

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.

2

SOUL OF MY SAVIOUR

Soul of my Saviour, sanctify my breast;
Body of Christ, be thou my saving guest;
Blood of my Saviour, bathe me in thy tide,
Wash me with water flowing from thy side.

Strength and protection may thy Passion be;
O blessed Jesus, hear and answer me;
Deep in thy wounds, Lord, hide and shelter me;
So shall I never, never part from thee.

Guard and defend me from the foe malign;
In death's dread moments make me only thine.
Call me and bid me come to thee on high,
When I may praise thee with thy saints for aye.

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 12 JUNE 2023

Monday of the tenth week in Ordinary Time

ENTRANCE ANTIPHON:

The Lord is my light and my salvation; whom
shall I fear?
The Lord is the stronghold of my life; whom
should I dread?
When those who do evil draw near, they
stumble and fall.

FIRST READING:

2 Corinthians 1:1-7 (JB)

RESPONSORIAL PSALM:

Ps 33:2-9 (JB)

R. Taste and see the goodness of the Lord.

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad. **R.**

Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free. **R.**

Look towards him and be radiant;
let your faces not be abashed.
This poor man called; the Lord heard him
and rescued him from all his distress. **R.**

The angel of the Lord is encamped
around those who revere him, to rescue them.
Taste and see that the Lord is good.
He is happy who seeks refuge in him. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!

Rejoice and be glad;
your reward will be great in heaven.
Alleluia!

GOSPEL:

Matthew 5:1-12 (JB)

COMMUNION ANTIPHON:

The Lord is my rock, my fortress, and my deliverer;
my God is my saving strength.

OR

God is love, and whoever abides in love
abides in God, and God in him.

WEEKDAY PRAYER SHEET

11—17 JUNE 2023 TENTH SUNDAY IN ORDINARY TIME YEAR A

TUESDAY 13 JUNE 2023

Saint Anthony of Padua (M)

ENTRANCE ANTIPHON:

Let the peoples recount the wisdom of the
Saints,
and let the Church proclaim their praise.
Their names will live on and on (E.T. alleluia).

FIRST READING:

2 Corinthians 1:18-22 (JB)

RESPONSORIAL PSALM:

Ps 118:129-133, 135 (JB)

R. Lord, let your face shine on me.

Your will is wonderful indeed;
therefore I obey it.
The unfolding of your word gives light
and teaches the simple. **R.**

I open my mouth and I sigh
as I yearn for your commands.
Turn and show me your mercy;
show justice to your friends. **R.**

Let my steps be guided by your promise;
let no evil rule me.
Let your face shine on your servant
and teach me your decrees. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!

Let your light shine before all,
that they may see your good works and glorify
your Father.
Alleluia!

GOSPEL:

Matthew 5:13-16 (JB)

COMMUNION ANTIPHON:

We proclaim Christ crucified;
Christ, the power of God and the wisdom of
God.

WEDNESDAY 14 JUNE 2023

Wednesday of the tenth week in Ordinary Time

ENTRANCE ANTIPHON:

The Lord is my light and my salvation; whom shall I fear?
The Lord is the stronghold of my life; whom should I dread?
When those who do evil draw near, they stumble and fall.

FIRST READING:

2 Corinthians 3:4-11 (JB)

RESPONSORIAL PSALM:

Ps 98:5-9 (JB)
R. Holy is the Lord our God.

Exalt the Lord our God;
bow down before Zion, his footstool.
He the Lord is holy. **R.**

Among his priests were Aaron and Moses,
among those who invoked his name was Samuel.
They invoked the Lord and he answered. **R.**

To them he spoke in the pillar of cloud.
They did his will; they kept the law,
which he, the Lord, had given. **R.**

O Lord our God, you answered them.
For them you were a God who forgives;
yet you punished all their offences. **R.**

Exalt the Lord our God;
bow down before his holy mountain
for the Lord our God is holy. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
Teach me your paths, my God,
and lead me in your truth.
Alleluia!

