

THE INTROIT  
Cf. Ps 81 (80): 17

He fed them with the finest wheat  
and satisfied them with honey from the rock.

## THE KYRIE

V. Ký-ri - e, e-lé-i-son. R. Ký-ri - e, e-lé-i-son.  
V. Chri-ste, e-lé-i-son. R. Chri-ste, e-lé-i-son.  
V. Ký-ri - e, e-lé-i-son. R. Ký-ri - e, e-lé-i-son.

Glory to God in the highest,  
and on earth peace to people of good will.

## GLORIA

We praise **yòu**,  
we bless **yòu**,  
we adore **yòu**,  
we glorify **yòu**,  
we give you thanks for **yòur great glòry**,  
Lord God, heavenly **King**,  
O God, al**mighty** Fàther.

Lord Jesus Christ, Only Begotten **Sòn**,  
Lord **God**, Lamb of **God**, Son of the Fathèr,  
you take away the sins of the **wòrld**,  
have mercy on us;  
you take away the sins of the **wòrld**,  
receive our prayer;  
you are seated at the right hand of the Fathèr,  
have mercy on us.

For you alone are the Holy **Òne**,  
you alone are the **Lòrd**,  
you alone are the Most High,  
Jesus **Christ**,  
with the Holy **Spirit**,  
in the glory of **God** the Fàther.  
**Amen**.

THE READINGS  
Deuteronomy 8:2-3, 14b-16a

Moses said to the people:  
"Remember how for forty years now the LORD, your God,  
has directed all your journeying in the desert,  
so as to test you by affliction  
and find out whether or not it was your intention  
to keep his commandments.  
He therefore let you be afflicted with hunger,  
and then fed you with manna,  
a food unknown to you and your fathers,  
in order to show you that not by bread alone does one live,  
but by every word that comes forth from the mouth of the LORD.  
"Do not forget the LORD, your God,  
who brought you out of the land of Egypt,  
that place of slavery;  
who guided you through the vast and terrible desert  
with its saraph serpents and scorpions,  
its parched and waterless ground;  
who brought forth water for you from the flinty rock  
and fed you in the desert with manna,

a food unknown to your  
fathers."

**R. Praise the Lord, Jerusalem.**

Ps 147

Glorify the LORD, O Jerusalem;  
praise your God, O Zion.  
For he has strengthened the bars of your gates;  
he has blessed your children within you.

**R.**  
He has granted peace in your borders;  
with the best of wheat he fills you.  
He sends forth his command to the earth;  
swiftly runs his word!

**R.**  
He has proclaimed his word to Jacob,  
his statutes and his ordinances to Israel.  
He has not done thus for any other nation;  
his ordinances he has not made known to them. Alleluia.  
**R.**

1 Cor 10:16-17

Brothers and sisters:  
The cup of blessing that we bless,  
is it not a participation in the blood of Christ?  
The bread that we break,  
is it not a participation in the body of Christ?  
Because the loaf of bread is one,  
we, though many, are one body,  
for we all partake of the one loaf.

John 6:51-58

Jesus said to the Jewish crowds:  
"I am the living bread that came down from heaven;  
whoever eats this bread will live forever;  
and the bread that I will give  
is my flesh for the life of the world."  
The Jews quarreled among themselves, saying,  
"How can this man give us his flesh to eat?"  
Jesus said to them,  
"Amen, amen, I say to you,  
unless you eat the flesh of the Son of Man and drink his  
blood,  
you do not have life within you.  
Whoever eats my flesh and drinks my blood  
has eternal life,  
and I will raise him on the last day.  
For my flesh is true food,  
and my blood is true drink.  
Whoever eats my flesh and drinks my blood  
remains in me and I in him.  
Just as the living Father sent me  
and I have life because of the Father,  
so also the one who feeds on me  
will have life because of me.  
This is the bread that came down from heaven.  
Unlike your ancestors who ate and still died,  
whoever eats this bread will live forever."

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

## THE NICENE CREED

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:*

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.

## SUNG RESPONSES &amp; LITANIES OF THE EUCHARISTIC PRAYER

## THE HOLY, HOLY, HOLY

**S** Anctus, \* Sanctus, Sanctus Dominus De-us Sá-ba-oth. Ple-ni sunt  
caeli et terra glo-ri-a tu-a. Ho-sán-na in ex-cel-sis. Be-ne-dic-tus  
qui ve-nit in no-mi-ne Do-mi-ni. Ho-sá-na in ex-cel-sis.

## THE MEMORIAL ACCLAMATION

*The Priest intones: "The mystery of faith..."*

We pro-claim your Death, O Lord, and pro-fess your Res-ur-rec-tion  
un-til you come a-gain.

## THE LAMB OF GOD (AGNUS DEI)

A-gnus De-i, \* qui tol-lis pec-cá-ta mun-di: mi-se-ré-re no-bis.  
A-gnus De-i, \* qui tol-lis pec-cá-ta mun-di: mi-se-ré-re no-bis.  
A-gnus De-i, \* qui tol-lis pec-cá-ta mun-di: do-na no-bis pa-cem.

## THE COMMUNION ANTIPHON

JOHN 6:57

Whoever eats my flesh and drinks my blood  
remains in me and I in him, says the Lord.

## Before Mass:

- If you are in your car, please tune your radio to:
  - St. Frances Cabrini: **91.5 fm** | St. Joseph: **96.3fm**
- Please enter only through the main doors so an accurate count can be made for 25% occupancy.
- Wear your mask.
- A basket will be available for your stewardship offering.
- Find a seat noting that some will be blocked off and that 6-foot distancing is required.
- Families in the same household who have regular contact with each other may sit together.
- Recollect yourself before Mass.
  - What intentions do I bring to the altar today?
  - What graces do I need to ask of The Lord?
  - Am I conscious of mortal sin? Do I need to go to Confession because of this?

## During Mass:

- Pray along with the Mass.
- Maintain 6-foot distancing when coming forward for Holy Communion.
- Remove your mask only to receive Holy Communion.
- Reception of Holy Communion in the hand is encouraged, but not required.
- Please DO NOT touch the priest's hands when receiving Holy Communion. He will have to pause to go wash his hands and return.

## After Mass:

- Take a few extra moments to offer a prayer of thanksgiving for The Mass, The Eucharist, and your own intentions.
- Maintain 6-foot distancing.
- Exit through the nearest door.
- Take a bulletin if you would like one.

**Please take this sheet with you!**