Antiphons
Ordinary Time III
(Sundays 18 – 26)

Eighteenth Sunday in Ordinary Time
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CA II  I am the bread of life (35)  3

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EIGHTEENTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

Psalm 69(70): 2. 6

O God, come to my assistance; O Lord, make haste to help me! You are my rescuer, my help;

O Lord, do not delay.

Psalm 69(70)

O God, make haste to my rescue,
Lord, come to my aid!
Let there be shame and confusion on those who seek my life.

O let them turn back in confusion, who delight in my harm,
let them retreat, covered with shame, who jeer at my lot.

Let there be rejoicing and gladness for all who seek you.
Let them say for ever: ‘God is great,’ who love your saving help.

As for me, wretched and poor, come to me, O God,
You are my rescuer, my help,
O Lord, do not delay.

Glory be…
You have given us, O Lord, bread from heaven, endowed with all delights and sweetness in every taste.

You did give your people food of angels, and without their toil you did supply them from heaven with bread ready to eat, providing every pleasure and suited to every taste.

For your sustenance manifested your sweetness toward your children; and the bread, ministering to the desire of the one who took it, was changed to suit everyone’s liking.

So that your sons, whom you did love, O Lord, might learn that it is not the production of crops that feeds man, but that your word preserves those who trust in you.

For your judgments, O Lord, are great.

Glory be…

Alternative Psalm verses

Psalm 77 (78):1-4, 23-29
EIGHTEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

John 6:35

I am the bread of life, says the Lord; whoever comes to me will not hunger

and whoever believes in me will not thirst.

Psalm 35(36): 6–10

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

To both man and beast you give protection. 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. In you is the source of life and in your light we see light.

Glory be…

Alternative Psalm verses

Psalm 33 (34)
Psalm 41(42)
Psalm 62 (63):2-9
Yet God is our King from time past,  
the giver of help through all the land.  
It was you who divided the sea by your might,  
who shattered the heads of the monsters in the sea.  
It was you who crushed Leviathan’s heads  
and gave him as food to the untamed beasts.  
It was you who opened springs and torrents;  
it was you who dried up ever-flowing rivers.  
Yours is the day and yours is the night.  
It was you who appointed the light and the sun:  
it was you who fixed the bounds of the earth:  
you who made both summer and winter.  
Remember this, Lord, and see the enemy scoffing;  
a senseless people insults your name.  
Do not give Israel, your dove, to the hawk  
nor forget the life of your poor ones for ever.  
Remember your covenant; every cave in the land  
is a place where violence makes its home.  
Do not let the oppressed return disappointed;  
let the poor and the needy bless your name.  
Arise, O God, and defend your cause!  
Remember how the senseless revile you all the day.  
Do not forget the clamour of your foes,  
the daily increasing uproar of your foes.  
Glory be…

Alternative Psalm verses
Psalm 73 (74) or Psalm 79 (80)
Communion Antiphon I

Psalm 147: 12, 14

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

Psalm 147: 12–20

O praise the Lord, Jerusalem!
Zion, praise your God!
He has strengthened the bars of your gates,
he has blessed the children within you.
He established peace on your borders,
he feeds you with finest wheat.
He sends out his word to the earth
and swiftly runs his command.
He showers down snow white as wool,
he scatters hoar-frost like ashes.
He hurls down hailstones like crumbs.
The waters are frozen at his touch;
he sends forth his word and it melts them:
at the breath of his mouth the waters flow.
He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees.
Glory be…
NINETEENTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

Cf. John 6:51

The bread that I will give, says the Lord, is my flesh for the life of the world.

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…

Psalm 110(111)
TWENTIETH SUNDAY IN ORDINARY TIME

Entrance Antiphon

Psalm 83(84): 10–11

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 Zion.

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…
TWENTIETH SUNDAY IN ORDINARY TIME

Communion Antiphon I

Psalm 129 (130):7

Out of the depths I cry to you, O Lord,
Lord, hear my voice!
O let your ears be attentive
to the voice of my pleading.

If you, O Lord, should mark our guilt,
Lord, who would survive?
But with you is found forgiveness:
for this we revere you.

My soul is waiting for the Lord,
I count on his word.
My soul is longing for the Lord
more than watchman for daybreak.
(Let the watchman count on daybreak
and Israel on the Lord.)

Because with the Lord there is mercy
and fullness of redemption,
Israel indeed he will redeem
from all its iniquity.

Glory be…
Communion Antiphon II

John 6:51–52

I am the living bread that came down from heaven, says the Lord. Whoever eats of this bread will live for ever.

