



# 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>

Eight Sunday in Ordinary Time

(Year A)

26th February 2017

## Spring Time

At school we learnt that Lent was a period of 40 days when we did penance for our sins through prayer and fasting. It was a very personal experience and sadly that was the understanding of Lent that stayed with most of us into our adult years. It was a revelation to

learn that the word "Lent" actually comes from an English word that means Spring. That meaning turns Lent into a season of new life and hope.

In the Lenten Scriptures we learn what God is asking of us: "This rather is the

*fasting that I wish; releasing those bound unjustly, setting free the oppressed, sharing your bread with the hungry, sheltering the homeless".*

If we reflect on these words and let them take root in our hearts we will hear them as words that are addressing our present day situation. They call us to a Lenten practice that is not purely personal. Lent invites us to return to God and to experience the transforming mercy of God. But conversion is worth nothing if it

doesn't propel us into action outside of ourselves. As long as there are people in our world who are oppressed, hungry, homeless, unjustly treated, Lent is not just for me.

These forty days call us to much more. We are

a communal society interconnected to all human beings. How can our Lenten practice of prayer and fasting stretch us beyond the walls of our hearts to embrace our suffering sisters and brothers?. One way we can reach out to others is by our Trócaire box.



What we generously give up for Lent let us put its value in our Trócaire box.

Let us keep pressure on our Government to provide homes for the homeless and let us be truly welcoming to the strangers coming amongst us. As we begin our Lenten journey on Ash Wednesday, let us take to our hearts the cries of our hungry, exploited, suffering sisters and brothers so that we can come to the blessing of Easter Joy.

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

## Cathedral

### Remembered in Masses this Week:

**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**

**Mon: 7.45am:** Frances, Joseph & Moloney family, O'Connell St.

**10am:** Sheila Coote, St. Michael's Villas.

**7.30pm:** Martin & Bridget Moloney, Clare Rd.

**Tues: 7.45am** Book of Intentions.

**10am:** Michael & Maureen Rice, Summerhill.

**7.30pm:** Tom Flynn, Golf Links Rd.

**Wed: 7.45am:** Donors' Intentions.

**10am:** Nancy & Paddy Guilfoyle, Gallows Hill & Anthony, San Francisco.

**7.30pm:** Nora & Joseph Doyle, Clonroad.

**Thurs: 7.45am:** Mike Archer, The Park, Quin.

**10am:** O'Brien family, Golf Links Rd.

**7.30pm:** Brian McMahon, Lissycasey.

**Fri: 7.45am** Mass for the People.

**10am:** Philip Smyth, Roscommon.

**7.30pm:** John Fogarty, Fernhill. **MM**

**Sat: 10am:** John & Nora Mc Grath, Considine Rd. Paul Flaherty, Willow Park.

**11am:** James & Mary Mc Mahon, Summerhill.

**6.30pm:** Mary Meaney, Greenpark. **1st Anniv**

**Sun 5th: 9am:** Paddy Brennan, O'Connell St.

**10.30am:** Margaret Hayes, Clonroadmore.

Mary Honan, Kilrush Rd.

Ann Barrett, Willow Park.

Carmel Ryan, Collins Park.

Leovigilda Navarrette, Phillippines.

Danute Siltaliene, Woodlands & Lithuania.

**12noon:** Féile na hInse.

### Roster for Cathedral:

**Sunday 5th March, 2017**

Readers: Group 5

Eucharistic Ministers Weekday: Group 5

Eucharistic Ministers Sunday: Group 3



## Cloughleigh

### Remembered in Masses this Week:

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

**11am:** Garry Murphy, Considine Rd.

**Mon 9.30am:** John & Mary Hunt, Dublin & Kilkee.

**Tue 9.30am:** Book of Intentions.

**Wed 9.30am:** Delia, Mary & Peter Hegarty, Hermitage.

**Thurs 9.30am:** James & Mary McNamara.

**Fri 9.30am:** Donor's Intention.

**Sun 9.30am:** Gerard & Evelyn Moloney, Dalcassian Ave.

### 1st Saturday Devotions

in honour of Our Lady of Fatima, in Cathedral next Sat. Adoration of the Most Blessed Sacrament with Confessions, Rosary and Benediction, after 10am Mass.



