

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.*



MONDAY 30 JANUARY 2023

Monday of the fourth week in Ordinary Time

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:

Hebrews 11:32-40 (JB)

RESPONSORIAL PSALM:

Ps 30:20-24 (JB)

R. Let your hearts take comfort,
all who hope in the Lord.

How great is the goodness, Lord,
that you keep for those who fear you,
that you show to those who trust you
in the sight of men. **R.**

You hide them in the shelter of your presence
from the plotting of men:
you keep them safe within your tent
from disputing tongues. **R.**

Blessed be the Lord who has shown me
the wonders of his love
in a fortified city. **R.**

'I am far removed from your sight'
I said in my alarm.
Yet you heard the voice of my plea
when I cried for help. **R.**

Love the Lord, all you saints.
He guards the faithful
but the Lord will repay to the full
those who act with pride. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
A great prophet has appeared among us;
God has visited his people.
Alleluia!

GOSPEL:

Mark 5:1-20 (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.

WEEKDAY PRAYER SHEET

29 JANUARY—04 FEBRUARY 2023 FOURTH SUNDAY IN ORDINARY TIME YEAR A

TUESDAY 31 JANUARY 2023

Saint John Bosco (M)

ENTRANCE ANTIPHON:

Let the children come to me; do not prevent
them,
for the kingdom of God belongs to such as
these (**E.T.** alleluia).

FIRST READING:

Hebrews 12:1-4 (JB)

RESPONSORIAL PSALM:

Ps 21:26-28, 30-32 (JB)

R. They will praise you, Lord, who long for you.

My vows I will pay before those who fear him.
The poor shall eat and shall have their fill.
They shall praise the Lord, those who seek him.
May their hearts live for ever and ever! **R.**

All the earth shall remember and return to the
Lord,
all families of the nations worship before him.
They shall worship him, all the mighty of the
earth;
before him shall bow all who go down to the
dust. **R.**

And my soul shall live for him, my children serve
him.
They shall tell of the Lord to generations yet to
come,
declare his faithfulness to peoples yet unborn:
'These things the Lord has done.' **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
He bore our sickness,
and endured our suffering.
Alleluia!

GOSPEL:

Mark 5:21-43 (JB)

COMMUNION ANTIPHON:

Unless you turn and become like children,
you will not enter the Kingdom of Heaven, says
the Lord (**E.T.** alleluia).

WEDNESDAY 01 FEBRUARY 2023

Wednesday of the fourth week in Ordinary Time

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:

Hebrews 12:4-7, 11-15 (JB)

RESPONSORIAL PSALM:

Ps 102:1-2, 13-14, 17-18 (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.**

As a father has compassion on his sons,
the Lord has pity on those who fear him;
for he knows of what we are made,
he remembers that we are dust. **R.**

But the love of the Lord is everlasting
upon those who hold him in fear;
his justice reaches out to children's children
when they keep his covenant in truth. **R.**

GOSPEL ACCLAMATION:

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

GOSPEL:

Mark 6:1-6 (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.

Support of the Cathedral Parish

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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 02 FEBRUARY 2023

The Presentation of the Lord (F)

ENTRANCE ANTIPHON:

Your merciful love, O God,
we have received in the midst of your
temple.
Your praise, O God, like your name,
reaches the ends of the earth;
your right hand is filled with saving justice.

FIRST READING:

Malachi 3:1-4 (JB) **OR**

Hebrews 2:14-18 (JB)

RESPONSORIAL PSALM:

Ps 23:7-10 (JB)

R. Who is this king of glory? It is the Lord!

O gates, lift up your heads;
grow higher, ancient doors.
Let him enter, the king of glory! **R.**

Who is the king of glory?
The Lord, the mighty, the valiant,
the Lord, the valiant in war. **R.**

O gates, lift high your heads;
grow higher, ancient doors.
Let him enter, the king of glory! **R.**

Who is he, the king of glory?
He, the Lord of armies,
he is the king of glory. **R.**

GOSPEL ACCLAMATION:

Alleluia, alleluia!
This is the light of revelation to the nations,
and the glory of your people, Israel.
Alleluia!

GOSPEL:

Luke 2:22-32 (JB) **OR**

Luke 2:22-40 (JB)

COMMUNION ANTIPHON:

My eyes have seen your salvation,
which you prepared in the sight of all the
peoples.

"

QR code—scan to donate to the Cathedral Parish

**FRIDAY 03 FEBRUARY 2023**

Friday of the fourth week in Ordinary Time

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:

Hebrews 13:1-8 (JB)

RESPONSORIAL PSALM:

Ps 26:1, 3, 5, 8-9 (JB)

R. The Lord is my light and my salvation.

The Lord is my light and my help;
whom shall I fear?
The Lord is the stronghold of my life;
before whom shall I shrink? **R.**

Though an army encamp against me
my heart would not fear.
Though war break out against me
even then would I trust. **R.**

For there he keeps me safe in his tent
in the day of evil.
He hides me in the shelter of his tent,
on a rock he sets me safe. **R.**

It is your face, O Lord, that I seek;
hide not your face.
Dismiss not your servant in anger;
you have been my help. **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:

Mark 6:14-29 (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.

SATURDAY 04 FEBRUARY 2023

Saturday of the fourth week in Ordinary Time

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:

Hebrews 13:15-17, 20-21 (JB)

RESPONSORIAL PSALM:

Ps 22 (JB)

R. The Lord is my shepherd;
there is nothing I shall want.

The Lord is my shepherd,
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit. **R.**

He guides me along the right path;
he is true to his name.
If I should walk in the valley of darkness
no evil would I fear.
You are there with your crook and your staff;
with these you give me comfort. **R.**

You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing. **R.**

Surely goodness and kindness shall follow
me
all the days of my life.
In the Lord's own house shall I dwell
for ever and ever. **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.