

Antiphons

Ordinary Time II

(Sundays 6 – 17)

Sixth Week in Ordinary Time

EA	<i>Be my protector, O God</i> (30)	1
CA I	<i>They ate and had their fill</i> (77)	2
CA II	<i>God so loved the world</i> (102)	3

Seventh Week in Ordinary Time

EA	<i>O Lord, I trust in your merciful love</i> (12)	4
CA I	<i>I will recount all your wonders</i> (9)	5
CA II	<i>Lord, I have come to believe</i> (118)	6

Eighth Sunday in Ordinary Time

EA	<i>The Lord became my protector</i> (17)	7
CA I	<i>I will sing to the Lord</i> (32)	8
CA II	<i>Behold, I am with you always</i> (67)	9

Ninth Sunday in Ordinary Time

EA	<i>Turn to me</i> (24)	10
CA I	<i>To you I call</i> (16)	11
CA II	<i>Amen, I say to you</i> (60)	12

Tenth Sunday in Ordinary Time

EA	<i>The Lord is my light</i> (26)	13
CA I	<i>The Lord is my rock</i> (17)	14
CA II	<i>God is love</i> (102)	15

Eleventh Sunday in Ordinary Time

EA	<i>O Lord, hear my voice</i> (26)	16
CA I	<i>There is one thing I ask of the Lord</i> (83)	17
CA II	<i>Holy Father, keep in your name</i> (132)	18

Twelfth Sunday in Ordinary Time

EA	<i>The Lord is the strength of his people</i> (27)	19
CA I	<i>The eyes of all look to you, Lord</i> (144)	20
CA II	<i>I am the Good Shepherd</i> (22)	21

Thirteenth Sunday in Ordinary Time

EA	<i>All peoples, clap your hands</i> (46)	22
CA I	<i>Bless the Lord, O my soul</i> (102)	23
CA II	<i>O Father, I pray for them</i> (Jer 31)	24

Fourteenth Sunday in Ordinary Time

EA	<i>Your merciful love, O God</i> (47)	25
CA I	<i>Taste and see that the Lord is good</i> (33)	26
CA II	<i>Come to me, all who labour</i> (130)	27

Fifteenth Sunday in Ordinary Time

EA	<i>As for me, in justice</i> (24)	28
CA I	<i>The sparrow finds a home</i> (16)	29
CA II	<i>Whoever eats my flesh</i> (60)	30

Sixteenth Sunday in Ordinary Time

EA	<i>See, I have God for my help</i> (24)	31
CA I	<i>The Lord, the gracious, the merciful</i> (16)	32
CA II	<i>Behold, I stand at the door</i> (60)	33

Seventeenth Sunday in Ordinary Time

EA	<i>God is in his holy place</i> (24)	34
CA I	<i>Bless the Lord, O my soul</i> (102)	35
CA II	<i>Blessed are the merciful</i> (60)	36

Ordinary Time II begins after Pentecost and continues until the last Sunday in July. Antiphons are given from the Sixth Sunday as this is the earliest week in Ordinary Time following Pentecost — the earliest possible Sunday is the Eighth Sunday.

SIXTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

Psalm 30 (31): 3-4

Be my pro - tec-tor, O God, a migh-ty stronghold to save me. For you are my rock, my stronghold!

Lead me, guide me, for the sake of your name.

Psalm 30 (31): 1-9

In you, O Lord, I take refuge.
Let me never be put to shame.
In your justice, set me free,
hear me and speedily rescue me.

Be a rock of refuge for me,
a mighty stronghold to save me,
for you are my rock, my stronghold.
For your name's sake, lead me and guide me.

Release me from the snares they have hidden
for you are my refuge, Lord.
Into your hands I commend my spirit.
It is you who will redeem me, Lord.

O God of truth, you detest
those who worship false and empty gods.
As for me, I trust in the Lord:
let me be glad and rejoice in your love.

You who have seen my affliction
and taken heed of my soul's distress,
have not handed me over to the enemy,
but set my feet at large.

Glory be...

Alternative Psalm verses

Psalm 17 (18): 2-7, 17-20

Psalm 27 (28)

SIXTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

cf. Psalm 77 (78):29–30

They ate and had their fill, and what they craved the Lord gave them;

they were not disappointed in what they craved.

Psalm 77 (78):1, 3–4, 23–28

Give heed, my people to my teaching;
turn your ear to the words of my mouth.

The things we have heard and understood,
the things our fathers have told us
these we will not hide from their children
but will tell them to the next generation.

Yet he commanded the clouds above
and opened the gates of heaven.
He rained down manna for their food,
and gave them bread from heaven.

Mere men ate the bread of angels.
He sent them abundance of food:
he made the east wind blow from heaven
and roused the south wind by his might.

He rained food on them like dust,
winged fowl like the sands of the sea.
He let it fall in the midst of their camp
and all around their tents.

Glory be...

SIXTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

John 3:16

God so loved the world that he gave his Only Begotten Son,

so that all who believe in him may not perish, but may have eternal life.

†

Psalm 102 (103)

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.

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,
who fills your life with good things,
renewing your youth like an eagle's

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

The Lord is compassion and love,
slow to anger and rich in mercy.
His wrath will come to an end;
he will not be angry for ever.
He does not treat us according to our sins
nor repay us according to our faults.

For as the heavens are high above the earth
so strong is his love for those who fear him.
As far as the east is from the west
so far does he remove our sins.

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.

As for man, his days are like grass;
he flowers like the flower of the field;
the wind blows and he is gone
and his place never sees him again.

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,
when they keep his will in their mind.

The Lord has set his sway in heaven
and his kingdom is ruling over all.
Give thanks to the Lord, all his angels,[†]
mighty in power, fulfilling his word,
who heed the voice of his word.

Give thanks to the Lord, all his hosts,
his servants who do his will.
Give thanks to the Lord, all his works,[†]
in every place where he rules.
My soul, give thanks to the Lord!

Glory be...

Alternative Psalm verses

Psalm 33 (34)

SEVENTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

Psalm 12 (13): 6

O Lord, I trust in your merciful love. My heart will rejoice in your salvation.

I will sing to the Lord who has been bountiful to me.

Psalm 12 (13)

How long, O Lord, will you forget me?
How long will you hide your face?
How long must I bear grief in my soul, †
this sorrow in my heart day and night?
How long shall my enemy prevail?

Look at me, answer me, Lord my God!
Give light to my eyes lest I fall asleep in death,
lest my enemy say: 'I have overcome him';
lest my foes rejoice to see my fall.

As for me, I trust in your merciful love.
Let my heart rejoice in your saving help:
Let me sing to the Lord for his goodness to me,
singing psalms to the name of the Lord, the Most High.

Glory be...

Alternative Psalm verses

Psalm 39 (40): 2-12

SEVENTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

Psalm 9:2-3

I will re - count all your wonders, I will re - joice in you and be glad,

and sing psalms to your name, O Most High.

Psalm 9:8-13

But the Lord sits enthroned for ever.
He has set up his throne for judgment;
he will judge the world with justice,
he will judge the peoples with his truth.

For the oppressed let the Lord be a stronghold,
a stronghold in times of distress.

Those who know your name will trust you:
you will never forsake those who seek you.

Sing psalms to the Lord who dwells in Sion.
Proclaim his mighty works among the peoples;
for the Avenger of blood has remembered them,
has not forgotten the cry of the poor.

Glory be...

SEVENTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

John 11:27

Lord, I have come to be - lieve that you are the Christ,

the Son of the li - ving God, who is coming in - to this world.

Psalm 118 (119): 33–40 Heth

My part, I have resolved, O Lord,
is to obey your word.
With all my heart I implore your favour;
show the mercy of your promise.

I have pondered over my ways
and returned to your will.
I made haste and did not delay
to obey your commands.

Though the nets of the wicked ensnared me
I remembered your law.
At midnight I will rise and thank you
for your just decrees.

I am a friend of all who revere you,
who obey your precepts.
Lord, your love fills the earth.
Teach me your statutes.

Glory be...

Alternative Psalm verses

Psalm 22 (23)

Psalm 33 (34)

EIGHTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

cf. Psalm 17 (18): 19–20

The Lord became my protector. He brought me out to a place of freedom;

he saved me because he delighted in me.

Psalm 17 (18): 2–7, 17–20

I love you, Lord, my strength,
my rock, my fortress, my saviour.
My God is the rock where I take refuge;
my shield, my mighty help, my stronghold.
The Lord is worthy of all praise:
when I call I am saved from my foes.

The waves of death rose about me;
the torrents of destruction assailed me;
the snares of the grave entangled me;
the traps of death confronted me.

In my anguish I called to the Lord;
I cried to my God for help.
From his temple he heard my voice;
my cry came to his ears.

From on high he reached down and seized me;
he drew me forth from the mighty waters.
He snatched me from my powerful foe,
from my enemies whose strength I could not match.

They assailed me in the day of my misfortune,
but the Lord was my support.
He brought me forth into freedom,
he saved me because he loved me.

Glory be...

EIGHTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

cf. Psalm 12 (13): 6

I will sing to the Lord who has been boun - ti - ful with me,

sing — psalms to the name of the Lord Most High.

Psalm 32 (33)

Ring out your joy to the Lord, O you just;
for praise is fitting for loyal hearts.

Give thanks to the Lord upon the harp,
with a ten-stringed lute sing him songs.
O sing him a song that is new,
play loudly, with all your skill.

For the word of the Lord is faithful
and all his works to be trusted.
The Lord loves justice and right
and fills the earth with his love.

By his word the heavens were made,
by the breath of his mouth all the stars.
He collects the waves of the ocean;
he stores up the depths of the sea.

Let all the earth fear the Lord,
all who live in the world revere him.
He spoke; and it came to be.
He commanded; it sprang into being.

He frustrates the designs of the nations,
he defeats the plans of the peoples.
His own designs shall stand for ever,
the plans of his heart from age to age.

They are happy, whose God is the Lord,
the people he has chosen as his own.
From the heavens the Lord looks forth,
he sees all the children of of men.

From the place where he dwells he gazes
on all the dwellers on the earth,
he who shapes the hearts of them all
and considers all their deeds.

A king is not saved by his army,
nor a warrior preserved by his strength.
A vain hope for safety is the horse;
despite its power it cannot save.

The Lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine.

Our soul is waiting for the Lord.
The Lord is our help and our shield.
In him do our hearts find joy.
We trust in his holy name.

May your love be upon us, O Lord,
as we place all our hope in you.

Glory be...

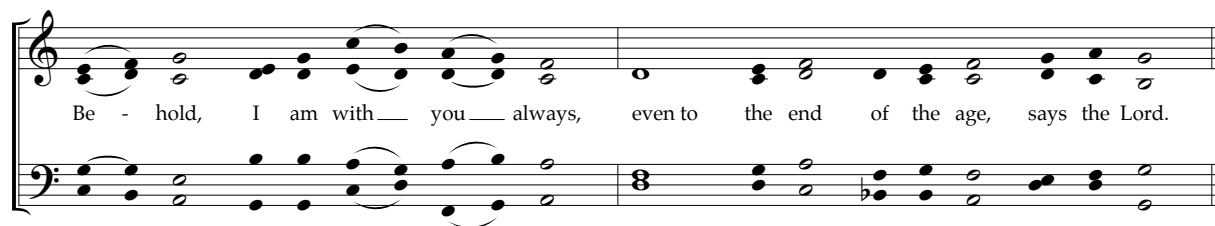
Alternative Psalm verses

Psalm 12 (13)


EIGHTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

Matthew 28:20



Be - hold, I am with you always, even to the end of the age, says the Lord.



Psalm 67 (68): 2, 5-6, 19-21, 25, 29-36

Let God arise, let his foes be scattered.
Let those who hate him flee before him.

O sing to the Lord, make music to his name; †
make a highway for him who rides on the clouds.
Rejoice in the Lord, exult at his presence.
Father of the orphan, defender of the widow,
such is God in his holy place.

You have gone up on high;
you have taken captives, †
receiving men in tribute, O God,
even those who rebel, into your dwelling, O Lord.

May the Lord be blessed day after day.
He bears our burdens, God our saviour.
This God of ours is a God who saves.
The Lord our God holds the keys of death.

They see your solemn procession, O God,
the procession of my God, of my king,
to the sanctuary:

Show forth, O God, show forth your might,
your might, O God, which you have shown for us
for the sake of your temple high in Jerusalem
may kings come to you bringing their tribute.

Threaten the wild beast that dwells in the reeds,
the bands of the mighty and lords of the peoples.
Let them bow down offering silver.
Scatter the peoples who delight in war.
Princes will make their way from Egypt:
Ethiopia will stretch out her hands to God.

Kingdoms of the earth, sing to God,
praise the Lord
who rides on the heavens, the ancient heavens.
He thunders his voice, his mighty voice.
Come, acknowledge the power of God.

His glory is on Israel; his might is in the skies.
God is to be feared in his holy place.
He is the Lord, Israel's God. †
He gives strength and power to his people.
Blessed be God!

Glory be...

Alternative Psalm verses

Psalm 33 (34)

NINTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

cf. Psalm 24 (25): 16, 18

Turn to me, and have mercy on me, O Lord, for I am alone and poor. See my lowliness and suffering

and take away all my sins, my God.

†

Psalm 24 (25)

To you, O Lord, I lift up my soul. †
I trust you, let me not be disappointed;
do not let my enemies triumph.
Those who hope in you shall not be disappointed,
but only those who wantonly break faith.

Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach me
for you are God my saviour.

In you I hope all day long
because of your goodness, O Lord.
Remember your mercy, Lord,
and the love you have shown from of old.
Do not remember the sins of my youth.
In your love remember me.

The Lord is good and upright.
He shows the path to those who stray,
He guides the humble in the right path;
He teaches his way to the poor.

His ways are faithfulness and love
for those who keep his covenant and will.
Lord, for the sake of your name
forgive my guilt; for it is great.

If anyone fears the Lord
he will show him the path he should choose.
His soul shall live in happiness
and his children shall possess the land.
The Lord's friendship is for those who revere him;
to them he reveals his covenant.

My eyes are always on the Lord;
for he rescues my feet from the snare.
Turn to me and have mercy
for I am lonely and poor.

Relieve the anguish of my heart
and set me free from my distress.
See my affliction and my toil
and take all my sins away.

See how many are my foes;
how violent their hatred for me.
Preserve my life and rescue me.
Do not disappoint me, you are my refuge.

