



ST PAULS MEDIA **pastoral ministry**
AMBUHAY
MISSALETTE

FOR A SYNODAL CHURCH: COMMUNION, PARTICIPATION, MISSION
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BELONGING TO *Jesus*

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world that suggests pleasure as the gauge of morality, that personal gain is above everything, and everything must revolve on oneself, the vows of chastity, poverty, and obedience seems to not make sense. They would appear to be plain foolishness.

As Christians, we are called to participate in the prophetic mission of Christ. Preaching the Gospel is not reserved to priests and consecrated men and women. We participate in this mission by being like Christ in our families, in our places of work, and in the ordinary circumstances of life. We proclaim Christ by working competently, ethically, and making service and love of God and neighbor the aim of our work. Through our little contribution in building up the kingdom of God on earth, we combat the ideology that the way of Christ is foolishness. In fact, as the saints have shown it, Christian poverty (acquiring only the necessary) is true wealth, chastity is true love, and obedience is true freedom.

Let us follow Jesus. As we honor today the Most Sacred Heart of Jesus, let us ask Him to make our hearts like his. The mission entrusted to us may look challenging. But let us hold firm to his promise: "Whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it."

A lot of things in the Church are usually reserved for sacred functions. For example, a chalice cannot be used for ordinary drinks because it is reserved to contain the Precious Blood of the Lord. Likewise, when we procure for ourselves new objects of devotion and piety like rosaries, we usually bring it to the Church to be blessed before they are put into use. Similarly, a person who is to serve God and His Church through Holy Orders and Profession of Vows receive sacred signs during the ceremony (vestments,

habits, distinctive cross, etc.) to indicate their mission. But what does it mean to be consecrated/reserved to God? One day, a friend told me a story. Out of curiosity, they asked a nun assigned in their parish: "Sister, why do you wear that?" They were referring to the sister's veil. The nun answered: "It is a sign that I belong to Jesus."

In today's Gospel, Jesus tells His disciples the conditions of discipleship: "Whoever wishes to come after me must deny himself, take up his cross, and follow me." In a

THE INTRODUCTORY RITES

Entrance Antiphon

(Ps 70 [69]: 2, 6)

(Recited when there is no opening song)

**O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.**

Greeting

(The sign of the cross is made here)

P—The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

All—And with your spirit.

Introduction

(The priest addresses the assembly with these or other similar words)

P—Following Jesus means a lifelong journey towards holiness. It means a constant remembering of God's goodness and a steadfast faith in him. May we who are devoted to the Sacred Heart find true the promises of God whose bounty is revealed to those who choose to follow his ways everyday.

Penitential Act

P—Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.
(Pause)

P—You were sent to heal the contrite of heart: Lord, have mercy.

All—Lord, have mercy.

P—You came to call sinners: Christ, have mercy.

All—Christ, have mercy.

P—You are seated at the right hand of the Father to intercede for us: Lord, have mercy.

All—Lord, have mercy.

P—May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

All—Amen.

Collect

P—Let us pray. *(Pause)*

Draw near to your servants, O Lord, and answer their prayers with unceasing kindness, that, for those who glory in you as their Creator and guide, you may

restore what you have created and keep safe what you have restored.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

All—Amen.

LITURGY OF THE WORD



First Reading

(Na 2:1, 3; 3:1–3, 6–7) *(Sit)*

The prophet Nahum proclaims the favor God would bestow upon his people, who now turns to the Lord after being ravaged by conquerors.

A reading from the Book of the Prophet Nahum

SEE, upon the mountains there advances the bearer of good news, announcing peace! Celebrate your feasts, O Judah, fulfill your vows! For nevermore shall you be invaded by the scoundrel; he is completely destroyed. The LORD will restore the vine of Jacob, the pride of Israel, though ravagers have ravaged them and ruined the tendrils.

Woe to the bloody city, all lies, full of plunder, whose looting never stops! The crack of the whip, the rumbling sounds of wheels; horses a-gallop, chariots bounding, cavalry charging, the flame of the sword, the flash of the spear, the many slain, the heaping corpses, the endless bodies to stumble upon! I will cast filth upon you, disgrace you and put you to shame; till everyone who sees you runs from you, saying, "Nineveh is destroyed; who can pity her? Where can one find any to console her?"

—The Word of the Lord.

All—Thanks be to God.

Responsorial Psalm (Dt 32)

R—It is I who deal death and give life.

1. Close at hand is the day of their disaster, and their doom is rushing upon them! Surely, the LORD shall do justice for his people; on his servants he shall have pity. **(R)**

2. "Learn then that I, I alone, am God, and there is no god besides me. It is I who bring both death and life, I who inflict wounds and heal them." **(R)**

3. I will sharpen my flashing sword, and my hand shall lay hold of my quiver, "With vengeance I will repay my foes and requite those who hate me." **(R)**

Alleluia (Mt 5:10) *(Stand)*

All—Alleluia, alleluia. Blessed are they who are persecuted for the sake of righteousness; for theirs is the Kingdom of heaven. Alleluia, alleluia.

Gospel (Mt 16:24–28)

P—A reading from the holy Gospel according to Matthew
All—Glory to you, O Lord.

