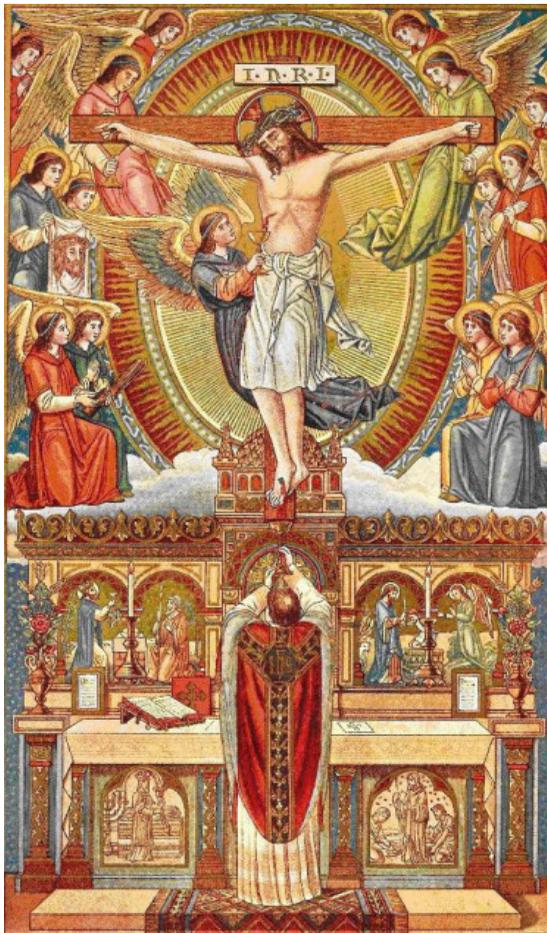


St. Paul's Weymouth



The Order of the Holy Mass

Welcome to St. Paul's. We encourage you to help us to create a silent and prayerful ambient before the Mass. You may wish to use the following prayers as preparation, or to pray silently in your own words.

Lord Jesus Christ, we approach your altar as saints and sinners, and dare not rely on our own worth, but only on your goodness and mercy. Gracious God of majesty and awe, we seek your protection, we look for your healing. We appeal to you, the fountain of all mercy. Lord Jesus Christ, eternal king, crucified for us, look upon us with mercy and hear our prayer, for we trust in you. May your body and blood, which we intend to receive, unworthy as we are, be for us the remission of our sins, the washing away of our guilt, the end of our evil thoughts, and the rebirth of our better instincts. May it incite us to do the works pleasing to you and profitable to our health in body and soul, and may it deliver us from evil. Amen

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today. For all the Holy Souls in Purgatory. For the conversion of sinners. For those who suffer. For my family. For my enemies. For myself. For all those who have nobody to pray for them. For those to whom I have promised to pray for them.

Mother of mercy and of love, most blessed Virgin Mary, I, a poor and unworthy sinner, fly to thee with all my heart and all my affection. I implore thy loving-kindness, that even as thou didst stand beside thy dear Son as He hung upon the Cross, so wilt thou also stand by me, a poor sinner, and by all the priests who are offering Mass here today and throughout the entire Church. Stand also beside all thy faithful people receiving the most sacred Body and Blood of thy Son. Grant us, that by thy grace, we may receive it worthily and fruitfully. Amen.

*During the Mass we say together words **in bold type**. This service sheet indicates when to sit, to stand, or to kneel. If you cannot kneel, please, feel free to sit.*

We stand when the bell rings.

In the name of the Father, + and of the Son, and of the Holy Spirit.

All (A) answer: Amen.

We kneel for the Confession.

P. Almighty God.

A. Our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.

The Priest gives absolution, goes up to the Altar, reads the Introit, then we say:

P. Lord, have mercy.

A. Lord, have mercy.

P. Lord, have mercy.

A. Christ, have mercy.

P. Christ, have mercy.

A. Christ, have mercy.

P. Lord, have mercy.

A. Lord, have mercy.

P. Lord, have mercy.

We stand for the Gloria (if it is to be said). We bow our head at the underline words

P. Glory to God in the highest.

A. and on earth peace to people of good will. We praise you, we bless you, we worship you, we glorify you, we give you thanks for your great glory.