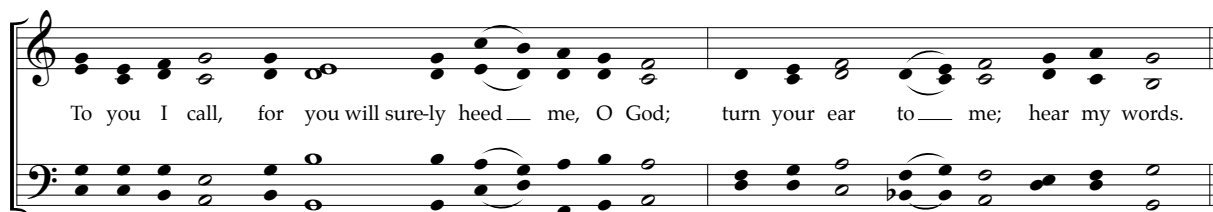
May innocence and uprightness protect me: †
for my hope is in you, O Lord.
Redeem Israel, O God, from all its distress.

Glory be...

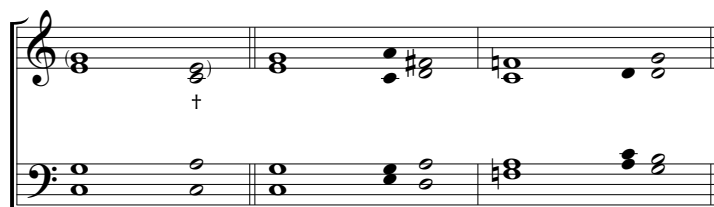
NINTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

cf. Psalm 16 (17): 6



To you I call, for you will surely heed me, O God; turn your ear to me; hear my words.



Psalm 16 (17): 2, 5, 7, 8-9a, 15

Lord, hear a cause that is just,
pay heed to my cry.

Turn your ear to my prayer:
no deceit is on my lips.
I kept my feet firmly in your paths;
there was no faltering in my steps.

Display your great love, you whose right hand saves
your friends from those who rebel against them.

Guard me as the apple of your eye. †
Hide me in the shadow of your wings
from the violent attack of the wicked.

As for me, in my justice I shall see your face
and be filled, when I awake, with the sight of your glory.

Glory be...

NINTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

Mark 11:23, 24

A - men, I say to you: Whatev - er you ask — for in prayer,

be - lieve you will re - ceive it, and it will be yours, — says the Lord.

Psalm 60 (61)

O God, hear my cry!
Listen to my prayer!
From the end of the earth I call:
my heart is faint.

On the rock too high for me to reach
set me on high,
O you who have been my refuge,
my tower against the foe.

Let me dwell in your tent for ever
and hide in the shelter of your wings.
For you, O God, hear my prayer,
grant me the heritage of those who fear you.

May you lengthen the life of the king:
may his years cover many generations.
May he ever sit enthroned before God:
bid love and truth be his protection.

So I will always praise your name
and day after day fulfil my vows.

Glory be...

Alternative psalm verses

Psalm 85 (86)

TENTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

cf. Psalm 26 (27):1-2

The Lord is my light and my sal-vation; whom shall I fear? The Lord is the stronghold of my life;

whom should I dread? When those who do evil draw near, they stum-ble and fall.

†

Psalm 26 (27)

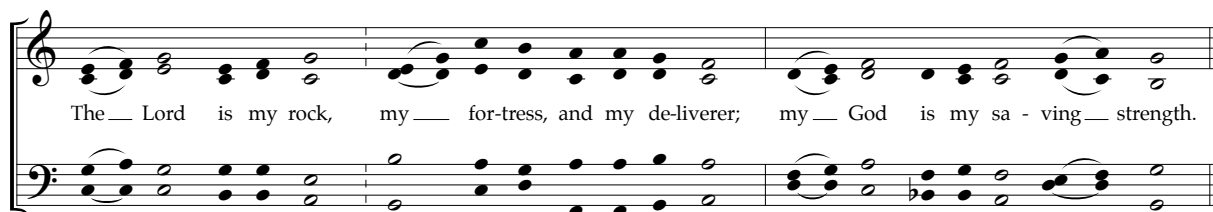
The Lord is my light and my help;
whom shall I fear?
The Lord is the stronghold of my life;
before whom shall I shrink?
When evil-doers draw near
to devour my flesh,
it is they, my enemies and foes,
who stumble and fall.
Though an army encamp against me
my heart would not fear.
Though war break out against me
even then would I trust.
There is one thing I ask of the Lord,
for this I long,
to live in the house of the Lord,
all the days of my life,
to savour the sweetness of the Lord,
to behold his temple.
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.
And now my head shall be raised
above my foes who surround me
and I shall offer within his tent †
a sacrifice of joy.
I will sing and make music for the Lord.

O Lord, hear my voice when I call;
have mercy and answer.
Of you my heart has spoken:
'Seek his face'.
It is your face, O Lord that I seek;
hide not your face.
Dismiss not your servant in anger;
you have been my help.
Do not abandon or forsake me,
O God my help!
Though father and mother forsake me,
the Lord will receive me.
Instruct me, Lord, in your way;
on an even path lead me.
When they lie in ambush protect me
from my enemy's greed.
False witnesses rise against me,
breathing out fury.
I am sure I shall see the Lord's goodness
in the land of the living.
Hope in him, hold firm and take heart.
Hope in the Lord!
Glory be...

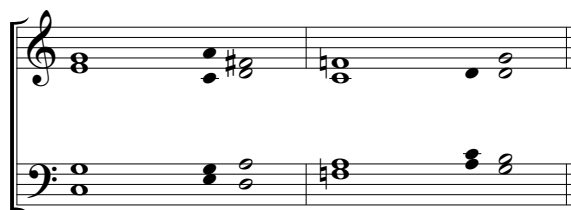
TENTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

Psalm 17 (18): 3



The — Lord is my rock, my — for-tress, and my de-liverer; my — God is my sa - ving — strength.



Psalm 17 (18): 4, 7, 28–29, 32, 33, 36

The Lord is worthy of all praise:
when I call I am saved from my foes.

In my anguish I called to the Lord;
I cried to my God for help.
From his temple he heard my voice;
my cry came to his ears.

For you save a humble people
but humble the eyes that are proud.
You, O Lord, are my lamp,
my God who lightens my darkness.

For who is God but the Lord?
Who is a rock but our God?
The God who girds me with strength
and makes the path safe before me.

You gave me your saving shield;
you upheld me, trained me with care.

Glory be...

Alternative Psalm verses

Psalm 62 (63): 2–9

TENTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

1 John 4: 16

God is love, and who - ev - er a - bides in love a - bides in God, and God in him.

†

Psalm 102 (103)

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.

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,
who fills your life with good things,
renewing your youth like an eagle's

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

The Lord is compassion and love,
slow to anger and rich in mercy.
His wrath will come to an end;
he will not be angry for ever.

He does not treat us according to our sins
nor repay us according to our faults.

For as the heavens are high above the earth
so strong is his love for those who fear him.
As far as the east is from the west
so far does he remove our sins.

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.

As for man, his days are like grass;
he flowers like the flower of the field;
the wind blows and he is gone
and his place never sees him again.

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,
when they keep his will in their mind.

The Lord has set his sway in heaven
and his kingdom is ruling over all.
Give thanks to the Lord, all his angels,†
mighty in power, fulfilling his word,
who heed the voice of his word.

Give thanks to the Lord, all his hosts,
his servants who do his will.

Give thanks to the Lord, all his works,†
in every place where he rules.

My soul, give thanks to the Lord!

Glory be...