## Hospital & Sick Calls

**26th February, 2017**

**Priest on Duty:**

**Fr. Tom Hogan**

**Wednesday:**

**Fr. Dariusz Plasek**

**Duty phone: 065 6869098**



### Friary News

**Meeting Date Changed.** The date of the March meeting of the Secular Franciscan Order, has been postponed until Wednesday 8th in the Friary and St. Anthony's Hall at the usual time. The hour of prayer for peace promoted by the SFO will continue at the Poor Clare Chapel on Saturday 4th March from 4.30pm to 5.30pm. All are welcome to attend

### 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.



**Meeting of St. Joseph's Young Priests' Society** after 7.30pm Mass in St. Joseph's on Friday March 3rd.



### Newly Baptised

*We welcome into the Christian Community through the Sacrament of Baptism:* **Martin Pius Pio McDonagh, Noretta McDonagh, Katie Louise Harte, Darragh Ian Carolan**

The Stations of the Cross will take place in the Cathedral before 10am mass during the Fridays of Lent.

Sister Eileen Callinan's award-winning book *Seal i Láthair Dé* will be launched in the Maria Assumpta Hall, Ennis on 5 March after 12 o'clock Mass, Cathedral, Ennis (approx. 12.45pm). You are all welcome to this event.

**Seolfar Seal i Láthair Dé leis an tSiúr Eibhlín Ní Chellanáin** ar an Domhnach 5 Márta ar 12.45pm i Maria Assumpta Hall, Inis (tar éis Aifrin 12.00 san Ardeaglais). Bhuaiigh an leabhar seo duais i gComortas Liteartha an Oireachtais 2014. Beidh fáilte roimh chách chuig an seoladh.

**"Thus should one regard us, as servants of Christ." Are you being called to serve the Lord and others in the priesthood? Call : 086 2777139**

## 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:

**7pm:** Patrick O'Donovan, The Crescent.

**Sun 26th 8am:** Louis Preston, St. Senan's Rd.

**10am:** Anna Casey, Marian Avenue.

**11.30am:** Brendan Armstrong, Mountain View.

**Mon 11am:** Mary Meehan, Cappa, Kilrush.

**Tues 11am:** Kathleen Reilly, Corrovorrin Cres. **1st Anniv**

**Wed 11am:** Kathleen Reidy, Connolly.

**Thu 11am:** Bridget Rooney, London.

**Fri 11am:** Mary Hartney, Mountain View.

**7.30pm:** Mary, & Jimmy Enright, O'Connell St & Michael, late Wexford.

**Sat 11am:** CBS Confirmation.

**7pm:** Teresa Kelly, Fergus Park. **MM**

**Sun 5th 8am:** Crowley & Kenny families, Coolmeen.

**11.30am:** Peadar O'Keeffe, Drumcliffe Rd.

## 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!**

### Rest in Peace

**John Loftus**, Dublin & formerly Buttermarket; **Senan Sheehan**, Hawthorn Drive, Clare Rd, **James Lusk**, Shrewsbury; **Christy Shannon**, Hermitage; **Siobhan Wooley**, London sister of Maureen Rynne, Cusack 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.*

### Live the Word:

There are moments in our lives when we are called to stand on the edge, where the possibilities before us are immense, the challenge mighty. These moments call for our creativity, hope and courage. They call for us to dig deep and unleash our true strengths.



**Taizé Prayer.** All welcome to join us for Taizé Prayer in the Church of Our Lady, Roslevan on Thursday March 2nd at 7.45pm. Bring a friend.



## Mass times for Ash Wednesday

Cathedral: 7.45am, 10am, 7.30pm

St Joseph's: 8am, 11am and 7pm

Cloughleigh: 9.30am

Friary: 10am, 1.05pm



Ashes will be distributed after all Masses and will be available for collection in the Churches.

### Next Mass in the extraordinary form (the Tridentine or 'Latin' rite)

Sunday 5th March; 5.30pm; St. Joseph's Church. All are welcome.



Bus to Clonfert, to Eddie Stone on 4th March, leaving St Joseph's carpark 9am. Contact Stephen Leahy 086 1943960.

Charismatic musician & singers wanted for Ennis Divine Mercy Chaplet Group. Contact Parish Office

### Found

- ◆ Key found in Carmody St. carpark, contact Parish Office
- ◆ Hearing aid found in the Cathedral on Wednesday morning after 7.45am Mass.

### Wanted

- ◆ Any unwanted working sewing machines needed for a parish charity. Contact Parish Office.

*Letters under the Pillow – now back in Veritas* – it is about nuns in St Joseph's order who went to Australia when very young.