GOSPEL:

Matthew 5:17-19 (JB)

COMMUNION ANTIPHON:

The Lord is my rock, my fortress, and my deliverer;
my God is my saving strength.
OR

God is love, and whoever abides in love
abides in God, and God in him.

Support of the Cathedral Parish

*Your financial support of the Cathedral Parish is 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 15 JUNE 2023

Thursday of the tenth week in Ordinary Time

ENTRANCE ANTIPHON:

The Lord is my light and my salvation; whom shall I fear?
The Lord is the stronghold of my life; whom should I dread?
When those who do evil draw near, they stumble and fall.

FIRST READING:

2 Corinthians 3:15 - 4:1, 3-6 (JB)

RESPONSORIAL PSALM:

Ps 84:9-14 (JB)
R. The glory of the Lord will dwell in our land.

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. **R.**

Mercy and faithfulness have met,
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven. **R.**

The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
I give you a new commandment:
love one another as I have loved you.
Alleluia!

GOSPEL:

Matthew 5:20-26 (JB)

COMMUNION ANTIPHON:

The Lord is my rock, my fortress, and my deliverer;
my God is my saving strength.
OR

God is love, and whoever abides in love
abides in God, and God in him.

QR code—scan to donate to the Cathedral Parish



FRIDAY 16 JUNE 2023

THE MOST SACRED HEART OF JESUS (S)

ENTRANCE ANTIPHON:

The designs of his Heart are from age to age,
to rescue their souls from death,
and to keep them alive in famine.

FIRST READING:

Deuteronomy 7:6-11 (JB)

RESPONSORIAL PSALM:

Ps 102:1-4, 6-8, 10 (JB)
R. The Lord's kindness is everlasting to those who fear him.

My soul, give thanks to the Lord,
all my being, bless his holy name.
My soul, give thanks to the Lord
and never forget all his blessings. **R.**

It is he who forgives all your guilt,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with love and compassion. **R.**

The Lord does deeds of justice,
gives judgments for all who are oppressed.
He made known his ways to Moses
and his deeds to Israel's sons. **R.**

The Lord is compassion and love,
slow to anger and rich in mercy.
He does not treat us according to our sins
nor repay us according to our faults. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
Take my yoke upon you;
learn from me, for I am gentle and lowly in heart.
Alleluia!

GOSPEL:

Matthew 11:25-30 (JB)

COMMUNION ANTIPHON:

Thus says the Lord:
Let whoever is thirsty come to me and drink.
Streams of living water will flow
from within the one who believes in me.
OR
One of the soldiers opened his side with a lance,
and at once there came forth blood and water.

SATURDAY 17 JUNE 2023

The Most Immaculate Heart of Mary (M)

ENTRANCE ANTIPHON:

My heart will rejoice in your salvation..
I will sing to the Lord, who has been bountiful
with me.

FIRST READING:

Isaiah 61:9-11 (JB)

RESPONSORIAL PSALM:

1 Samuel 2:1,4-8 (JB)
R. My heart rejoices in the Lord my saviour.

My heart exults in the Lord,
I find my strength in my God;
my mouth laughs at my enemies
as I rejoice in your saving help. **R.**

The bows of the mighty are broken,
but the weak are clothed with strength.
Those with plenty must labour for bread,
but the hungry need work no more.
The childless wife has children now
but the fruitful wife bears no more. **R.**

It is the Lord who gives life and death,
he brings men to the grave and back;
it is the Lord who gives poverty and riches.
He brings men low and raises them on high.
R.

He lifts up the lowly from the dust,
from the dungheap he raises the poor
to set them in the company of princes,
to give them a glorious throne. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
Blessed is the Virgin Mary, who kept the word
of God, and pondered it in her heart.
Alleluia!

GOSPEL:

Luke 2:41-51 (JB)

COMMUNION ANTIPHON:

Mary treasured all these words,
reflecting on them in her heart.