Alternative Psalm verses

Psalm 33 (34)

ELEVENTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

cf. Ps 26 (27):7, 9

O Lord, hear my voice, for I have called to you; be my help.

Do not abandon me or forsake me, O God my Saviour!

†

Ps 26

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?
When evil-doers draw near
to devour my flesh,
it is they, my enemies and foes,
who stumble and fall.
Though an army encamp against me
my heart would not fear.
Though war break out against me
even then would I trust.
There is one thing I ask of the Lord,
for this I long,
to live in the house of the Lord,
all the days of my life,
to savour the sweetness of the Lord,
to behold his temple.
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.
And now my head shall be raised
above my foes who surround me
and I shall offer within his tent †
a sacrifice of joy.
I will sing and make music for the Lord.

O Lord, hear my voice when I call;
have mercy and answer.
Of you my heart has spoken:
'Seek his face'.
It is your face, O Lord that I seek;
hide not your face.
Dismiss not your servant in anger;
you have been my help.
Do not abandon or forsake me,
O God my help!
Though father and mother forsake me,
the Lord will receive me.
Instruct me, Lord, in your way;
on an even path lead me.
When they lie in ambush protect me
from my enemy's greed.
False witnesses rise against me,
breathing out fury.
I am sure I shall see the Lord's goodness
in the land of the living.
Hope in him, hold firm and take heart.
Hope in the Lord!
Glory be...

ELEVENTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

Psalm 26 (27):4

There is one thing I ask of the Lord, on - ly this — do I seek:

to — live in the house of the Lord all the days — of my life.

Psalm 83 (84)

How lovely is your dwelling place,
Lord, God of hosts.

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.

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.

They are happy, who dwell in your house,
for ever singing your praise.
They are happy, whose strength is in you,
in whose hearts are the roads to Zion.

As they go through the Bitter Valley †
they make it a place of springs
[the autumn rain covers it with blessings].
They walk with ever growing strength,
they will see the God of gods in Sion.

O Lord God of hosts, hear my prayer,
give ear, O God of Jacob.
Turn your eyes, O God, our shield,
look on the face of your anointed.

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.

For the Lord God is a rampart, a shield;
he will give us his favour and glory.
The Lord will not refuse any good
to those who walk without blame.

Lord, God of hosts,
happy the man who trusts in you!

Glory be...

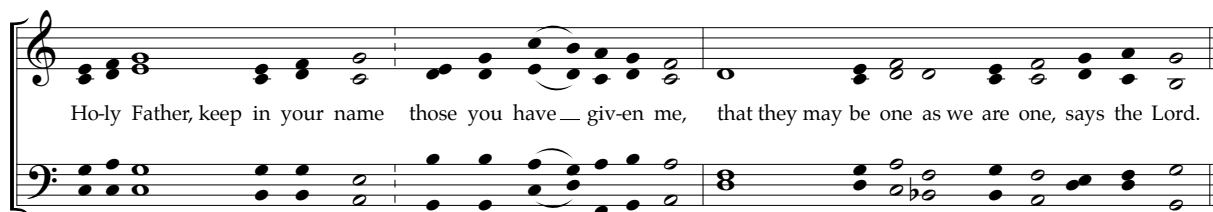
Alternative Psalm verses

Psalm 26 (27): 1–3, 9, 11, 13–14

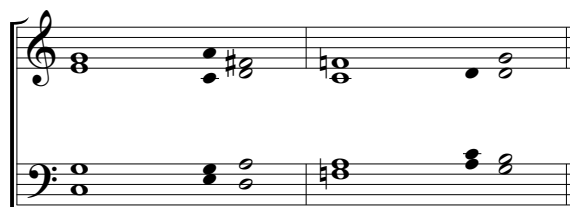
ELEVENTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

John 17:11



Ho-ly Father, keep in your name those you have — giv-en me, that they may be one as we are one, says the Lord.



Psalm 132 (133)

How good and how pleasant it is,
when brothers live in unity!

It is like precious oil upon the head
running down upon the beard,
running down upon Aaron's beard
upon the collar of his robes.

It is like the dew of Hermon which falls
on the heights of Sion.
For there the Lord gives his blessing,
life for ever.

Glory be...

Alternative Psalm verses

Psalm 33 (34)

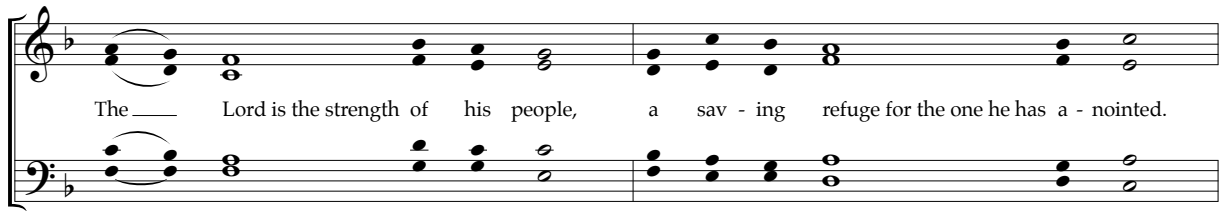
Psalm 121 (122)

Jeremiah 31:10–14

TWELFTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

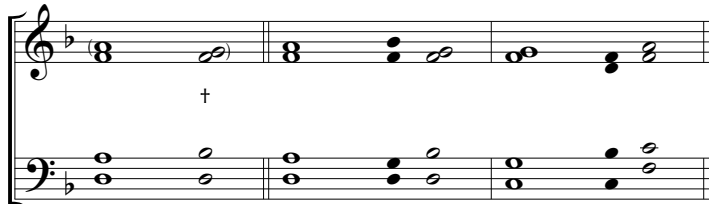
cf. Ps 27 (28): 8-9



The Lord is the strength of his people, a saving refuge for the one he has anointed.



Save your people, Lord, and bless your heritage, and govern them for ever.



†

Ps 27 (28)

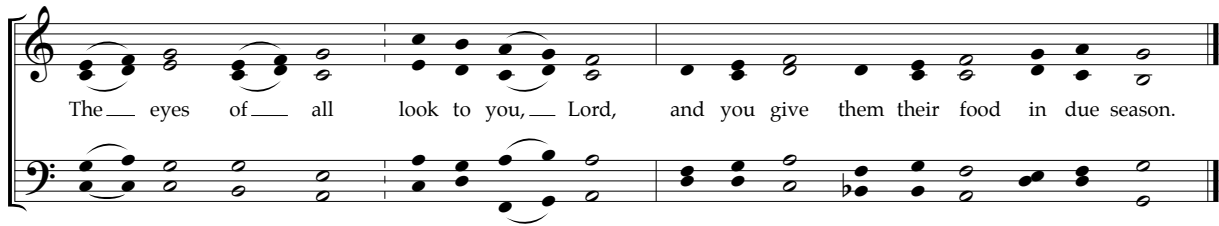
To you, O Lord, I call, *
 my rock, hear me.
 If you do not heed I shall become *
 like those in the grave.
 Hear the voice of my pleading *
 as I call for help,
 as I lift up my hands in prayer *
 to your holy place.
 Do not drag me away with the wicked, *
 with the evil-doers,
 who speak words of peace to their neighbours *
 but with evil in their hearts.
 Repay them as their actions deserve *
 and the malice of their deeds.
 Repay them for the work of their hands; *
 give them their deserts.
 For they ignore the deeds of the Lord †
 and the work of his hands. *
 (May he ruin them and never rebuild them.)

