



Ennis Parish News

Confessions in Cathedral Saturday After 10am Mass & before and after 6.30pm Mass

St Joseph's Saturday After 11am Mass

Parish Office open Mon to Fri 9.30-1pm & 2-5pm Sat 10.30-12noon

Mass Times

Sundays:

Cathedral:- Sat. Vigil: 6.30pm; Sunday: 9am, 10.30am & 12 noon

St. Joseph's:- Sat. Vigil: 7pm; Sunday: 8, 10, 11.30am

Cloughleigh Church:- 9.30am, 11am

Friary:- Sat. Vigil: 7.30pm; Sunday: 9.30, 10.30, 12.00 noon

Poor Clare Monastery:- 7.45 a.m.

Weekdays:

Cathedral: Mon. – Fri: 7.45am; 10am & 7.30pm; 10am on Saturday

St. Joseph's:- Monday – Saturday: 11am

Cloughleigh Church:- Monday – Friday: 9.30am

Friary:- Daily: 10am & 1.05pm; 10am on Saturday

Poor Clare Monastery:- Daily at 7.45 am; Daily Exposition of The Blessed Sacrament from 4-6pm in the Chapel.

Phone Numbers:

Cathedral:- 6824043; Email: info@ennisparish.com

St. Joseph's:- 6822166; Cloughleigh: 6840715; Friary: 6828751

Ennis Parish Web Site: <http://www.ennisparish.com>

Facebook: <http://www.facebook.com/ennis.parish>

Seventh Sunday in Ordinary Time

(Year A)

19th February 2017

LAY-LED LITURGIES

The celebration of the Mass on Sunday, the Lord's Day, is central to the life of the Church and the life of the parish; it is the sacrament of unity that builds up the Body of Christ.

There may be extreme occasions when the celebration of the Sunday Eucharist will not be possible. When a community is regrettably deprived of Sunday mass, the church makes provision for the faithful to gather for a **Sunday celebration led by lay people**. These celebrations, sometimes given the generic term "lay-led liturgies", are more accurately called "Sunday Celebrations in the absence of a priest".

What form do these celebrations take?

In this diocese, the format has been The Liturgy of the Word (*the mass Readings of that Sunday*) and the distribution of Holy Communion consecrated at a previous mass. This format is quite familiar and great care is needed so that people do not confuse the celebration with Mass. The faithful need to be led to an understanding that the Eucharistic Sacrifice cannot take place without a priest, even though the reception of Holy Communion which they receive in this kind of liturgical assembly is closely connected with the sacrifice of the Mass, **but is not equal to it**.

These liturgies can take place when a **priest is not available and it is not practical or possible for individuals or a community to participate in the celebration of Mass at a nearby parish**

1; A priest is not available: Unforeseen situations such as sudden illness of the priest, an emergency in the priest's family or if weather conditions make travel



unadvisable. A priest's ministry will, from time to time, necessitate participation in retreats, training, pilgrimages which sometimes entail unavoidable absence from his own parish on a particular weekend. Similarly he may be away celebrating a wedding, baptism or a funeral. Provision also needs to be made for reasonable holiday time. In any of these situations, he should firstly make a **reasonable effort to see if a substitute priest is available to say mass**.

2: When it is not practical or possible for individuals or a community to participate in the celebration of Mass at a nearby parish. We all need to travel some distance to avail of most services; post office, bank, weekly shopping, or our GP. Yes, sometimes it inconveniences us a little, but for something important we make the effort. There is an opportunity for individuals for foster community in a meaningful way by sharing transport with neighbours without cars.

It should be emphasised that such celebrations are a temporary solution to very specific crisis situations. However they cannot substitute for the Eucharistic Sacrifice and the obligation to attend mass on Sunday and Holy days of obligation is satisfied only by attendance at Holy Mass. In cases where distance or physical conditions are not an obstacle, **every effort should be made to encourage and assist the faithful to fulfil this precept**.

This serves as an urgent reminder for prayers that those whom God has called to the priesthood will respond generously.

*Fáilte-Bienvenue-Willkommen-Benvenuto-Bienvenido-Witajcie-Bemvindo-
Welkom-Velkomin-Vitejte-Karibu-Croeso-Valkommen-Tervetuloa-Welcome*

Cathedral

Remembered in Masses this Week:

6.30pm: Mass for the People.

