**My Jesus,**

**I believe that you are present in this Holy Sacrament of the altar.**

**I love you above all things and I passionately desire to receive you into my soul.**

**Since I cannot now receive you sacramentally,**

**come spiritually into my soul**

**so that I may unite myself wholly to you now and forever. Amen.**

*based on a prayer of St Alphonsus Liguori*

At the Saviour’s command

and formed by divine teaching, we dare to say:

**Our Father, who art in heaven,**

**hallowed be thy name;**

**thy kingdom come,**

**thy will be done**

**on earth as it is in heaven.**

**Give us this day our daily bread,**

**and forgive us our trespasses,**

**as we forgive those who trespass against us;**

**and lead us not into temptation,**

**but deliver us from evil.**

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**Concluding Prayer**

Grant, O Lord, we pray, that, benefiting from participation in heavenly things, we may be helped by what you give in this present age and prepared for the gifts that are eternal. Through Christ our Lord. Amen.

**Spiritual Communion**

**29th Sunday in Ordinary Time**

**Sunday 17 October 2021**

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**Opening Prayer**

Almighty ever-living God, grant that we may always conform our will to yours and serve your majesty in sincerity of heart. 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.

**Isaiah 53:10-11**

The Lord has been pleased to crush his servant with suffering. If he offers his life in atonement, he shall see his heirs, he shall have a long life and through him what the Lord wishes will be done. His soul’s anguish over, he shall see the light and be content. By his sufferings shall my servant justify many, taking their faults on himself.

**The Word of the Lord**

**Responsorial Psalm**

**May your love be upon us, O Lord, as we place all our hope in you.**

The word of the Lord is faithful

and all his works to be trusted.

The Lord loves justice and right

and fills the earth with his love.

The Lord looks on those who revere him,

on those who hope in his love,

to rescue their souls from death,

to keep them alive in famine.

Our soul is waiting for the Lord.

The Lord is our help and our shield.

May your love be upon us, O Lord,

as we place all our hope in you.

**Hebrews 4:14-16**

Since in Jesus, the Son of God, we have the supreme high priest who has gone through to the highest heaven, we must never let go of the faith that we have professed. For it is not as if we had a high priest who was incapable of feeling our weaknesses with us; but we have one who has been tempted in every way that we are, though he is without sin. Let us be confident, then, in approaching the throne of grace, that we shall have mercy from him and find grace when we are in need of help.

**The Word of the Lord**

**Gospel Acclamation**

**Alleluia, alleluia!**

**I am the Way, the Truth and the Life, says the Lord;**

**No one can come to the Father except through me.**

**Alleluia!**

**A reading from the holy Gospel according to Mark 10:35-45**

James and John, the sons of Zebedee, approached Jesus. ‘Master,’ they said to him ‘we want you to do us a favour.’ He said to them, ‘What is it you want me to do for you?’ They said to him, ‘Allow us to sit one at your right hand and the other at your left in your glory.’ ‘You do not know what you are asking’ Jesus said to them. ‘Can you drink the cup that I must drink, or be baptised with the baptism with which I must be baptised?’ They replied, ‘We can.’ Jesus said to them, ‘The cup that I must drink you shall drink, and with the baptism with which I must be baptised you shall be baptised, but as for seats at my right hand or my left, these are not mine to grant; they belong to those to whom they have been allotted.’

When the other ten heard this they began to feel indignant with James and John, so Jesus called them to him and said to them, ‘You know that among the pagans their so-called rulers lord it over them, and their great men make their authority felt. This is not to happen among you. No; anyone who wants to become great among you must be your servant, and anyone who wants to be first among you must be slave to all. For the Son of Man himself did not come to be served but to serve, and to give his life as a ransom for many.’

**The Gospel of the Lord**

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