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

They are happy whose life is blameless, who follow God's Law!
They are happy who do his will, seeking him with all their hearts,
I treasure your promise in my heart lest I sin against you.
Remember your word to your servant by which you gave me hope.
This is my comfort in sorrow that your promise gives me life.
The law from your mouth means more to me than silver and gold.
Your promise is sweeter to my taste than honey in the mouth.
Your word is a lamp for my steps and a light for my path.
I take delight in your promise like one who finds a treasure.
Glory be…

Alternative Psalm verses
Psalm 22 (23)
Ecclesiasticus 14:20; 15:3-5a, 6b
Psalm 35 (36):6-10
TWENTY-FIRST SUNDAY IN ORDINARY TIME

Entrance Antiphon

Psalm 85(86): 1–3

Turn your ears, O Lord, and answer me; save the servant who trusts in you, my God.

Have mercy on me, O Lord, for I cry to you all the day long.

Turn your ear, O Lord, and give answer
for I am poor and needy.
Preserve my life, for I am faithful:
save the servant who trusts in you.

You are my God, have mercy on me, Lord,
for I cry to you all the day long.
Give joy to your servant, O Lord,
for to you I lift up my soul.

O Lord, you are good and forgiving,
full of love to all who call.
Give heed, O Lord, to my prayer
and attend to the sound of my voice.

In the day of distress I will call
and surely you will reply.
Among the gods there is none like you, O Lord;
nor work to compare with yours.

All the nations shall come to adore you
and glorify your name, O Lord:
for you are great and do marvellous deeds,
you who alone are God.

Glory be…

Alternative Psalm verses

Psalm 85(86)
Bless the Lord, my soul!
Lord God, how great you are,
clothed in majesty and glory, †
wrapped in light as in a robe!
You stretch out the heavens like a tent.

Man goes forth to his work,
to labour till evening falls.
How many are your works, O Lord! †
In wisdom you have made them all.
The earth is full of your riches.

You send forth your spirit, they are created;
and you renew the face of the earth.

May the glory of the Lord last for ever!
May the Lord rejoice in his works!
He looks on the earth and it trembles;
the mountains send forth smoke at his touch.

I will sing to the Lord all my life,
make music to my God while I live.
May my thoughts be pleasing to him.
I find my joy in the Lord.

Glory be...
TWENTY-FIRST SUNDAY IN ORDINARY TIME

Communion Antiphon II

Cf. John 6:54

Who ever eats my flesh and drinks my blood has eternal life, says the Lord,

and I will raise him up on the last day.

Bless the Lord, my soul!
Lord God, how great you are, clothed in majesty and glory, wrapped in light as in a robe!

From your dwelling you water the hills; earth drinks its fill of your gift.
You make the grass grow for the cattle and the plants to serve man’s needs,

that he may bring forth bread from the earth and wine to cheer man’s heart;

oil, to make his face shine and bread to strengthen man’s heart.

All of these look to you to give them their food in due season.
You give it, they gather it up; you open your hand, they have their fill.

You hide your face, they are dismayed; you take back your spirit, they die, returning to the dust from which they came.
You send forth your spirit, they are created; and you renew the face of the earth.

May the glory of the Lord last for ever!
May the Lord rejoice in his works!
He looks on the earth and it trembles; the mountains send forth smoke at his touch.

I will sing to the Lord all my life, make music to my God while I live.
May my thoughts be pleasing to him.
I find my joy in the Lord.

Glory be…

Alternative Psalm verses
Psalm 118 (119):1-2, 11, 49-50, 72, 103, 105, 162
Psalm 22(23)
Entrance Antiphon

Have mercy on me, O Lord, for I cry to you all the day long.

O Lord, you are good and forgiving, full of mercy to all who call on you.

Psalm 50 (51)

Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin.

My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done.

That you may be justified when you give sentence and be without reproach when you judge O see, in guilt I was born, a sinner was I conceived.

Indeed you love truth in the heart; then in the secret of my heart teach me wisdom O purify me, then I shall be clean; O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness, that the bones you have crushed may thrill. From my sins turn away your face and blot out all my guilt.

A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit.

Give me again the joy of your help; with a spirit of fervour sustain me, that I may teach transgressors your ways and sinners may return to you.

O rescue me, God my helper, and my tongue shall ring out your goodness. O Lord, open my lips and my mouth shall declare your praise.

For in sacrifice you take no delight, burnt offering from me you would refuse, my sacrifice, a contrite spirit. A humbled, contrite heart you will not spurn.

In your goodness show favour to Sion: rebuild the walls of Jerusalem. Then you will be pleased with lawful sacrifice, holocausts offered on your altar.

Glory be…

Alternative Psalm verses
Psalm 85(86)[:1–10]
How great is the goodness, O Lord, that you keep for those who fear you.

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

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

‘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.

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

Be strong, let your heart take courage, all who hope in the Lord.