Sun 19th: 9am: Gerard Keane, St. Anne's Tce.
Gerry & Mary Moroney, Lr Market St.

10.30am: Lorraine Cooley, Dalcassian Ave.
James (Jim) O'Halloran, Dalcassian Ave.
Maurice O'Brien, Inch.

Bryan & Ann McMahon, Woodlawn.

Nora Kierse, St. Michael's Villas.

Teresa Ryan, Gallows Hill.

Willie Carr, Elm Park.

Josephine Lucas, Cusack Rd.

12noon: Frances Ball, Connolly Villas. MM

Mon: 7.45am: Eddie Byrne, Dublin.

10am: Cyril Lane, Tobertaoscaín.

7.30pm: Agnes Sexton, Hermitage.

Tues: 7.45am Book of Intentions.

10am: Sr. Cecilia Lynch & Lynch family, Drumbiggie.

7.30pm: Jacksie & Lil Russell, Kilrush Rd.

Wed: 7.45am: James O'Halloran, Clare Rd.

10am: Olive & Tom Slattery & Mary Ritche, College Pk.

7.30pm: Mary Hehir, Connolly Villas.

Thurs: 7.45am: Eileen Dunne, Clare Rd.

10am: Michael McMullin, Killarney.

7.30pm: Maisie O'Loughlin, Golf Links Rd.

Fri: 7.45am: Mass for the People.

10am: Danny Greene, Cahercalla Rd.

7.30pm: Frank Lyons, Golf Links Rd. 1st Anniv

Sat: 10am: Jane Gallagher.

12 noon: Willie Perkins, Collins Park. MM

6.30pm: Michael Reddan, Waterpark Heights &
Beechpark. 1st Anniv

Sun 26th: 9am: Johnny Purcell, Ard na Gréine.

10.30am: Frank Lillis, Beechpark.

Thomas Kenny, Maurice's Mills.

Donal Ryan, Cusack Rd.

James Burke, Park Avenue.

Tony Dargan, Limerick Rd.

12noon: Mary English, Clonroad. MM

Roster for Cathedral:

Sunday 26th February, 2017

Readers: Group 4

Eucharistic Ministers Weekday: Group 4

Eucharistic Ministers Sunday: Group 2



Cloughleigh

Remembered in Masses this Week:

Sun 19th 9.30am: Gabriel Kerin, Considine Rd.

Mon 9.30am: Mary Costello, Newhall & Thomas & May

Tue 9.30am: Book of Intentions.

Wed 9.30am: Mary, John & Maurice Fitzgerald.

Sun 9.30am: Lucille Hayes, Bridge Ct. & Cloughleigh.

11am: Garry Murphy, Considine Rd.

Scoil Christ Ri Cloughleigh would like to thank most sincerely everyone who donated old clothes for our recent clothing collection fundraiser. We got a fantastic response and the money raised will go towards our new school development. Thank you.

Gearóid Roughan Principial.

Ennis Parish Development Fund for
Sunday 12th February, €7,411.00

Hospital & Sick Calls

19th February, 2017

Priest on Duty:

Fr. Brendan Quinlivan

Duty Phone No:

065 6869098

Newly Baptised



*We welcome into the
Christian Community
through the Sacrament
of Baptism:*

Chloe Bree McNamara;

Nora Marie Ginnane;

Wanted: Any unwanted working sewing machines needed for a parish charity. Contact Parish Office.

Fatima 1917-2017: Holy Rosary hour marking the centenary of the apparitions at Fatima. Thanking Our Lady for her maternal care. Rosary at the square Ennis, first Saturday 4th March; 2.30pm—3.30pm. All welcome.

Talks for adult and youth during Lent.

Lent is coming and we are offered a way of preparation, to meet the merciful Father and put our hope in Him. A series of talks for adult and young, will be given **every Sunday and Wednesday at 7.30 PM at the Parish Centre hall**, starting on the 5th of March, on for 7 weeks. These talks will help us to find an answer to the main questions of our life as: What is the meaning of sufferings? Who is God for me? Where is my life going? What's the meaning of my life? They are free of charge and will be given by a team formed by Fr. Ger and lay people from the Neocatechumenal Way, with the purpose to let us listen again the Good News of the Mercy of God for us. You are welcome to come and Listen to all or any.

