



DON'T PANIC

MARK 4:35-41

Imagine the disciples' panic. There they are in the boat when a storm begins to rage. It's so bad the boat is in danger of sinking, and they are full of fear. All seems lost...

DO

All kinds of storms can upset the equilibrium of our lives. Think about how you cope with major crises or setbacks. Do you deal with them constructively? Is there somebody you can turn to for support? Do you know anybody who might need your support right now?

SAY

"Lord, help us to trust in you. Strengthen our faith so that we can speak your truth without fear. Amen."

PRAY

Pray for the Pope and for all in authority in the Church. Ask the Holy Spirit to help them steer the Church with confidence and courage through the many storms it encounters.

ENTRANCE ANTIPHON

The Lord is the strength of his people,
a saving refuge for the one he has anointed.
Save your people, Lord, and bless your
heritage,
and govern them for ever.

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,
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

Grant, O Lord,
that we may always revere and love your
holy name,
for you never deprive of your guidance
those you set firm on the foundation of your
love.

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.

Amen.

FIRST READING

Job 38:1. 8-11

A reading from the book of Job.

From the heart of the tempest the Lord gave
Job his answer. He said:

Who pent up the sea behind closed doors
when it leapt tumultuous out of the womb,
then I wrapped it in a robe of mist
and made black clouds its swaddling bands;
when I marked the bounds it was not to
cross
and made it fast with a bolted gate?
Come thus far, I said, and no farther:
here your proud waves shall break.

The word of the Lord.

Thanks be to God.

PSALM

Psalm 106

Response:

**O give thanks to the Lord,
for his love endures for ever.**

or

Alleluia!

- Some sailed to the sea in ships
to trade on the mighty waters.
These men have seen the Lord's deeds,
the wonders he does in the deep. (R.)

- For he spoke; he summoned the gale,
tossing the waves of the sea
up to heaven and back into the deep;
their soul melted away in their distress.
(R.)
- Then they cried to the Lord in their need
and he rescued them from their distress.
He stilled the storm to a whisper:
all the waves of the sea were hushed. (R.)
- They rejoiced because of the calm
and he led them to the haven they desired.
Let them thank the Lord for his love,
the wonders he does for men. (R.)

SECOND READING 2 Corinthians 5:14-17

A reading from the second letter of St Paul to
the Corinthians.

The love of Christ overwhelms us when we
reflect that if one man has died for all, then
all men should be dead; and the reason he
died for all was so that living men should live
no longer for themselves, but for him who
died and was raised to life for them.

From now onwards, therefore, we do not
judge anyone by the standards of the flesh.
Even if we did once know Christ in the flesh,
that is not how we know him now. And
for anyone who is in Christ, there is a new
creation; the old creation has gone, and now
the new one is here.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

**May the Father of our Lord Jesus Christ
enlighten the eyes of our mind,
so that we can see what hope his call holds
for us.**

Alleluia!

GOSPEL

Mark 4:35-41

A reading from the holy Gospel according to
Mark.

With the coming of evening, Jesus said to
his disciples, "Let us cross over to the other
side." And leaving the crowd behind they
took him, just as he was, in the boat; and
there were other boats with him. Then it
began to blow a gale and the waves were
breaking into the boat so that it was almost
swamped. But he was in the stern, his head
on the cushion, asleep. They woke him and
said to him, "Master, do you not care? We are
going down!" And he woke up and rebuked
the wind and said to the sea, "Quiet now! Be
calm!" And the wind dropped, and all was
calm again. Then he said to them, "Why are
you so frightened? How is it that you have
no faith?" They were filled with awe and said
to one another, "Who can this be? Even the
wind and the sea obey him."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

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,**

(all bow during the next three lines)

**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.**

PRAYER OVER THE OFFERINGS

Receive, O Lord, the sacrifice of conciliation
and praise
and grant that, cleansed by its action,
we may make offering of a heart pleasing to
you.

Through Christ our Lord.

Amen.

COMMUNION ANTIPHON

**The eyes of all look to you, Lord,
and you give them their food in due season.**

PRAYER AFTER COMMUNION

Renewed and nourished
by the Sacred Body and Precious Blood of
your Son,
we ask of your mercy, O Lord,
that what we celebrate with constant
devotion
may be our sure pledge of redemption.
Through Christ our Lord.

Amen.

You say grace before meals. All right. But I
say grace before the concert and the opera,
and grace before the play and pantomime,
and grace before I open a book, and grace
before sketching, painting, swimming,
fencing, boxing, walking, playing, dancing
and grace before I dip the pen in the ink.

GK Chesterton

