

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

17 – 23 JULY 2022
16TH SUNDAY IN ORDINARY TIME
YEAR C

MONDAY 18 JULY 2022

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:

Micah 6:1-4, 6-8 (JB)

RESPONSORIAL PSALM:

Ps 49:5-6, 8-9, 16-17, 21, 23 (JB)

R. To the upright I will show the saving power of God.

'Summon before me my people
who made covenant with me by sacrifice.'
The heavens proclaim his justice,
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!
If today you hear his voice,
harden not your hearts.
Alleluia!

GOSPEL:

Matthew 12:38-42 (JB)

COMMUNION ANTIPHON:

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

TUESDAY 19 JULY 2022

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:

Micah 7:14-15, 18-20 (JB)

RESPONSORIAL PSALM:

Ps 84:2-8 (JB)

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 (JB)

COMMUNION ANTIPHON:

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

WEDNESDAY 20 JULY 2022*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:

Jeremiah 1:1, 4-10 (JB)

RESPONSORIAL PSALM:*Ps 70:1-6, 15, 17 (JB)***R.** I will sing of your salvation.

In you, O Lord, I take refuge;
 let me never be put to shame.
 In your justice rescue me, free me:
 pay heed to me and save me. **R.**

Be a rock where I can take refuge,
 a mighty stronghold to save me;
 for you are my rock, my stronghold.
 Free me from the hand of the wicked. **R.**

It is you, O Lord, who are my hope,
 my trust, O Lord, since my youth.
 On you I have leaned from my birth,
 from my mother's womb you have been my help. **R.**

My lips will tell of your justice
 and day by day of your help.
 O God, you have taught me from my youth
 and I proclaim your wonders still. **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:**

The Lord, the gracious, the merciful,
 has made a memorial of his wonders;
 he gives food to those who fear 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 21 JULY 2022*Thursday 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:

Jeremiah 2:1-3, 7-8, 12-13 (JB)

RESPONSORIAL PSALM:*Ps 35:6-11 (JB)***R.** You are the source of life, O Lord.

Your love, Lord, reaches to heaven;
 your truth to the skies.
 Your justice is like God's mountain,
 your judgements like the deep. **R.**

O Lord, how precious is your love.
 My God, the sons of men
 find refuge in the shelter of your wings.
 They feast on the riches of your house;
 they drink from the stream of your delight. **R.**

In you is the source of life
 and in your light we see light.
 Keep on loving those who know you,
 doing justice for upright hearts. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
 Blessed are you, Father, Lord of heaven and earth;
 you have revealed to little ones the mysteries of the
 kingdom.
 Alleluia!

GOSPEL: Matthew 13:10-17 (JB)**COMMUNION ANTIPHON:**

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

QR code—scan to donate to the Cathedral Parish**FRIDAY 22 JULY 2022***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.

SATURDAY 23 JULY 2022*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:

Jeremiah 7:1-11 (JB)

RESPONSORIAL PSALM:*Ps 83:3-6, 8, 11 (JB)***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 (JB)**COMMUNION ANTIPHON:**

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