Blessed be the Lord for he has heard *
 my cry, my appeal.
 The Lord is my strength and my shield; *
 in him my heart trusts.
 I was helped, my heart rejoices *
 and I praise him with my song.
 The Lord is the strength of his people, *
 a fortress where his anointed find help.
 Save your people; bless Israel your heritage. *
 Be their shepherd and carry them for ever.
 Glory be...

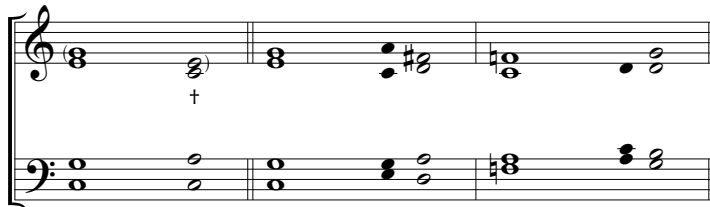
TWELFTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

Psalm 144 (145): 15



The eyes of all look to you, Lord, and you give them their food in due season.



Psalm 144 (145)

I will give you glory, O God my King,
I will bless your name for ever.

I will bless you day after day
and praise your name for ever.
The Lord is great, highly to be praised,
his greatness cannot be measured.

Age to age shall proclaim your works,
shall declare your mighty deeds,
shall speak of your splendour and glory,
tell the tale of your wonderful works.

They will speak of your terrible deeds,
recount your greatness and might.
They will recall your abundant goodness;
age to age shall ring out your justice.

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.

All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God,

to make known to men your mighty deeds
and the glorious splendour of your reign.
Yours is an everlasting kingdom;
your rule lasts from age to age.

The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down.

The eyes of all creatures look to you
and you give them their food in due time.
You open wide your hand,
grant the desires of all who live.

The Lord is just in all his ways
and loving in all his deeds.
He is close to all who call him,
who call on him from their hearts.

He grants the desires of those who fear him,
he hears their cry and he saves them.
The Lord protects all who love him;
but the wicked he will utterly destroy

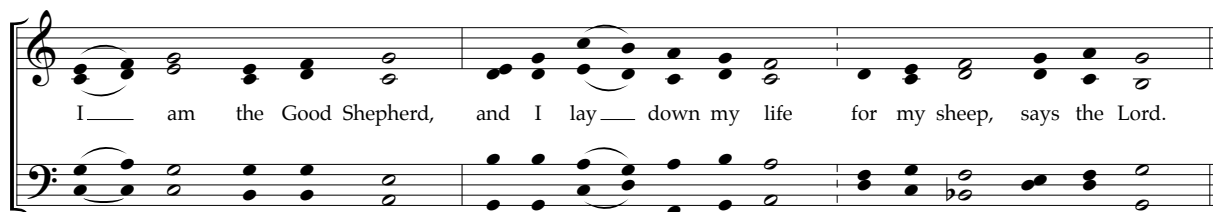
Let me speak the praise of the Lord, †
let all mankind bless his holy name
for ever, for ages unending.

Glory be...

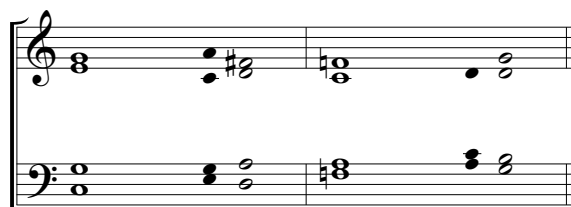
TWELFTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

John 10:11, 15



I — am the Good Shepherd, and I lay — down my life for my sheep, says the Lord.



Psalm 22 (23)

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.
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.

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

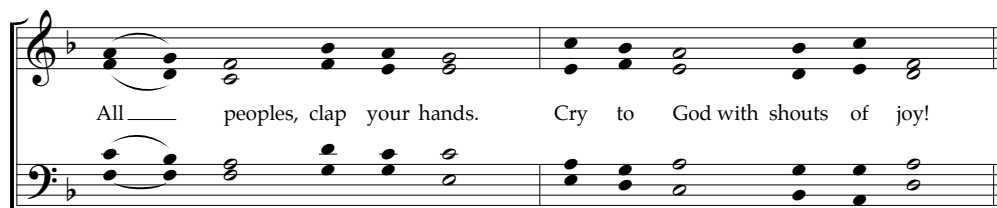
Surely goodness and kindness shall follow me
all the days of my life.
In the Lord's own house shall I dwell
for ever and ever.

Glory be...

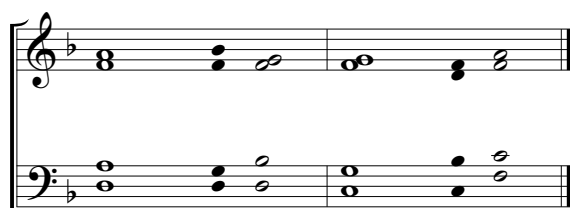
THIRTEENTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

Ps 46 (47): 2



All — peoples, clap your hands. Cry to God with shouts of joy!



Ps 46 (47)

All peoples, clap your hands, *
cry to God with shouts of joy!
For the Lord, the Most High, we must fear, *
great king over all the earth.

He subdues peoples under us *
and nations under our feet.
Our inheritance, our glory, is from him, *
given to Jacob out of love.

God goes up with shouts of joy; *
the Lord goes up with trumpet blast.
Sing praise for God, sing praise, *
sing praise to our king, sing praise.

God is king of all the earth, *
Sing praise with all your skill.
God is king over the nations; *
God reigns on his holy throne.

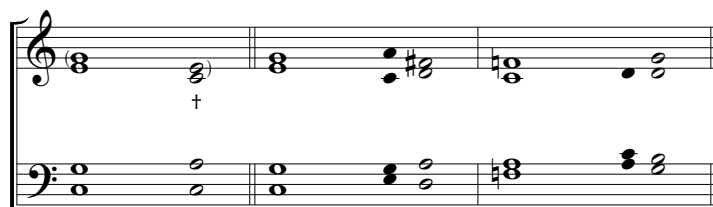
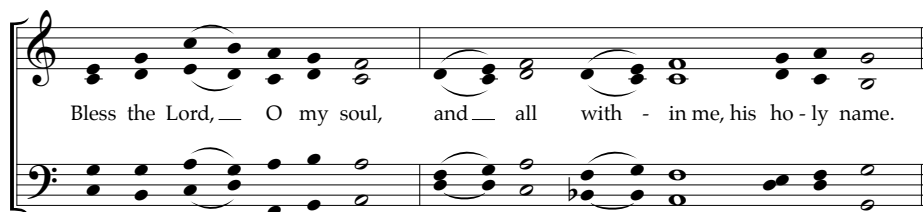
The princes of the peoples are assembled *
with the people of Abraham's God.
The rulers of the earth belong to God, *
to God who reigns over all.

Glory be...

THIRTEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

cf. Psalm 102 (103): 1



Psalm 102 (103)

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.

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,
who fills your life with good things,
renewing your youth like an eagle's

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

The Lord is compassion and love,
slow to anger and rich in mercy.
His wrath will come to an end;
he will not be angry for ever.

He does not treat us according to our sins
nor repay us according to our faults.

For as the heavens are high above the earth
so strong is his love for those who fear him.
As far as the east is from the west
so far does he remove our sins.

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.

As for man, his days are like grass;
he flowers like the flower of the field;
the wind blows and he is gone
and his place never sees him again.