Divine Mercy Chaplet

We will continue to pray the Divine Mercy chaplet as a prayer group on this **Tuesday evening; 8pm; chapter room**. All are welcome to come and pray and we hope to keep up the wonderful attendance and new friendships formed so far. There will also be a short Lectio Divina after the chaplet. All welcome.



St. Joseph's

Mass intentions for scheduled Masses in St. Joseph's Church should be booked through the Parish Office. For all other events call Fr John 0656822166.

Remembered in Masses this Week:

Sat 7pm: Pat O'Brien, Shannon Park.

Sun 10am: Tony Strand, Shannon Park.

11.30am: Dymphna O'Connell, Oakleigh Wood. MM

Mon 11am: Katie Drennan, Claireen, Lahinch Rd.

Tues 11am: Michael & Mary Ensko, Marian Ave.

Wed 11am: Margaret McCarthy, Cree.

Fri 11am: Frances Smyth, England.

Sat 11am: Josephine Craig, Meadow Court. 1st Anniv

7pm: Patrick O'Donovan, The Crescent.

Sun 8am: Louis Preston, St. Senan's Rd.

10am: Anna Casey, Marian Avenue.

11.30am: Brendan Armstrong, Mountain View.

Rest in Peace

Gerry O'Donovan, Clarehill, Clarecastle & formerly Carmody St, Joan Finn, Truagh, Clonlara, wife of Eamon, Brothers of Charity; **Danny Moran**, Woodstock, Shanaway Rd;



*Those we love don't go away,
they walk beside us every day.
Unseen, unheard, but always near;
still loved, still missed and very dear.*

TIME FOR A NEW CHALLENGE? Volunteer as a Facilitator with ACCORD Catholic Marriage Care Service: If you feel that you have something to offer to people who are preparing for the Sacrament of Marriage and you are willing to give some voluntary time to train in this area then we, in the **ACCORD Ennis Centre**, would be delighted to hear from you. *Certificate in Marriage Education accredited by Pontifical University, Maynooth. For information pack please email us at: accord.ennis@eircom.net any time up to Friday 10th March. Tel: 065-6824297*

People of the Year

Presentation of Awards

Thursday 9th March

Cathedral at 8pm

Congratulations to this year's recipients:

Margaret Lynch, Cahercallamore, Kilrush Road.

Rebecca Brown, Cahercalla Heights.

Tommy Lyons, Larchill.

Noreen Moloney, Clancy Park.

Michael Carey, Loughville.

PJ Dixon, Cappamore, Barefield.

Welcome to all!

Maranatha Healing Retreat and Family Tree Mass this Sunday, 19th February; 2.30pm at St. Paul's Church, Dooradoyle, Limerick through Fr. Michael O'Shea, Limerick and Jose Sehion, UK, with beautiful Spirit Filled Praise and Worship Music and Song, Confessions, Rosary, Divine Mercy Chaplet, Talk, Mass and Adoration and Laying on of hands for healing. Tea after in hall. All welcome.....

Clare Older People Council are hosting a roadshow in Maria Assumpta Hall (Parish hall); Thursday 23rd; Starts at 7.30 -over at 9.30pm. Speakers include James Gallagher, Dr John Mahony, Vincent de Paul. Pobail and Stella O'Gorman. Followed by music and tea/coffee. Contact Eugene 0868127788 and Dermot 0863157591

Spring Days at Glenstal: 'Ageing Well' - As we live longer, can we age well? - Saturday 4th March. Info: 061.621000;

Email:events@glenstal.com, www.glenstal.com

Wanted: Second-hand Wheelchair sought for voluntary group. Contact Frank, Community Outreach Worker for Elderly: 087 1818828.

A Gala Concert will be held in Cois na hAbhna Sat 25th Feb 8pm. P.J. Murrhy, Seamus Shannon, All Ireland Winners, Caoimhe Miller (accordion), Elle Marie O'Dwyer (singing), Eugene Donnellan Set Dancers, Browne Brothers (Cree) Keefsa Corry - World Champion Step Dancer and more guests. All funds in aid of All Ireland Fleadh 2017 Ennis. Please Support.