Lord God, heavenly King, God, the Father almighty.

O Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us, You take away the sins of the world, receive our prayer. You are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory + of God the Father. Amen.

P. The Lord be with you.

A. And with your spirit.

P. Let us pray. *Then follows the Collect, after which we sit for the reading. At the end of the reading:*

This is the word of the Lord.

A. Thanks be to God.

*We remain seated for the Psalm.
After the Psalm, we stand for the
Alleluia acclamation.*

P. Alleluia, alleluia.

After the verse, we repeat:

A. Alleluia.

P. The Lord be with you.

A. And with your spirit.

P. A reading from the Holy Gospel according to **N**.

A. Glory to you, O Lord.

At the end of the Gospel:

P. This is the Gospel of the Lord.

A. Praise to you, O Christ!

*The Creed follows, if it is to be
said. Traditionally, we bow our
head at the underlined words and
cross ourselves at the end.*

P. I believe in one God.

A. the Father Almighty, Maker of heaven and earth, And of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten Son of God, Begotten of his Father before all worlds. God of God, Light of Light, Very God of very God, Begotten, not made, Being of one substance with the Father, By whom all things were made; Who for us and for our salvation came down from heaven, And

was incarnate by the Holy Spirit of the Virgin Mary, and was made man, And was crucified also for us under Pontius Pilate. He suffered and was buried, And the third day he rose again according to the Scriptures, And ascended into heaven, And is seated on the right hand of the Father. And he will come again with glory to judge both the living and the dead: And his kingdom will have no end. And I believe in the Holy Spirit, The Lord, the giver of life, Who proceeds from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who has spoken by the Prophets. And I believe in One, Holy, Catholic, and Apostolic Church. I acknowledge one Baptism for the forgiveness of sins. And I look forward for the Resurrection of the dead, And the life + of the world to come. Amen.

After the Creed (or the Gospel):

P. The peace of the Lord be with you always.

A. And with your spirit.

We may briefly exchange a sing of peace with those around us. We sit

for the Offertory. At the end of which we stand, as the Priest says:

P. Pray, brethren: that my sacrifice and yours may be acceptable to God the Father almighty.

A. May the Lord accept the sacrifice at your hands, for the praise and glory of his Name, for our good, and the good of all his Holy Church.

After the Offertory Prayer, the preface follows:

P. The Lord be with you.

A. And with your spirit.

P. Lift up your hearts.

A. We lift them up to the Lord.

P. Let us give thanks to the Lord our God.

A. It is right and just so to do.

At the end of the preface we sing:

Holy, Holy, Holy, Lord, God of power and might. Heaven and earth are full of your glory. Hosanna in the highest. (We sign ourselves.) Blessed + is he who comes in the name of the Lord. Hosanna in the highest.

We kneel during the Eucharistic Prayer when bread and wine become the Body and Blood of Our Lord, his Sacrifice of the Cross is made present, and is offered to God for the living and the dead.

At the end of the Eucharistic Prayer:

P. ... for ever and ever.

A. Amen.

We remain kneeling for the Lord's Prayer:

P. Let us pray. Admonished by saving precepts, and taught by divine institution, we are bold to say: Our Father.

A. Who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation. But deliver us from evil. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.

We remain kneeling, and say together:

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: grant us peace.

P. Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to his supper.

A. Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Holy Communion is distributed. You are welcome to receive Holy Communion if you normally would receive in your own Church.

If you do not wish to receive Holy Communion, you are welcome to come to the Altar, and ask the priest for a blessing. If you only wish to receive a blessing, please, bring this sheet with you.

Before or after Holy Communion, you may wish to use (one of) the following prayers, as preparation or thanksgiving.