Ennis Musical Society presents "Little Shop of Horrors", March 8th-11th, 8pm nightly at Glór.

Ennis Players will present *The Colleen Bawn*: Feb 27th - Mar 2nd; Glór. This hilarious melodrama unlike the true story has a happy ending and is suitable for all the family. Nightly at 8pm, tickets €16/14.

**Adventures in Art**—Fundamentals of drawing, colour theory, design, structure and space. Learn about the various mediums with in-depth discussions on genres, art appreciation and art history. All materials provided. €60 for 6 weeks. Instructor Larisa K. Bevilard B.A. Dip.L.S., 086 004 2004

## Sláinte an Chláir Cancer Support Services

With the rugby about to kick off this weekend, we invite you to enter the 6 Nations' Rugby lottery. Simply pick the team that you think will win the 6 Nations' rugby tournament, leave your name and number in one of the participating outlets and be in with a chance to win €400 or a signed Irish Rugby Jersey. Entry Fee: €5 and you can enter through Ennis Parish Office; Cootes Shop, Kilrush Rd., Mary Kelly Newsagent, O'Connell Street or Tom O'Donnell Sports Shop, Abbey Street. All correct entries will be entered into a lottery and the winner will be drawn on the Monday after the 6 nations ends.

Closing date for entries 11th March 2017



## 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@ioewalshstours.ie](mailto:bronwvn.clinton@ioewalshstours.ie)

**Pilgrimage to Medjugorje,** from Shannon 17th May. Fully inclusive for 7 nights €619. Spiritual Director Fr. Ger Fitzgerald. €100 deposit secures €619. After 1st February price of €669 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](http://www.ccrireland.org) The Haven, Bachelor's Quay, Cork, T12 X8WP. Phone: 021-425 1100; Email: [bridgedunne@eircom.net](mailto:bridgedunne@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.joewalshstours.ie](http://www.joewalshstours.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.killaloediocese.ie](http://www.killaloediocese.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

**Table Quiz—Fundraiser for children of Kolkata (Calcutta).** Theresa Collins, Shanaway Road is travelling as part of a school group to work with the street children of Kolkata during the Easter Holidays. Fundraiser; Woodstock Golf Club, Bunker Bar, Friday March 3rd, 7:30pm. Table of 4 €40. Excellent Spot prizes. All funds raised go directly to the children of Kolkata.

## Sr. Eileen's Cúinne

Domhnach na Measarthachta

Tá an Domhnach seo tiomnaithe do Mheasarthach ag an Eaglais. Is suáilce í gur féidir linn a chleachtadh i ngach gné dár saol. Is eol dúinn go bhfuil fadhb an óil agus drugaí ag cur isteach go mór ar theaghlach. Is mór an brón agus briseadh croí a bhíonn le fulaingt dá bhrí sin.

Beidh Céadaoin an Luathrigh ar an 1 Márta. Is tús tréimhse an Charghais é, an daichead lá roimh an Cháisc. Iarrtar orainn cúl a thabhairt don pheaca agus grá a léiriú do Dhia agus do dhaoine eile. Cuireann an luathrigh ar ár n-éadan i gcúimhne dúinn mortlaíocht dhaoine. Tá an cleachtadh seo coitianta i measc, Anglacánaigh, Liútaí, Meitidistigh agus Preispitéirigh. Is féidir machnamh a dhéanamh ar an bpaidir seo a leanas ón Traidisiún:

*A íosa, glan mo chroíse*

*Go gléghlan gach lá,*

*A íosa, cuir m'intinn faoi léirsmacht do ghrá.*

*Déan mo smaointe go fíorghlan agus briathra mo bhéil,*

*Is a Thiarna, 'Dhia dhílis, stiúir choíche mo shaol.*

This Sunday is dedicated to Temperance. It is a virtue which we ought to practise in our lives. We know that drink and drug abuse cause serious problems, pain and suffering for many families.