JESUS said to his disciples, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it. What profit would there be for one to gain the whole world and forfeit his life? Or what can one give in exchange for his life? For the Son of Man will come with his angels in his Father's glory, and then he will repay each according to his conduct. Amen, I say to you, there are some standing here who will not taste death until they see the Son of Man coming in his Kingdom."

—The Gospel of the Lord.

All—Praise to you, Lord Jesus Christ.

Homily *(Sit)*

Prayer of the Faithful *(Stand)*

P—We turn to you, heavenly Father, who knows our every needs. Help us seek and find your joy as we strive to live a life of loving and dedicated service. With confidence, we pray:

R—Father, loving and faithful, bless us.

C—May the Church, the people

of God, find joy and spiritual refreshment in the feasts of the Lord, especially in the Eucharistic banquet. We pray: **(R)**

C—May government officials put their trust in the mercy and providence of the Lord and may they faithfully respond to the needs of the poor and the suffering. We pray: **(R)**

C—Watch over those who work in delicate situations, those who stand up for the cause of justice, and those who defend the human rights and dignity. We pray: **(R)**

C—Bless the works of our hands, give work to the jobless, and let love and mutual respect reign in every family, community, and places of work. We pray: **(R)**

C—Heal broken families. Protect them from violence, hatred and injustice especially to the children. We pray: **(R)**

P—Heavenly Father, you draw us to you to share in your life and love. May we have the strength to welcome your Son, Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

All—Amen.

LITURGY OF
THE EUCHARIST

Presentation of the Gifts
(Stand)

P—Pray, brethren...

All—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.

Prayer over the Offerings

P—Graciously sanctify these gifts, O Lord, we pray, and, accepting the oblation of this spiritual sacrifice, make of us an eternal offering to you.

Through Christ our Lord.
All—Amen.

Common Preface IV

P—The Lord be with you.

All—And with your spirit.

P—Lift up your hearts.

All—We lift them up to the Lord.

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

All—It is right and just.

P—It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God.

For, although you have no need of our praise, yet our thanksgiving is itself your gift, since our praises add nothing to your greatness but profit us for salvation, through Christ our Lord.

And so, in company with the choirs of Angels, we praise you, and with joy we proclaim:
All—Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest. (Kneel)

Acclamation

All—Save us, Savior of the world, for by your Cross and Resurrection you have set us free.

THE COMMUNION RITE

The Lord's Prayer (Stand)

All—Our Father...

P—Deliver us...

All—For the kingdom, the power, and the glory are yours, now and for ever.

Invitation to Peace

Invitation to Communion
(Kneel)

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

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

Communion Antiphon
(Jn 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.

Prayer after Communion (Stand)

P—Let us pray. *(Pause)*

Accompany with constant protection, O Lord, those you renew with these heavenly gifts and, in your never-failing care for them, make them worthy of eternal redemption.

Who lives and reigns for ever and ever.

All—Amen.

(Prayer to the Sacred Heart of Jesus may be said here.)

THE CONCLUDING RITES

P—The Lord be with you.

All—And with your spirit.

Prayer over the People

P—Bow down for the blessing.
(Pause)

May your faithful people rejoice, we pray, O Lord, to be upheld by your right hand, and, progressing in the Christian life, may we delight in good things both now and in the time to come.

Through Christ our Lord.

All—Amen.

P—And may the blessing of almighty God, the Father, and the Son, (†) and the Holy Spirit, come down on you and remain with you for ever.

All—Amen.

Dismissal

P—The Mass is ended. Go in peace to love and serve one another.

All—Thanks be to God.

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PRAYER TO THE **SACRED HEART** *of Jesus*

Divine Jesus, you have said, "Ask, and you shall receive; seek, and you shall find; knock, and it shall be opened unto you," behold me kneeling at your feet, filled with a lively faith and confidence in the promises dictated by your Sacred Heart and pronounced by Your adorable lips. I come to ask these favors: *(Here, silently mention your petitions).*

To whom can I turn to if not to you whose Heart is the source of all graces and merits? Where should I seek if not in the treasure which contains all the riches of your kindness and mercy? Where should I knock if not at the door through which God gives himself to us and through which we go to God? I have recourse to You, Heart of Jesus. In you I find consolation when afflicted,

protection when persecuted, strength when burdened with trials, and light in doubt and darkness.

Dear Jesus, I firmly believe that you can grant me the grace I implore, even though it should require a miracle. You have only to will it, and my prayer will be granted. I admit that I am most unworthy of your favors, but this is not a reason for me to be discouraged. You are the God of Mercy and you will not refuse a contrite heart. Cast upon me a look of mercy, I beg of you, and your kind Heart will find in my miseries and weaknesses a reason for granting my prayers.

O Sacred Heart, whatever may be your decision with regard to my request, I will never stop adoring, loving, praising, and serving you. My Lord Jesus, be pleased to accept this my act of perfect resignation to the decrees of your adorable Heart which I sincerely desire may be fulfilled by me and all your creatures forever.

Sacred Heart of Jesus, I know that there is but one thing impossible to you: to be without pity to those who are suffering or in distress. Look upon me, I beg of you, dear Jesus, and grant me the grace for which I humbly implore you through the Immaculate Heart of your most sorrowful Mother. You have entrusted me to her as her child, and her prayers are all-powerful with you. Amen.

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