

ENTRANCE ANTIPHON

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

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

O God, who in this wonderful Sacrament
have left us a memorial of your Passion,
grant us, we pray,
so to revere the sacred mysteries of your
Body and Blood
that we may always experience in ourselves
the fruits of your redemption.
Who live and reign with God the Father
in the unity of the Holy Spirit,
one God, for ever and ever. **Amen.**

FIRST READING

Exodus 24:3-8

A reading from the book of Exodus.

Moses went and told the people all the
commands of the Lord and all the ordinances.
In answer, all the people said with one voice,
"We will observe all the commands that
the Lord has decreed." Moses put all the
commands of the Lord into writing, and early
next morning he built an altar at the foot of the
mountain, with twelve standing-stones for the
twelve tribes of Israel. Then he directed certain
young Israelites to offer holocausts and to
immolate bullocks to the Lord as communion
sacrifices. Half of the blood Moses took up and
put into basins, the other half he cast on the
altar. And taking the Book of the Covenant he
read it to the listening people, and they said,
"We will observe all that the Lord has decreed;
we will obey." Then Moses took the blood and
cast it towards the people. "This" he said "is
the blood of the Covenant that the Lord has
made with you, containing all these rules."

The word of the Lord.

Thanks be to God.

PSALM

Psalm 115

Response:

**The cup of salvation I will raise;
I will call on the Lord's name.
or Alleluia!**

- How can I repay the Lord
for his goodness to me?
The cup of salvation I will raise;
I will call on the Lord's name. **(R.)**
- O precious in the eyes of the Lord
is the death of his faithful.
Your servant, Lord, your servant am I;
you have loosened my bonds. **(R.)**

- A thanksgiving sacrifice I make:
I will call on the Lord's name.
My vows to the Lord I will fulfil
before all his people. **(R.)**

SECOND READING Hebrews 9:11-15

A reading from the letter to the Hebrews.

Now Christ has come, as the high priest of
all the blessings which were to come. He has
passed through the greater, the more perfect
tent, which is better than one made by men's
hands because it is not of this created order;
and he has entered the sanctuary once and
for all, taking with him not the blood of
goats and bull calves, but his own blood,
having won an eternal redemption for us.
The blood of goats and bulls and the ashes
of a heifer are sprinkled on those who have
incurred defilement and they restore the
holiness of their outward lives; how much
more effectively the blood of Christ, who
offered himself as the perfect sacrifice to
God through the eternal Spirit, can purify our
inner self from dead actions so that we do
our service to the living God.

He brings a new covenant, as the mediator,
only so that the people who were called to an
eternal inheritance may actually receive what
was promised: his death took place to cancel
the sins that infringed the earlier covenant.

The word of the Lord.

Thanks be to God.

SEQUENCE (shorter form)

Behold the bread of angels, sent
For pilgrims in their banishment,
The bread for God's true children meant,
That may not unto dogs be given:
Oft in the olden types foreshadowed;
In Isaac on the altar bowed,
And in the ancient paschal food,
And in the manna sent from heaven.

Come then, good shepherd, bread divine,
Still show to us thy mercy sign;
Oh, feed us still, still keep us thine;
So may we see thy glories shine
In fields of immortality;

O thou, the wisest, mightiest, best,
Our present food, our future rest,
Come make us each thy chosen guest,
Co-heirs of thine, and comrades blest
With saints whose dwelling is with thee.

GOSPEL ACCLAMATION

Alleluia, alleluia!

**I am the living bread which has come down
from heaven,
says the Lord.
Anyone who eats this bread will live for ever.
Alleluia!**

GOSPEL

Mark 14:12-16.22-26

A reading from the holy Gospel according to Mark.

On the first day of Unleavened Bread,
when the Passover lamb was sacrificed, his
disciples said to Jesus, "Where do you want
us to go and make the preparations for you
to eat the passover?" So he sent two of his
disciples, saying to them, "Go into the city
and you will meet a man carrying a pitcher
of water. Follow him, and say to the owner
of the house which he enters, 'The Master
says: Where is my dining room in which I can
eat the Passover with my disciples?' He will
show you a large upper room furnished with

couches, all prepared. Make the preparations
for us there." The disciples set out and went
to the city and found everything as he had
told them, and prepared the Passover.