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,
when they keep his will in their mind.

The Lord has set his sway in heaven
and his kingdom is ruling over all.
Give thanks to the Lord, all his angels,†
mighty in power, fulfilling his word,
who heed the voice of his word.

Give thanks to the Lord, all his hosts,
his servants who do his will.
Give thanks to the Lord, all his works,†
in every place where he rules.
My soul, give thanks to the Lord!

Glory be...

THIRTEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

John 17: 20-€1

O ——— Father, I pray for them, that they may be one in us,

that the world may believe that you have sent me, says the Lord.

Jeremiah 31:10-14

O nations, hear the word of the Lord,
proclaim it to the far-off coasts.
Say: 'He who scattered Israel will gather him
and guard him as a shepherd guards his flock.
For the Lord has ransomed Jacob,
has saved him from an overpowering hand.

They will come and shout for joy of Mount Sion,
they will stream to the blessings of the Lord,
to the corn, the new wine and the oil,
to the flocks of sheep and the herds.
Their life will be like a watered garden.
They will never be weary again.

Then the young girls will rejoice and will dance,
the men, young and old, will be glad.
I will turn their mourning into joy,
I will console them, give gladness for grief.
The priests I will again feed with plenty,
and my people shall be filled with my blessings.

Glory be...

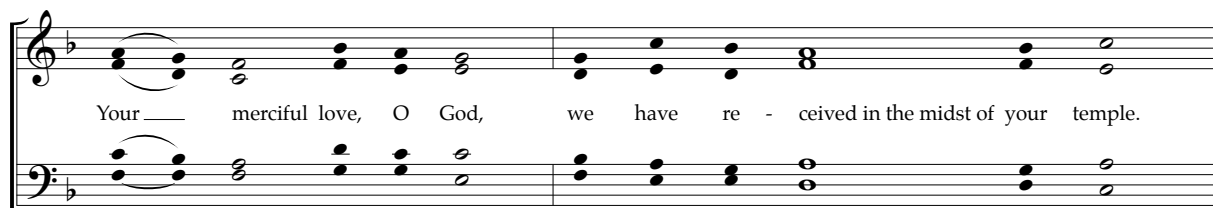
Alternative Psalm verses

- Psalm 33 (34)
- Psalm 121 (122)
- Psalm 132 (133)

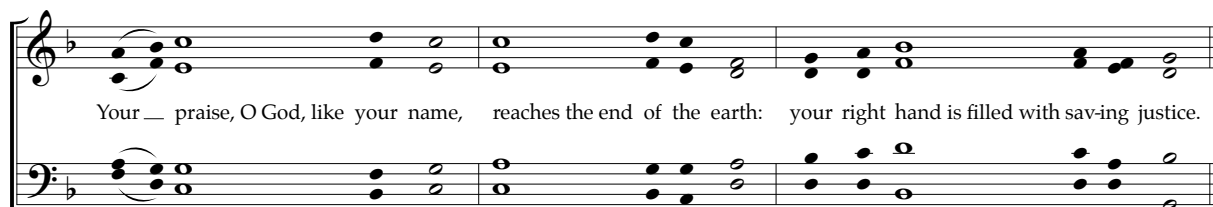
FOURTEENTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

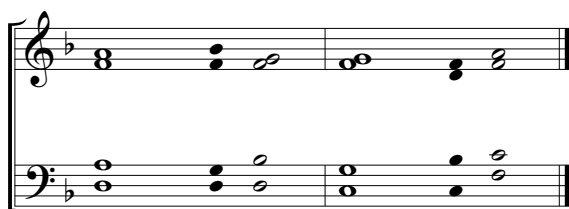
cf. Psalm 47 (48): 10–11



Your — merciful love, O God, we have re - ceived in the midst of your temple.



Your — praise, O God, like your name, reaches the end of the earth: your right hand is filled with sav-ing justice.



Psalm 47 (48)

The Lord is great and worthy to be praised
in the city of our God.

His holy mountain rises in beauty,
the joy of all the earth.

Mount Zion, true pole of the earth,
the Great King's city!

God, in the midst of its citadels,
has shown himself its stronghold.

For the kings assembled together,
together they advanced.

They saw; at once they were astounded;
dismayed, they fled in fear.

A trembling seized them there,
like the pangs of birth,
By the east wind you have destroyed
the ships of Tarshish.

As we have heard, so we have seen
in the city of our God,
in the city of the Lord of hosts
which God upholds for ever.

O God, we ponder your love
within your temple.

Your praise, O God, like your name
reaches the ends of the earth.

With justice your right hand is filled.
Mount Zion rejoices;
the people of Judah rejoice
at the sight of your judgments.

Walk through Sion, walk all round it;
count the number of its towers.

Review all its ramparts,
examine its castles,

that you may tell the next generation
that such is our God,
our God for ever and always.

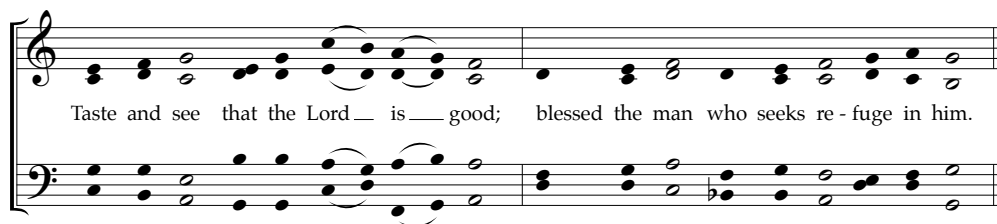
It is he who leads us.

Glory be...

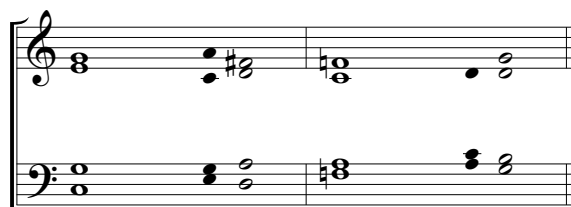
FOURTEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

Psalm 33 (34): 9



Taste and see that the Lord — is — good; blessed the man who seeks re - fuge in him.



Psalm 33 (34)

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.

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.

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.

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.

Revere the Lord, you his saints.
They lack nothing, those who revere him.
Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing.

Come, children and hear me
that I may teach you the fear of the Lord.
Who is he who longs for life
and many days, to enjoy his prosperity?

Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace.

The Lord turns his face against the wicked
to destroy their remembrance from the earth.
The Lord turns his eyes to the just
and his ears to their appeal.

They call and the Lord hears
and rescues them in all their distress.
The Lord is close to the broken-hearted;
those whose spirit is crushed he will save.

Many are the trials of the just man
but from them all the Lord will rescue him.
He will keep guard over all his bones,
not one of his bones shall be broken.

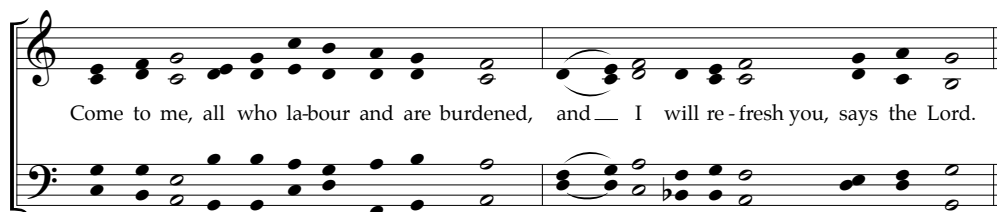
Evil brings death to the wicked;
those who hate the good are doomed.
The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned.