Glory be…

Alternative Psalm verses

Psalm 144 (145)
TWENTY-SECOND SUNDAY IN ORDINARY TIME

Communion Antiphon II

Matthew 5:9–10

Rejoice, Jerusalem,
be glad for her, all you who love her!
Rejoice, rejoice for her,
all you who mourned for her!
That you may be suckled, filled,
from her consoling breast,
that you may drink deeply with delight
from the abundance of her glory.

For thus says the Lord: †
Now towards her I send flowing
peace, like a river,
and like a stream in spate
the glory of the nations

As nurslings, you shall be carried in her arms,
and fondled in her lap;
as a mother comforts her son, †
so will I comfort you;
in Jerusalem you will find your comfort.

When you see this, your heart shall rejoice,
and your bodies flourish like the grass.

Glory be…

Alternative Psalm verses

Psalm 33 (34):2-5, 8-9, 12-15
Psalm 36 (37):1, 3, 16, 18-19, 23, 27
Psalm 145 (146)
TWENTY-THIRD SUNDAY IN ORDINARY TIME

Entrance Antiphon

Psalm 118(119): 137, 124

You are just, O Lord, and your judgment is right;

Psalm 118(119): 145–152

I call with all my heart; Lord, hear me,
I will keep your statutes.
I call upon you, save me
and I will do your will.

I rise before dawn and cry for help,
I hope in your word.
My eyes watch through the night
to ponder your promise.

In your love hear my voice, O Lord;
give me life by your decrees.
Those who harm me unjustly draw near:
they are far from your law.

But you, O Lord, are close:
your commands are truth.
Long have I known that your will
is established for ever.

Glory be…
Like the deer that yearns for running streams,
so my soul is yearning for you, my God.

My soul is thirsting for God,
the God of my life;
when can I enter and see the face of God?

My tears have become my bread,
by night, by day,
as I hear it said all the day long:
‘Where is your God?’

These things will I remember
as I pour out my soul:
how I would lead the rejoicing crowd
into the house of God,
amid cries of gladness and thanksgiving,
the throng wild with joy.

Why are you cast down, my soul,
why groan within me?
Hope in God; I will praise him still,
my saviour and my God.

My soul is cast down within me
as I think of you,
from the country of Jordan and Mount Hermon,
from the Hill of Mizar.

Deep is calling on deep,
in the roar of waters:
your torrents and all your waves
swept over me.

By day the Lord will send
his loving kindness;
by night I will sing to him,
praise the God of my life.

I will say to God, my rock:
‘Why have you forgotten me?
Why do I go mourning
oppressed by the foe?’

With cries that pierce me to the heart,
my enemies revile me,
saying to me all the day long:
‘Where is your God?’

Why are you cast down, my soul,
why groan within me?
Hope in God; I will praise him still,
my saviour and my God.

Glory be…

Alternative Psalm verses
Psalm 62 (63):2–9
Communion Antiphon II

I am the light of the world, says the Lord, who ever follows me will not walk in darkness,

but will have the light of life.

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…

Alternative Psalm verses
Psalm 33 (34)
Psalm 35 (36):6-10
TWENTY-FOURTH SUNDAY IN ORDINARY TIME

Entrance Antiphon

Give peace, O Lord, to those who wait for you, that your prophets be found true. Hear the prayers of your servant, and of your people Israel.

Save us, God of all things, strike all the nations with terror; raise your hand against foreign nations, that they may see the greatness of your might.

Our sufferings proved your holiness to them; let their downfall prove your glory to us. Let them know, as we ourselves know, that there is no other God but you.

Give us signs again, work further wonders, clothe your hand, your right arm in glory.

Assemble all the tribes of Jacob, as when they first received their inheritance. Pity the poor people called by your name, pity Israel, chosen as your first-born.

Have compassion on the holy city, Jerusalem, the place of your rest. Let Sion ring with your praises, let your temple be filled with your glory.

Glory be...

Alternative Psalm verses

Psalm 121(122)
Ecclesiasticus 36: 1–7, 13, 16–22
TWENTY-FOURTH SUNDAY IN ORDINARY TIME

Communion Antiphon I

How precious is your mercy, O God! The children of men seek shelter in the shadow of your wings.

Your justice is like God's mountain,
your judgments like the deep.

To both man and beast you give protection.
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.

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.

Glory be…

Alternative Psalm verses
Psalm 90 (91)
TWENTY-FOURTH SUNDAY IN ORDINARY TIME

Communion Antiphon II

The chalice of blessing that we bless is a communion in the Blood of Christ; and the bread that we break is a sharing in the Body of the Lord.

Psalm 115 (116)

I trusted even when I said: 'I am sorely afflicted,' and when I said in my alarm: 'No man can be trusted.'

