

ENTRANCE ANTIPHON

God is in his holy place,
 God who unites those who dwell in his house;
 he himself gives might and strength to his people.

PENITENTIAL RITE *all join in saying*

I confess to almighty God
 and to you, my brothers and sisters,
 that I have greatly sinned
 in my thoughts and in my words,
 in what I have done and in what I have failed to do,
 through my fault, through my fault,
 through my most grievous fault;
 therefore I ask blessed Mary ever-Virgin,
 all the Angels and Saints,
 and you, my brothers and sisters,
 to pray for me to the Lord our God.

GLORIA *all join in saying*

Glory to God in the highest,
 and on earth peace to people of good will.
 We praise you, we bless you,
 we adore you, we glorify you,
 we give you thanks for your great glory.
 Lord God, heavenly King, O God, almighty Father.
 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.

COLLECT

O God, protector of those who hope in you,
 without whom nothing has firm foundation, nothing is holy,
 bestow in abundance your mercy upon us
 and grant that, with you as our ruler and guide,
 we may use the good things that pass
 in such a way as to hold fast even now
 to those that ever endure.
 Through our Lord Jesus Christ, your Son,
 who lives and reigns with you in the unity of the Holy
 Spirit, one God for ever and ever.
R. Amen.

FIRST READING *from the second book of the Kings 4:42-44*

A man came from Baal-shalishah, bringing Elisha, the man of God, bread from the first-fruits, twenty barley loaves and fresh grain in the ear. 'Give it to the people to eat.' Elisha said. But his servant replied, 'How can I serve this to a hundred men?' 'Give it to the people to eat' he insisted 'for the Lord says this, "They will eat and have some left over."' He served them; they ate and had some over, as the Lord had said.

The Word of the Lord.
R. Thanks be to God.

PSALM 144 *all say the response R. after the Reader and after each verse of the psalm*

**R. You open wide your hand, O Lord,
 and grant our desires.**

All 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. **R.**

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. **R.**

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. **R.**

SECOND READING *from the letter of St Paul to the Ephesians 4:1-6*

I, the prisoner in the Lord, implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called. There is one Lord, one faith, one baptism, and one God who is Father of all, through all and within all.

The Word of the Lord.
R. Thanks be to God.

GOSPEL ACCLAMATION *all join in saying the Gospel Acclamation*

Alleluia, alleluia!
**Your words are spirit, Lord,
 and they are life:**
you have the message of eternal life.
Alleluia, alleluia!

GOSPEL

The Lord be with you.
R. And with your spirit.
 A reading from the holy Gospel according to John 6:1-15
R. Glory to you, O Lord.

Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside, and sat down there with his disciples. It was shortly before the Jewish feast of Passover.

Looking up, Jesus saw the crowds approaching and said to Philip, 'Where can we buy some bread for these people to eat?' He only said this to test Philip; he himself knew exactly what he was going to do. Philip answered, 'Two hundred denarii would only buy enough to give them a small piece each.' One of his disciples, Andrew, Simon Peter's brother, said, 'There is a small boy here with five barley loaves and two fish; but what is that between so many?' Jesus said to them, 'Make the people sit down.' There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks, and gave them out to all who were sitting ready; he then did the same with the fish; giving out as

much as was wanted. When they had eaten enough he said to the disciples, 'Pick up the pieces left over, so that nothing gets wasted.' So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, 'This really is the prophet who is to come into the world.' Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH *all join in saying*

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

PRAYER OVER THE OFFERINGS

Accept, O Lord, we pray, the offerings
which we bring from the abundance of your gifts,
that through the powerful working of your grace
these most sacred mysteries may sanctify
our present way of life
and lead us to eternal gladness.
Through Christ our Lord.
R. Amen.

COMMUNION ANTIPHON

Bless the Lord, O my soul,
and never forget all his benefits.

PRAYER AFTER COMMUNION

We have consumed, O Lord, this divine Sacrament,
the perpetual memorial of the Passion of your Son;
grant, we pray, that this gift,
which he himself gave us with love beyond all telling,
may profit us for salvation.
Through Christ our Lord.
R. Amen.

WHAT TO EXPECT AT MASS We have put in place some new measures to ensure a safe and welcoming environment for all. This may mean that Mass feels a little different to the way we are used to celebrating. Please read our guidelines below:

WHEN YOU ARRIVE You will be welcomed by a volunteer steward. You will be directed to the hand sanitizer.

All people entering church must wear a face covering at all times.

You must adhere to social distancing guidelines in place. Any children accompanying you must do the same.

Baskets will be available at the entrance (and exit) for your weekly envelopes or other contributions.

There will also be contactless donation points available for those wishing contribute via debit card.

Toilets will remain closed at all times except for a genuine emergency. The Gift Shop will be closed.

DURING MASS There will be no Sign of Peace. There will be no congregational singing.

HOLY COMMUNION We return to receiving Holy Communion at the normal time, after the priest has received Communion. Please return to your benches for the final prayer, blessing and dismissal.

The volunteer stewards will direct you to approach the altar to receive Holy Communion.

You may only receive the Sacred Host in your hand and not on your tongue.

Communicants must avoid skin to skin contact with the minister's hands.

You must then step to one side, lower your face covering and place the Sacred Host in your mouth then return to your benches.

AFTER MASS Please take home any newsletters, Mass sheets and other papers you may use.

Use only the designated exit.

Please do not gather in the Cathedral porch or on Cathedral property for conversations.

Continue to wear your face covering until you leave the area where other people are.

If you are experiencing a high temperature, a new continuous cough or loss or change of taste / smell please return home and consult your GP.

While we will attempt to take appropriate precautions consistent with the advice of public health authorities, parishioners should understand that they assume the risk of contracting COVID-19 any time they enter a public space since such precautions do not eliminate the risk of infection.