Ash Wednesday will be celebrated on Wednesday next March 1st. It is the beginning of the Lenten Season, forty days before Easter. We are invited to turn away from sin and love God and our neighbour. The ashes on our foreheads remind us of our mortality. Ash Wednesday is observed by many Western Christians among them Anglicans, Lutherans, Methodists and Presbyterians. Let us reflect on the following prayer from Tradition:

*Jesus, cleanse my heart each day and make it spotless,*

*Jesus, rule my mind by the power of your love. Make truly clean my thoughts and the words of my mouth, and, dear Lord God, direct my life now and forever.*

### NATIONAL TREE WEEK (5TH TO 12TH March)

Ennis Tidy Towns supports Clare County Council in conjunction with the Tree Council of Ireland and Coillte who are making young native trees available FREE to Community Groups for planting in public open spaces. Groups must undertake to plant these native trees in a suitable location in its own locality. Groups willing to take part should contact Clare County Council on 6846386 or 6846331 by 3rd March.

### MIC Campus, Limerick, Taster Sessions:

Learn about the Degree Programmes on offer in MIC at our MIC, Campus, Limerick, Taster Sessions. MIC Campus, Limerick, Friday, 28th April, 11am - 1pm, TARA Building. Attendance is by registration only. Spaces are limited and available only on a first-come first-served basis. For further details and to register please go to <https://www.eventbrite.ie/e/mic-campus-limerick-taster-sessions-registration-31831576101>

Ennis Parish Development Fund for Sunday, 19th February €7,432.00

# Today's Scripture Readings

## Entrance Antiphon

The Lord became my protector.  
He brought me out to a place of freedom;  
He saved me because he delighted in 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 prophet Isaiah

Is 49:14-15

Zion was saying, "The Lord has abandoned  
me, the Lord has forgotten me."

Does a woman forget her baby at the  
breast, or fail to cherish the son of her  
womb?

Yet even if these forget, I will never forget  
you.

### The word of the Lord

## Responsorial Psalm

**Response: In God alone is my soul at  
rest.**

In God alone is my soul at rest;  
my help comes from him.

He alone is my rock, my stronghold,  
my fortress: I stand firm. **R.**

In God alone be at rest, my soul;  
for my hope comes from him.

He alone is my rock, my stronghold,  
my fortress: I stand firm. **R.**

In God is my safety and glory,  
The rock of my strength.  
Take refuge in God all you people.  
Trust him at all times.  
Pour out your hearts before him. **R.**

## A reading from the first letter of St. Paul to the Corinthians 1 Cor 4:1-5.

People must think of us as Christ's  
servants, stewards entrusted with the  
mysteries of God. What is expected of  
stewards is that each one should be found  
worthy of his trust. Not that it makes the  
slightest difference to me whether you, or  
indeed any human tribunal, find me worthy  
or not. I will not even pass judgement on  
myself. True, my conscience does not  
reproach me at all, but that does not prove  
that I am acquitted; the Lord alone is my  
judge. There must be no passing of  
premature judgement. Leave that until the  
Lord comes: He will light up all that is  
hidden in the dark and reveal the secret  
intentions of men's hearts. Then will be the  
time for each one to have whatever praise  
he deserves, from God.

### The word of the Lord

## Gospel Acclamation

Alleluia, Alleluia!

*Your word is truth, O Lord,*

*Consecrate us in the truth. Alleluia!*

## A reading from the holy Gospel according to Matthew. Mt 6.24-34

Jesus said to his disciples: "No one can be  
the slave of two masters: he will either  
hate the first and love the second,  
or treat the first with respect and the  
second with scorn.

You cannot be the slave both of God and  
of money.

"That is why I am telling you not to  
worry about your life and what you are to  
eat, nor about your body and how you are  
to clothe it. Surely life means more than  
food, and the body more than clothing!

Look at the birds in the sky they do not sow  
or reap or gather into barns; yet your  
heavenly Father feeds them. Are you not  
worth much more than they are?

Can any of you, for all his worrying, add  
one single cubit to his span of life?

And why worry about clothing?

Think of the flowers growing in the fields;  
they never have to work or spin; yet I  
assure you that not even Solomon in all his  
regalia was robed like one of these.

Now if that is how God clothes the grass  
in the field, which is there today and  
thrown into the furnace tomorrow, will he  
not much more look after you, you men of  
little faith?

So do not worry; do not say, "What are to  
eat?" "What are we to drink?" "How are  
we to be clothed?" It is the pagans who  
set their hearts on all these things.

Your heavenly Father knows you need  
them all. Set your hearts on his kingdom  
first, and on his righteousness, and all  
these other things will be given to you as  
well.

So do not worry about tomorrow;  
tomorrow will take care of itself. Each day  
has enough trouble of its own."

### 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 sing to the Lord who has been  
bountiful with me, sing psalms to the  
name of the Lord Most High.**