

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,
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 05 FEBRUARY 2024

St Agatha (M)

ENTRANCE ANTIPHON:

Behold, now she follows the Lamb who was
crucified for us, powerful in virginity, modesty
her offering, a sacrifice on the altar of
chastity (E.T. alleluia).

FIRST READING:

1 Kings 8:1-7, 9-13 (JB)

RESPONSORIAL PSALM:

Ps 131:6-10 (JB)

R. Lord, go up to the place of your rest!

At Ephrata we heard of the ark;
we found it in the plains of Yearim.
'Let us go to the place of his dwelling;
let us go to kneel at his footstool.' **R.**

Go up, Lord, to the place of your rest,
you and the ark of your strength.
Your priests shall be clothed with holiness;
your faithful shall ring out their joy.
For the sake of David your servant
do not reject your anointed. **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:

The Lamb who is at the centre of the throne
will lead them to the springs of the waters of
life (E.T. alleluia).

WEEKDAY PRAYER SHEET

29 JAN – 3 FEB 2024
FOURTH WEEK IN ORDINARY TIME
YEAR B

TUESDAY 06 FEBRUARY 2024

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: 1 Kings 8:22-23, 27-30

RESPONSORIAL PSALM: Ps 83:3-5, 10-11

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.
Turn your eyes, O God, our shield,
look on the face of your anointed. **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!
Turn my heart to do your will:
teach me your law, O God.
Alleluia!

GOSPEL: Mark 7:1-13 (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.

WEDNESDAY 07 FEBRUARY 2024*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:

1 Kings 10:1-10 (JB)

RESPONSORIAL PSALM:

Ps 36:5-6, 30-31, 39-40 (JB)

R. The mouths of the just murmur wisdom.

Commit your life to the Lord,
trust in him and he will act,
so that your justice breaks forth like the light,
your cause like the noon-day sun. **R.**

The just man's mouth utters wisdom
and his lips speak what is right;
the law of his God is in his heart,
his steps shall be saved from stumbling. **R.**

The salvation of the just comes from the Lord,
their stronghold in time of distress.
The Lord helps them and delivers them
and saves them: for their refuge is in him. **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.

THURSDAY 08 FEBRUARY 2024*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:

1 Kings 11:4-13 (JB)

RESPONSORIAL PSALM:

Ps 105:3-4, 35-37, 40 (JB)

R. Lord, remember us,
for the love you bear your people.

They are happy who do what is right,
who at all times do what is just.
O Lord, remember me
out of the love you have for your people. **R.**

But instead they mingled with the nations
and learned to act like them.
They worshipped the idols of the nations
and these became a snare to entrap them. **R.**

They even offered their own sons
and their daughters in sacrifice to demons,
till his anger blazed against his people:
he was filled with horror at his chosen
ones. **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.

FRIDAY 09 FEBRUARY 2024*Friday 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:

1 Kings 11:29-32; 12:19 (JB)

RESPONSORIAL PSALM:

Ps 80:10-15 (JB)

R. I am the Lord, your God:
hear my voice.

Let there be no foreign god among you,
no worship of an alien god.
I am the Lord your God,
who brought you from the land of Egypt. **R.**

But my people did not heed my voice
and Israel would not obey,
so I left them in their stubbornness of heart
to follow their own designs. **R.**

O that my people would heed me,
that Israel would walk in my ways!
At once I would subdue their foes,
turn my hand against their enemies. **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:

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.

SATURDAY 03 FEBRUARY 2024*Saint Scholastica (M)***ENTRANCE ANTIPHON:**

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

FIRST READING:

1 Kings 3:4-13 (JB)

RESPONSORIAL PSALM:

Ps 118:9-14 (JB)

R. Lord, teach me your decrees.

How shall the young remain sinless?
By obeying your word.
I have sought you with all my heart:
let me not stray from your commands. **R.**

I treasure your promise in my heart
lest I sin against you.
Blessed are you, O Lord:
teach me your statutes. **R.**

With my tongue I have recounted
the decrees of your lips.
I rejoiced to do your will
as though all riches were mine. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
My sheep listen to my voice, says the Lord;
I know them and they follow me.
Alleluia!

GOSPEL:

Mark 6:30-34 (JB)

COMMUNION ANTIPHON:

Let your face shine on your servant.
Save me in your merciful love.
O Lord, let me never be put to shame, for I
call on you.

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