I will receive the Bread of Heaven, and call upon the Name of the Lord. What reward shall I give unto the Lord for all the benefits that he hath done unto me? I will receive the cup of salvation, and call upon the name of the Lord. I will call upon the Lord which is worthy to be praised, so shall I be safe from mine enemies. (Psalm)

Hail eternally, O most holy body of Christ: to me before all things, and above all things, the greatest sweetness. The body of our Lord Jesus Christ be to me, a sinner, the way and the life. Hail for eternity, celestial chalice, to me before all things, and above all things, the greatest sweetness. The blood of our Lord Jesus Christ be to me, a sinner, a never-failing remedy to eternal life. Amen. (Rite of Salisbury)

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Separated from Thee let me never be. From the malignant enemy, defend me. At the hour of death, call me. And close to Thee bid me. That with Thy saints I may be Praising Thee, forever and ever. Amen. (St. Ignatius of Loyola)

After the Holy Communion, the priest reads the Communion Antiphon, then we kneel for the Post Communion.

P. The Lord be with you.

A. And with your spirit.

P. Let us pray.

At the end of the prayer: Amen.

P. The Lord be with you.

A. And with your spirit.

P. May almighty God bless you, the Father, + the Son, and the Holy Spirit.

A. Amen.

P. The Mass is ended, go in peace.

A. Thanks be to God.

PRAYERS TO BE RECITED AFTER LOW MASS

P. Hail Mary, full of grace, the Lord is with thee; blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus.

A. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

(three times, then follows:)

P. Hail, Holy Queen,

M. Mother of Mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this exile, show unto us the blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

P. Pray for us, O holy Mother of God.

A. That we may be made worthy of the promises of Christ.

P. Let us pray. O God, our refuge and our strength, look

down with mercy upon the people who cry to you; and by the intercession of the glorious and immaculate Virgin Mary, Mother of God, of Saint Joseph her spouse, of the blessed Apostles Peter and Paul, and of all the saints, in your mercy and goodness hear our prayers for the conversion of sinners, and for the liberty and exaltation of the Holy Mother Church. Through the same Christ our Lord.

A. Amen.

P. Saint Michael the Archangel,
A. defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray: and do thou, O Prince of the heavenly host, by the power of God, thrust into hell satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

Three times:

P. Most Sacred Heart of Jesus.

M. Have mercy on us.

AFTER THE HOLY MASS

After the Holy Mass, especially if we received Holy Communion, we should not rush away; rather, we should ponder in our hearts with St. David king: *“What reward shall I give unto the Lord for all the benefits that he hath done unto me?”* (Psalm 115,12).

Let us find a few minutes to meditate on the goodness, generosity, and love of God. Let us give Him thanks for all the benefits He has bestowed on us, for the graces received during the Holy Mass and especially in the Holy Communion. Let us ask His help to protect us from sin, from unprepared and sudden death, and from any other harm or evil. Let us pray for the assistance of the Holy Spirit, for ourselves and for others, that we all may recognise God’s will in our lives and live according to it.

* * *

Traditionally, a list was used to help us to remember who we should pray for. While we may not want to follow always this list, it can be of some help time to time, along with our own intentions:

Be mindful, O Lord, if it pleases you, of the living: 1) of myself, my parents, siblings, relatives, friends; 2) of all those I scandalised, offended, not helped, not loved enough; 3) of those who helped me with spiritual or material goods; 4) of every priest; 5) of my enemies so that I can forgive them; 6) of those who abandoned you or your Church so they can return to you; 7) of all the dying and who will die today; 8) of all who asked me to pray for them, and of all who you want me to pray for.

Be also mindful, O Lord, of the dead: 1) of my parents, siblings, relatives, friends; 2) of those whom, though I could have, I did not call to you while they were alive; 3) of those who helped me with spiritual or material goods; 4) of every priest; 5) of those who have nobody to pray for them; 6) of those who in life were entrusted to my care; 7) of those who died suddenly or unprepared; 8) of all the holy souls of the Purgatory.