Glory be...

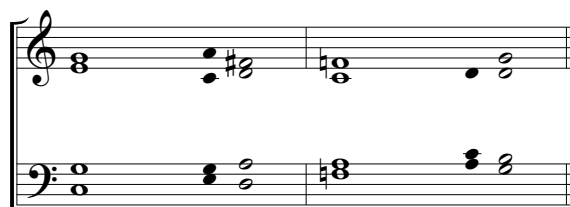
FOURTEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

Matthew 11:28



Come to me, all who labour and are burdened, and I will refresh you, says the Lord.



Psalm 130 (131)

O Lord, my heart is not proud
nor haughty my eyes.
I have not gone after things too great
nor marvels beyond me.

Truly I have set my soul
in silence and peace.
A weaned child on its mother's breast,
even so is my soul.

O Israel, hope in the Lord
both now and for ever.

Glory be...

Alternative Psalm verses


Psalm 24 (25)

Psalm 39 (40): 1-12

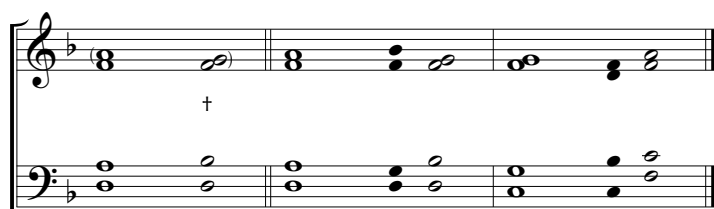
FIFTEENTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

cf. Psalm 16:15



As for me, in justice I shall be-hold your face; I shall be filled with the vision of your glory.



†

Psalm 16

Lord, hear a cause that is just, *
 pay heed to my cry.
 Turn your ear to my prayer: *
 no deceit is on my lips.
 From you may my judgment come forth. *
 Your eyes discern the truth.

You search my heart, you visit me by night. †
 You test me and you find in me no wrong. *
 My words are not sinful as are men's words

I kept from violence because of your word, †
 I kept my feet firmly in your paths; *
 there was no faltering in my steps.

I am here and I call, you will hear me, O God. *
 Turn your ear to me; hear my words.
 Display your great love, you whose right hand saves *
 your friends from those who rebel against them.

Guard me as the apple of your eye. †
 Hide me in the shadow of your wings *
 from the violent attack of the wicked.

My foes encircle me with deadly intent. †
 Their hearts tight shut, their mouths speak proudly. *
 They advance against me, and now
 they surround me.

Their eyes are watching to strike me to the ground †
 as though they were lions ready to claw *
 or like some young lion crouched in hiding.

Lord, arise, confront them, strike them down! *
 Let your sword rescue my soul from the wicked;
 let your hand, O Lord, rescue me from men, *
 from men whose reward is in this present life.

You give them their fill of your treasures; †
 they rejoice in abundance of offspring *
 and leave their wealth to their children.

As for me, in my justice I shall see your face *
 and be filled, when I awake,
 with the sight of your glory.

Glory be...

Alternative Psalm verses

Psalm 23 (24)

FIFTEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

cf. Psalm 83 (84): 4-5

The — sparrow finds a home, and the swal-low a nest for her young: by your altars, O — Lord of — hosts,

my — King — and my God. Blessed are they who — dwell in your house, for — ev-er sing - ing your praise.

Psalm 83 (84): 2-3, 9-13

How lovely is your dwelling place,
Lord, God of hosts.

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.

O Lord God of hosts, hear my prayer,
give ear, O God of Jacob.
Turn your eyes, O God, our shield,
look on the face of your anointed.

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.

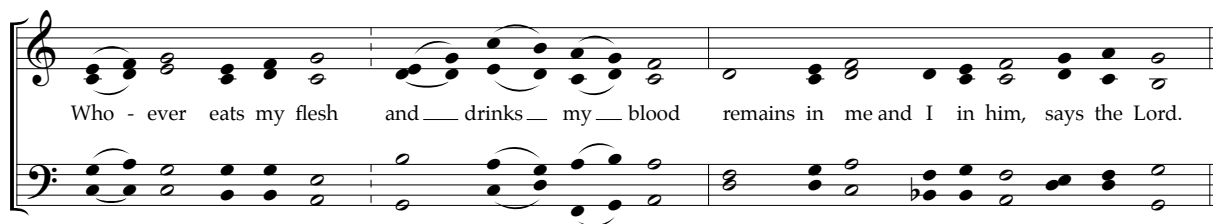
For the Lord God is a rampart, a shield;
he will give us his favour and glory.
The Lord will not refuse any good
to those who walk without blame.

Lord, God of hosts,
happy the man who trusts in you!
Glory be...

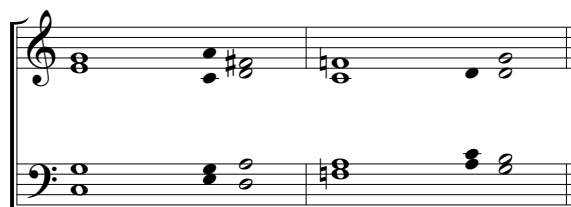
FIFTEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

John 6:57



Who - ever eats my flesh and ___ drinks ___ my ___ blood remains in me and I in him, says the Lord.



Psalm 22 (23)

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.
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.

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

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.

Glory be...

Alternative Psalm verses

Psalm 18 (19): 8-14

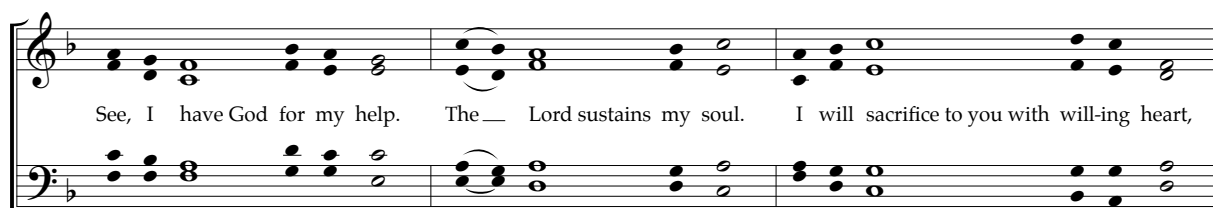
Psalm 118 (119): 1-2, 11, 49-50, 72, 103, 105, 162

Wisdom 16:20-21, 26; 17:1a

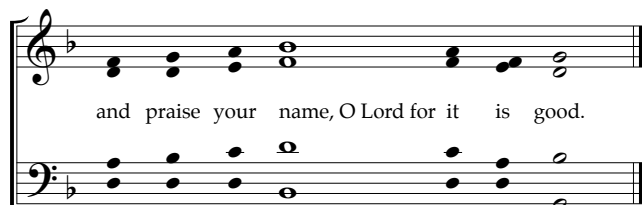
SIXTEENTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

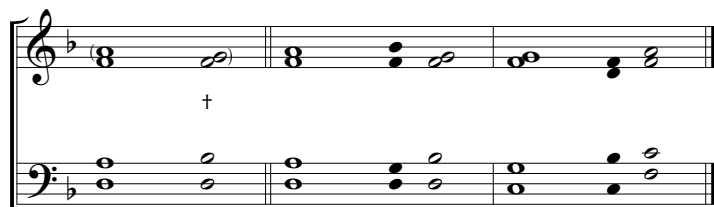
Psalm 53 (54): 6, 8



See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with will-ing heart,



and praise your name, O Lord for it is good.