Table Quiz - Clare Crusaders' fundraiser: Cloughleigh Comhaltas and Woodstock set dancers will host a Table Quiz in aid of the Clare Crusaders Clinic at Woodstock Golf and Country Club on Thursday 23rd February at 8pm. Table of 4 €20. All support greatly appreciated.

The Alzheimer Society, Clare Branch, would like to thank all who supported our Burren Walk which took place in Fanore on Sunday last. Sincere thanks and well done to all.

Yoga with Anto 086 3100827 - New 6 week course begins Mon; 27th Feb Beginners / Continuation / Morning & Evening classes . Men's class Mon 8.30 -10pm / Pregnancy Thurs 7-9.30pm.

Park United Academy/Football Club for Girls and Boys age 5 to 16 years, are now recruiting for all sections and teams. Come along to Cloughleigh Astro Turf any Saturday between 9.30 and 11.30 for information from one of the personnel attending or contact Development Officer on 085 7240744 for info. All coaches FAI qualified and Garda vetted. New and old members always welcome.

Clare Archaeological and Historical Society: 'Poor Irish women and American medical services, 1860-1912' - a talk by Dr Ciara Breathnach. This talk will provide an outline of the relationship poor female Irish immigrants had with medical services in Boston and New York City and how it changed in the period under review. Lecture takes place on **Tuesday 21st February; 8pm** in the Old Ground Hotel, Ennis. It is free to members and €5 for non-members. New members are always welcome. Enquiries to fogorman51@gmail.com Tel 087 2262259.

Pilgrimages 2017

Pilgrimage to New York. A special pilgrimage to New York from Knock will take place from 8th - 14th May. Flying directly from Ireland West Airport to JFK, the pilgrimage offers the chance to be a part of a memorable and historic trip. Itinerary includes a Requiem Mass on Saturday 13th at Old St. Patrick's Cathedral for the re-internment of the remains of John Curry, the youngest of the Knock witnesses which will be celebrated by His Eminence Cardinal Dolan. If you would like to find out more or make an enquiry, please contact the tour operators Joe Walsh Tours on (01) 2410800 or email: bronwvn.clinton@joewalstours.ie

Pilgrimage to Medjugorje, from Shannon 17th May. Fully inclusive for 7 nights €19. Spiritual Director Fr. Ger Fitzgerald. €100 deposit secures €19. After 1st February price of €69 applies. Contact Kathleen Lee 086 1031508

Charismatic Renewal Jubilee Pilgrimage to Rome: 30 May - 5 nights - €719. There are only a few places left for our pilgrimage to Rome for the Pentecost Jubilee. If you or anyone in your prayer group is interested in going, please get in touch soon with Annemarie Healy at Joe Walsh Tours to book a place on 021-2410814. Further information on our website - www.ccrireland.org The Haven, Bachelor's Quay, Cork, T12 X8WP. Phone: 021-425 1100, Email: bridgetdunne@eircom.net

Diocesan Pilgrimage to Lourdes: Bishop Fintan Monahan will lead his first Diocesan Pilgrimage to Lourdes on 26th June. The 61st Diocesan Pilgrimage to Lourdes will leave Shannon on Monday June 26th, returning on Saturday July 1st. The cost this year is still €692 per person sharing. €10 discount for online booking at www.joewalstours.ie Booking forms can be obtained from: Joe Walsh Tours, 143 Lower Baggot Street, Dublin 2. Telephone: (01) 2410810. A limited number of sick pilgrims will be accommodated in the Sanctuary of Lourdes at a cost of €595 Applications for sick pilgrims only to Fr. Tom Ryan, Pilgrimage Director, SS John & Paul Presbytery, Shannon, Co. Clare. Telephone: (061) 364133 / www.killaloeodiocese.ie

8 DAY PILGRIMAGE & HOLIDAY TO FATIMA & ESTORIL: This will take place from **18th - 25th August.** A 5 day pilgrimage to Fatima for the Centenary year 2017 which will include a visit to the shrine of St. Anthony in Lisbon. A 3 day relaxation at the popular holiday resort of Estoril. The Pilgrimage will travel direct from Shannon to Faro. Limited numbers of places available. For further information contact Mary O'Loughlin 065-7084000 or 085-2252251

Two pilgrimages to Medjugorje: Two pilgrimages to Medjugorje September 6-13. Spiritual Directors Fr. Tom O'Gorman & Fr. Martin Blake. September 13-20, spiritual director Fr. Martin Blake. Price of €709. Contact Jimmy Considine 085 738 5385 or 065 905 9328.

