

## Nineteenth Sunday in Ordinary Time, Year A

### ENTRANCE ANTIPHON:

Look to your covenant, O Lord,  
and forget not the life of your poor ones for ever.  
Arise, O God, and defend your cause,  
and forget not the cries of those who seek you.

### FIRST READING:

A reading from the first book of the Kings 19:9.11-13

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The word of the Lord. **All: Thanks be to God**

### RESPONSORIAL PSALM:

**Lord, show us your mercy and love,  
and grant us your salvation.**

I will hear what the Lord God has to say,  
a voice that speaks of peace.  
His help is near for those who fear him  
and his glory will dwell in our land. **(R.)**

Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven. **(R.)**

The Lord will make us prosper  
and our earth shall yield its fruit.  
Justice shall march before him  
and peace shall follow his steps. **(R.)**

### SECOND READING:

A reading from the letter of St Paul to the Romans 9:1-5

What I want to say is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The word of the Lord. **All: Thanks be to God**

### GOSPEL ACCLAMATION:

**Alleluia, alleluia!**  
I hope in the Lord,  
I trust in his word.  
**Alleluia!**

## **GOSPEL:**

A reading from the holy Gospel according to Matthew 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

The Gospel of the Lord.

**All: Praise to you, Lord Jesus Christ**



## **COMMUNION ANTIPHON:**

**O Jerusalem, glorify the Lord,  
who gives you your fill of finest wheat.**

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### **READINGS NEXT WEEK:**

**Twentieth Sunday in Ordinary Time, Year A**

1st Reading: **Isaiah 56:1, 6-7**  
2nd Reading: **Romans 11:13-15, 29-32**  
Gospel: **Matthew 15:21-28**

## **AN ACT OF SPIRITUAL COMMUNION**

My Jesus,  
I believe that You are in the Blessed Sacrament.  
I love You above all things, and I long for You in my soul.  
Since I cannot now receive You sacramentally,  
come at least spiritually into my heart.  
As though you have already come,  
I embrace You and Unite myself entirely to You:  
never permit me to be separated from You.  
Amen