose sins are forgiven.

Happy the man whose offence is forgiven,
whose sin is remitted.
O happy the man to whom the Lord
imputes no guilt,
in whose spirit is no guile. **R.**

But now I have acknowledged my sins;
my guilt I did not hide.
I said: 'I will confess
my offence to the Lord.'
And you, Lord, have forgiven
the guilt of my sin. **R.**

So let every good man pray to you
in the time of need.
The floods of water may reach high
but him they shall not reach. **R.**

You are my hiding place, O Lord;
you save me from distress.
You surround me with cries of deliverance.
R.

GOSPEL ACCLAMATION:

Alleluia, alleluia!
Open our hearts, O Lord,
to listen to the words of your Son.
Alleluia!

GOSPEL:

Mark 7:31-37 (JB)

COMMUNION ANTIPHON:

One thing is necessary:
she has chosen the better part,
which shall not be taken away from her (**E.T.**
alleluia).

SATURDAY 11 FEBRUARY 2023*Saturday of the fifth week in Ordinary Time***ENTRANCE ANTIPHON:**

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

FIRST READING:

Genesis 3:9-24 (JB)

RESPONSORIAL PSALM:

Ps 89:2-6, 12-13 (JB)

R. In every age, O Lord, you have been our
refuge.

Before the mountains were born
or the earth or the world brought forth,
you are God, without beginning or end. **R.**

You turn men back into dust
and say: 'Go back, sons of men.'
To your eyes a thousand years
are like yesterday, come and gone,
no more than a watch in the night. **R.**

You sweep men away like a dream,
like grass which springs up in the morning.
In the morning it springs up and flowers:
by evening it withers and fades. **R.**

Make us know the shortness of our life
that we may gain wisdom of heart.
Lord, relent! Is your anger for ever?
Show pity on your servants. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
No one lives on bread alone,
but on every word that comes from the
mouth of God.
Alleluia!

GOSPEL:

Mark 8:1-10 (JB)

COMMUNION ANTIPHON:

Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.