ENNIS PARISH PADRE PIO TRIP TO ADRIATIC COAST & SAN GIOVANNI; For information contact Group Leader: Mary O'Sullivan: 087 1247669; Spiritual Director: Fr Tom Hogan P.P. All Dinners, Tours & Taxes included; September 15-22 - 2017; Afternoon flights from Dublin; €995.

Annual church gate collection for Sláinte an Chláir, Clare Cancer Support, next weekend. We would really appreciate your support. Thank you.

Sr. Eileen's Cúinne

Naomh Vailintín

Tá Féile Naomh Vailintín comórtha againn ón Mháirt seo caite 14 Feabhra. Seoladh go leor cártaí Vailintín agus pléadh cúrsaí grá sa phobal agus sna meáin chumarsáide le tamall anuas ach cérbh é Naomh Vailintín? Mairtíreach agus sagart ab ea é a cuireadh chun báis sa Róimh breis is 1,800 bliain ó shin toisc gur bheannaigh sé lánúineacha a bhí i ngrá. Ní raibh fonn ar na fir óga ag an am troid in Arm an Impire Rómhánaigh Claudius. Chuir Claudius an milleán ar na mná agus d'ordaigh sé gach pósadh agus gealltanais pósadh a chur ar ceal. Bhí an bás i ndán d' aon duine a chuirfeadh ina choinne. Níor aontaigh Vailintín le seo. Cuireadh i bpríosún é agus dícheannadh é sa Róimh 14 Feabhra 270 A.D.

Sa bhliain 1835 thug John Spratt, sagart Chairmilíteach cuairt ar an Róimh agus tháinig na sluaite amach chun é a chloisteáil ag soiscéalú. Mar chomhartha buíochais bhronn an Pápa Gréagóir XV1 taisí Naomh Vailintín air agus tá siad in Eaglais na gCairmilíteach i Sráid na mBráithre Bána i mBaile Átha Cliath ó shin. Tugann lánúineacha cuairt ar an scrín chun a bheannacht a iarraidh ar a bpóstaí. Is é seo a leanas a deir Naomh Pól faoi ghrá: "Bionn an grá foighneach agus bíonn sé lách; ní bhíonn éad air; ní dhéanann sé maíomh ná mórtas; ní bhíonn sé mímhúinte ná leithleasach, míchéadfach ná agrach". (1 Cor. 13:4-5).

We celebrated the Feast of St Valentine on Tuesday 14 February. Valentine cards were sent and love matters were discussed by people and the media. But who was St. Valentine? He was a priest martyred in Rome approximately 1,800 years ago because he blessed couples who were in love. Young men were reluctant to join the Roman Empire Army of Claudius. Claudius placed the blame for this on women. He forbade marriages and marriage engagements. Anybody who opposed him was put to death. Valentine did not agree with this. He was imprisoned and beheaded in Rome in February 270A.D. In 1835 an Irish Carmelite priest, Fr. John Spratt visited Rome. Many came to hear him preaching. As a reward he received the relics of St.Valentine from Pope Gregory XVI and they are in the Church of Our Lady of Mount Carmel, Whitefriar Street, Dublin ever since. Many couples visit his shrine to ask for a blessing on their marriages. St. Paul says: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking." (1 Cor. 13: 4-5)

Clare Parkinson's Support monthly meeting takes place at Carrigoran Health & Wellness Centre, Newmarket-on-Fergus; 10am; Friday 24th February. These informal get-togethers provide a chance for people to talk, discuss worries or experiences and normally include a presentation by a guest speaker, such as a healthcare professional or complementary therapist. Activities that assist people living with Parkinson's such as Yoga, Dance, Occupational Therapy or Tai Chi generally form part of these sessions - and there is the social aspect with time to enjoy a coffee or tea and a scone! All are Welcome. For further information contact 087 415 8430.