How can I repay the Lord for his goodness to me? The cup of salvation I will raise; I will call on the Lord's name.

My vows to the Lord I will fulfil before all his people. O precious in the eyes of the Lord is the death of his faithful.

Your servant, Lord, your servant am I; you have loosened my bonds. A thanksgiving sacrifice I make: I will call on the Lord's name.

My vows to the Lord I will fulfil before all his people, in the courts of the house of the Lord, in your midst, O Jerusalem.

Glory be…

Alternative Psalm verses

Psalm 33 (34) or Psalm 103 (104):1-2a, 13-15, 27-34
Entrance Antiphon

**Psalm 77(78): 1–7**

Give heed, my people to my teaching;  
turn your ear to the words of my mouth.  
I will open my mouth in a parable  
and reveal hidden lessons of the past.  
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:  
the glories of the Lord and his might  
and the marvellous deeds he has done,  
the witness he gave to Jacob,  
the law he established in Israel.  
He gave a command to our fathers  
to make it known to their children  
that the next generation might know it,  
the children yet to be born.  
They too should arise and tell their sons  
that they too should set their hope in God  
and never forget God's deeds  
but keep every one of his commands:  
Glory be…

**Alternative Psalm verses**

Psalm 36(37): 27–40  
Psalm 55(56)  
Ecclesiasticus 36: 1–7, 13, 16–22

22
The law of the Lord is perfect,
it revives the soul.
The rule of the Lord is to be trusted,
it gives wisdom to the simple.
The precepts of the Lord are right,
they gladden the heart.
The command of the Lord is clear,
it gives light to the eyes.
The fear of the Lord is holy,
abiding for ever.
The decrees of the Lord are truth
and all of them just.
They are more to be desired than gold,
than the purest of gold
and sweeter are they than honey,
than honey from the comb.
So in them your servant finds instruction;
great reward is in their keeping.
But who can detect all his errors?
From hidden faults acquit me.
From presumption restrain your servant
and let it not rule me.
Then shall I be blameless,
clean from grave sin.
May the spoken words of my mouth,
the thoughts of my heart,
win favour in your sight, O Lord,
my rescuer, my rock!
Glory be…
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 32 (33):1, 12-15, 18-22
Entrance Antiphon

Daniel 3: 31, 29, 30, 43, 42

All that you have done to us, O Lord, you have done with true judgement, for we have sinned against you and not obeyed your commandments. But give glory to your name and deal with us according to the bounty of your mercy.

Out of the depths I cry to you, O Lord, Lord, hear my voice! O let your ears be attentive to the voice of my pleading.

If you, O Lord, should mark our guilt, Lord, who would survive? But with you is found forgiveness: for this we revere you.

My soul is waiting for the Lord, I count on his word. My soul is longing for the Lord more than watchman for daybreak. (Let the watchman count on daybreak and Israel on the Lord.)

Because with the Lord there is mercy and fullness of redemption, Israel indeed he will redeem from all its iniquity.

Glory be...

Alternative Psalm verses

Psalm 89(90)
Psalm 118(119):1–8
They are happy whose life is blameless, who follow God's Law!
They are happy who do his will, seeking him with all their hearts.
Remember your word to your servant by which you gave me hope.
This is my comfort in sorrow that your promise gives me life.
Though the proud may utterly deride me I keep to your law.
I remember your decrees of old, and these, Lord, console me.
It was your hands that made me and shaped me: help me to learn your commands.
Your faithful will see me and rejoice for I trust in your word.

Lord, I know that your decrees are right, that you afflicted me justly.
Let your love be ready to console me by your promise to your servant.
Let your love come and I shall live for your law is my delight.
Shame the proud who harm me with lies while I ponder your precepts.
Let your faithful turn to me, those who know your will.
Let my heart be blameless in your statutes lest I be ashamed.

Glory be…

Alternative Psalm verses
Psalm 118 (119):1-2, 25, 28, 41, 74, 76, 81, 82, 114
Psalm 41(42)
Communion Antiphon II

1 John 3:16

By this we came to know the love of God: that Christ laid down his life for us;

so we ought to lay down our lives for one another.

1 Peter 2:21-24

Christ suffered for you, leaving you an example, that you should follow in his steps.
He committed no sin, no guile was found on his lips.
When he was reviled, he did not revile in return.
When he suffered, he did not threaten; but he trusted to him who judges justly.
He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness.
By his wounds you have been healed. †
For you were straying like sheep, but have now returned to the Shepherd and Guardian of your souls.

Glory be…

Alternative Psalm verses
Psalm 118 (119):1, 2, 25, 28, 41, 74, 81, 82, 114
Psalm 33(34)
Philippians 2:6-11