†

Psalm 53 (54)

O God, save me by your name; *
by your power, uphold my cause.
O God, hear my prayer; *
listen to the words of my mouth.

For proud men have risen against me, †
ruthless men seek my life. *
They have no regard for God.

But I have God for my help. *
The Lord upholds my life.
Let the evil recoil upon my foes: *
you who are faithful, destroy them.

I will sacrifice to you with willing heart *
and praise your name for it is good:
for you have rescued me from all my distress *
and my eyes have seen the downfall of my foes.

Glory be...

Alternative Psalm verses

Psalm 17 (18): 2-7, 17-20

SIXTEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

Psalm 110 (111):4-5

The Lord, the gracious, the merciful, has made a memorial of his wonders;

he gives food to those who fear him.

Psalm 110 (111)

Alleluia! †

I will thank the Lord with all my heart
in the meeting of the just and their assembly.
Great are the works of the Lord;
to be pondered by all who love them.

Majestic and glorious his work,
his justice stands firm for ever.
He makes us remember his wonders.
The Lord is compassion and love.

He gives food to those who fear him;
keeps his covenant ever in mind.
He has shown his might to his people
by giving them the lands of the nations.

His works are justice and truth:
his precepts are all of them sure,
standing firm for ever and ever:
they are made in uprightness and truth.

He has sent deliverance to his people †
and established his covenant for ever.
Holy his name, to be feared.

To fear the Lord is the first stage of wisdom; †
all who do so prove themselves wise.
His praise shall last for ever!

Glory be...

SIXTEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

Revelation 3:20

Behold I _____ stand at the door and _____ knock, _____ says the Lord.

If _____ anyone hears my voice and _____ opens the door to me, I will en - ter his house

and _____ dine with him, and he with me.

Sirach 14:20; 15:3-5a, 6b

Happy the man who meditates on wisdom,
and reasons with good sense.
She will give him the bread of understanding to eat,
and the water of wisdom to drink.

He will lean on her and will not fall,
he will rely on her and not be put to shame.
She will raise him high above his neighbours,
and he will inherit an everlasting name.

Glory be...

Alternative Psalm verses

Psalm 22 (23)

Psalm 33 (34)

SEVENTEENTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

cf. Psalm 67 (68): 6-7, 36

God is in his ho - ly place, God who u - nites those who dwell in his house;

he him - self gives might and strength to his people.

†

Psalm 28 (29)

O give the Lord you sons of God, *
 give the Lord glory and power;
 give the Lord the glory of his name. *
 Adore the Lord in his holy court.

The Lord's voice resounding on the waters, *
 the Lord on the immensity of waters;
 the voice of the Lord, full of power, *
 the voice of the Lord, full of splendour.

The Lord's voice shattering the cedars, *
 the Lord shatters the cedars of Lebanon;
 he makes Lebanon leap like a calf *
 and Sirion like a young wild-ox.

(The Lord's voice flashes flames of fire.) †
 The Lord's voice shaking the wilderness, *
 the Lord shakes the wilderness of Kadesh;
 the Lord's voice rending the oak tree *
 and stripping the forest bare.

The God of glory thunders. *
 In his temple they all cry: 'Glory!'
 The Lord sat enthroned over the flood; *
 the Lord sits as king for ever.

The Lord will give strength to his people, *
 the Lord will bless his people with peace.

Glory be...

Alternative Psalm verses

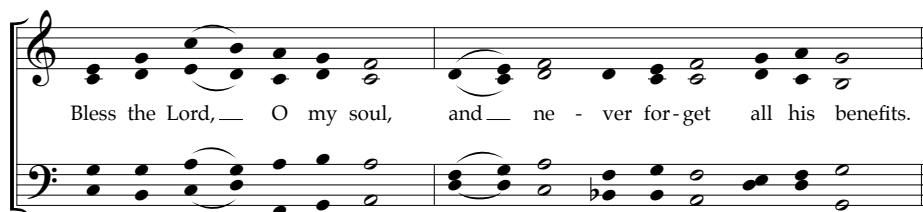
Ps 67 (68):5-7, 33-36

34 — Ordinary Time II

SEVENTEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

Psalm 102 (103): 2



Bless the Lord, — O my soul, and — ne - ver for - get all his benefits.



Psalm 102 (103)

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.

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,
who fills your life with good things,
renewing your youth like an eagle's

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

The Lord is compassion and love,
slow to anger and rich in mercy.
His wrath will come to an end;
he will not be angry for ever.

He does not treat us according to our sins
nor repay us according to our faults.

For as the heavens are high above the earth
so strong is his love for those who fear him.
As far as the east is from the west
so far does he remove our sins.

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.

As for man, his days are like grass;
he flowers like the flower of the field;
the wind blows and he is gone
and his place never sees him again.

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,
when they keep his will in their mind.

The Lord has set his sway in heaven
and his kingdom is ruling over all.
Give thanks to the Lord, all his angels,†
mighty in power, fulfilling his word,
who heed the voice of his word.

Give thanks to the Lord, all his hosts,
his servants who do his will.

Give thanks to the Lord, all his works,†
in every place where he rules.

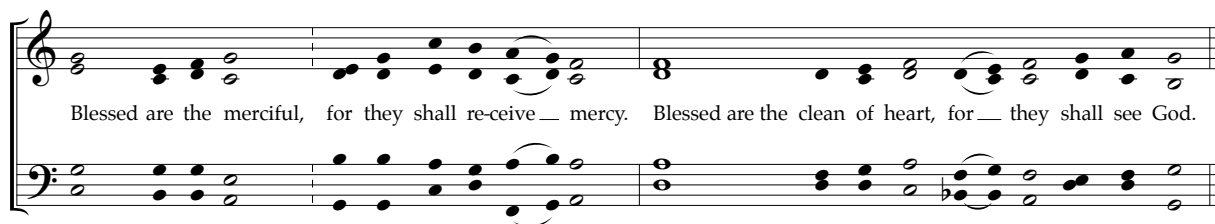
My soul, give thanks to the Lord!

Glory be...

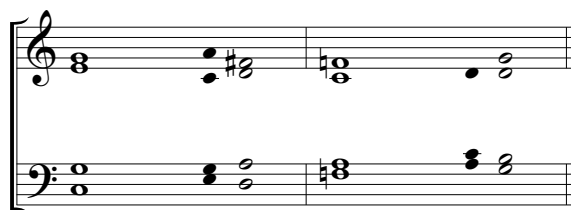
SEVENTEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

Matthew 5:7-8



Blessed are the merciful, for they shall re-ceive — mercy. Blessed are the clean of heart, for — they shall see God.



Psalms 72 (73): 1, 24-28

How good God is to Israel,
to those who are pure of heart.
You will guide me by your counsel
and so you will lead me to glory.

What else have I in heaven but you?
Apart from you I want nothing on earth.
My body and my heart faint for joy;
God is my possession for ever.

All those who abandon you shall perish;
you will destroy all those who are faithless.
To be near God is my happiness.
I have made the Lord God my refuge.

I will tell of all your works
at the gates of the city of Zion.

Glory be...

Alternative Psalm verses

Psalm 33 (34)

Psalm 36 (37): 1, 3, 16, 18-19, 23, 27

Psalm 102 (103)