Today's Scripture Readings

Entrance Antiphon

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 with me.

PENITENTIAL RITE

P. Have mercy on us, O Lord
C. **For we have sinned against you.**
P. Show us, O Lord, your mercy.
C. **And grant us your salvation.**
P. May almighty God have mercy on us,
forgive us our sins, and bring us to
everlasting life.
C. **Amen.**

GLORIA

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, 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.**

A reading from the book of Leviticus Lv 19:1-2.17-18

The Lord spoke to Moses; he said: ' Speak
to the whole community of the sons of Israel
and say to them: "Be holy, for I, the Lord
your God, am holy."

"You must not bear hatred for your
brother in your heart. You must openly tell
him your neighbour, of his offence; this way
you will not take a sin upon yourself. You
must not exact vengeance, nor must you
bear a grudge against the children of your
people. You must love your neighbour as
yourself. I am the Lord."

The Word of the Lord

Responsorial Psalm;

**Response: The Lord is compassion and
love.**

*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.* **R.**

*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.* **R.**

*The Lord is compassion and love,
slow to anger and rich in mercy.
He does not treat us according to our sins
nor repay us according to our faults.* **R.**

*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.* **R.**

A reading from first letter of St. Paul to the Corinthians 1Cor 3:16-23

Didn't you realise that you were God's
temple and that the Spirit of God was living
among you? If anybody should destroy the
temple of God, God will destroy him,
because the temple of God is sacred; and
you are that temple.

Make no mistake about it; if any one
of you thinks of himself as wise, in the
ordinary sense of the word, then he must
learn to be a fool before he really can be
wise. Why? Because the wisdom of this
world is foolishness to God. As scripture
says: The Lord knows wise men's
thoughts: he knows how useless they are,
or again: God is not convinced by the
arguments of the wise. So there is nothing
to boast about in anything human: Paul,
Apollos, Cephas, the world, life and death,
the present and the future, are all your
servants; but you belong to Christ and
Christ belongs to God.

The Word of the Lord

Alleluia, Alleluia!

If anyone loves me he will keep my word,
and my father will love him,
and we shall come to him.

Alleluia!

A reading from the holy Gospel according to Matthew Mt 5:38-48

Jesus said to his disciples: 'You have learnt
how it was said: Eye for eye and tooth for
tooth. But I say this to you: offer the wicked
man no resistance. On the contrary, if
anyone hits you on the right cheek, offer
him the other as well; if a man takes you to
law and would have your tunic, let him
have your cloak as well. And if anyone
orders you to go one mile, go two miles
with him. Give to anyone who asks, and if
anyone wants to borrow, do not turn away.

'You have learnt how it was said:
You must love your neighbour and hate
your enemy. But I say this to you: love
your enemies and pray for those who
persecute you; in this way you will be
children of your Father in heaven, for he
causes his sun to rise on bad people as
well as good, and his rain to fall on
honest and dishonest men alike. For if you
love those who love you, what right have
you to claim any credit? Even the tax
collectors do as much, do they not? And if
you save your greetings for your brothers,
are you doing anything exceptional? Even
the pagans do as much, do they not? You
must therefore be perfect as your
heavenly Father is perfect.'

The Gospel of the Lord

PROFESSION OF FAITH

I believe in one God, the Father almighty,
maker of heaven and earth, of all things
visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not
made, consubstantial with the Father;
through him all things were made.

For us men and for our salvation
he came down from heaven, and by the
Holy Spirit was incarnate of the Virgin
Mary, and became man. For our sake he
was crucified under Pontius Pilate, he
suffered death and was buried, and rose
again on the third day In accordance with
the Scriptures. He ascended into heaven
and is seated at the right hand of the
Father. He will come again in glory to
judge the living and the dead and his
kingdom will have no end.

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 is adored and glorified, who has
spoken through the prophets.

I believe in one, holy, catholic and
apostolic Church. I confess one Baptism
for the forgiveness of sins and I look
forward to the resurrection of the dead
and the life of the world to come.

Amen.

Communion Antiphon

**I will recount all your wonders,
I will rejoice in you and be glad,
And sing psalms to your name,
O Most High.**