And as they were eating he took some
bread, and when he had said the blessing
he broke it and gave it to them. "Take it," he
said "this is my body." Then he took a cup,
and when he had returned thanks he gave
it to them, and all drank from it, and he said
to them, "This is my blood, the blood of
the covenant, which is to be poured out for
many. I tell you solemnly, I shall not drink any
more wine until the day I drink the new wine
in the kingdom of God."

After psalms had been sung they left for
the Mount of Olives.

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

Grant your Church, O Lord, we pray,
the gifts of unity and peace,
whose signs are to be seen in mystery
in the offerings we here present.
Through Christ our Lord. **Amen.**

COMMUNION ANTIPHON

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

PRAYER AFTER COMMUNION

Grant, O Lord, we pray,
that we may delight for all eternity
in that share in your divine life,
which is foreshadowed in the present age
by our reception of your precious Body and
Blood.
Who live and reign for ever and ever.
Amen.



Lithography of the Last Supper in Missale Romanum by unknown artist, late 19th century

The familiar scene of preparing for a meal reminds us of Christ's passion for friendship and communion with his followers.

A Passover meal in the Jewish tradition took place within the family home with blood relatives and displayed the covenant between God and those who gathered. However today we witness a different kind of gathering with Jesus and his new family of disciples. In taking the bread and raising the cup, he invites the disciples into a relationship with God that will involve trusting in his love and friendship. It's interesting to note that the Gospel scene that follows today's Gospel is the prediction of Peter's denial. So already during this Passover meal, Jesus knows that there is weakness and failure and betrayal in the hearts of those with the best of intentions. Jesus ate with sinners, he acknowledged the weaknesses of humanity, he offered words of encouragement and he loved indiscriminately.

Hosting a Passover meal so close to his death may have had some strategic significance, for after Jesus' death and resurrection his followers will be drawn back to the image of Jesus offering his body and blood in the form of bread and wine. The memory of Jesus' activity in breaking bread and offering it to the world will form the basis of their preaching and teaching. The memory of Jesus' unconditional love for all and the sacrifice he made for humanity offers courage to believers in times of difficulty and hope in times of despair. Today's Passover meal was not the end. It was just the beginning. ■



REFLECT

A visit to the Vatican can no longer be described as a peaceful experience, especially as one queues to enter St Peter's Basilica or venture through the maze of rooms that form the Vatican Museum. It can be both exhilarating and exhausting with plenty of jostling for photos of key sites like the Pieta and St Peter's grave. Such bustling activity has not gone unnoticed by Pope Francis who during one of his Wednesday instructions (November 8, 2017) stated that when he celebrates Mass in St Peter's Square or in the Basilica, he sees a lot of mobile phones raised up, not only by the lay faithful but by priests and bishops as well. He stated, "When a priest is celebrating Mass and says 'lift up your hearts' he does not say 'lift up your cellphones'." The phrase made plenty of headlines throughout the world, especially on social media. At the heart of the issue is a momentary lack of respect for what is happening before our eyes as the Eucharist is celebrated and bread is shared. As Pope Francis stated in the same instruction, Mass is not a show where we come to be entertained. Some people complain that Mass is too long or lacks animation or is a little boring. But we're missing the point. The Eucharist is where we encounter the Last Supper and the Resurrection of Jesus. Sometimes we can forget about its importance in our lives. ■

LEARN

"Our way of thinking is attuned to the Eucharist and the Eucharist in turn confirms our way of thinking." (St Irenaeus)

DO

In keeping with Pope Francis' comments on respect and attentiveness during the Eucharist, let us try and pay more attention to what is happening at Mass. Allow a conversation between you and God to happen during the celebration. Acknowledge the presence of Jesus in the bread and wine.

SAY

"Lord Jesus, Who in the Eucharist make your dwelling among us and become our travelling companion, sustain our Christian communities so that they may be ever more open to listening and accepting your Word. May they draw from the Eucharist a renewed commitment to spreading in society, by the proclamation of your Gospel, the signs and deeds of an attentive and active charity." (John Paul II)