

# The Self We Share

Thirst is angry with water.

Hunger bitter with bread.

The cave wants nothing to do with the sun.

This is dumb, the self-defeating way we've been.

A gold mine is calling us into its temple.

Instead, we bend and keep picking up rocks from the ground.

Every *thing* has a shine like gold,

but we should turn to the source! The origin is what we truly are.

I add a little vinegar to the honey I give. The bite of scolding makes ecstasy more familiar.

But look, fish, you're already in the ocean: just swimming there makes you friends with glory. What are these grudges about?

You are Benjamin.

Joseph has put a gold cup in your grain sack and accused you of being a thief.

Now he draws you aside and says, "You are my brother. I am a prayer. You're the *amen*."

We move in eternal regions, yet worry about property here.

This is the prayer of each:

*You are the source of my life. You separate essence from mud.*

*You honor my soul. You bring rivers from the mountain springs.*

*You brighten my eyes. The wine you offer takes me out of myself*

*Into the self we share. Doing that is religion.*



# Palabra de Dios

Bendito sea Dios: Padre, Hijo y Espíritu Santo.

***Y bendito sea su reino, ahora y por siempre. Amén***

Dios omnipotente, para quien todos los corazones están manifiestos, todos los deseos son conocidos y ningún secreto se halla encubierto: Purifica los pensamientos de nuestros corazones por la inspiración de tu Santo Espíritu, para que perfectamente te amemos y dignamente proclamemos la grandeza de tu santo Nombre; por Cristo nuestro Señor. Amén.

Oíd lo que dice Jesucristo nuestro Señor:

Amarás al Señor tu Dios de todo tu corazón, y de toda tu alma, y de toda tu mente.

Este es el primero y el grande mandamiento. Y el segundo es semejante a éste: Amarás a tu prójimo como a ti mismo. De estos dos mandamientos dependen toda la Ley y los Profetas

503

## The Holy Spirit

*Cantor*

1 Come, Ho - ly Ghost, our souls in - spire,  
2 Thou the a - noint - ing Spi - rit art,  
3 Thy bless - ed unc - tion from a - bove

*All*

and light - en with ce - les - tial fire.  
who dost thy seven - fold and gifts im - part.  
is com - fort, life, and fire of love.

*Cantor*

9 praise to thy e - ter - nal mer - it,

*All*

Fa - ther, Son, and Ho - ly Spi - rit.

# Liturgy of the Word

*The people standing, the Celebrant says*

Blessed be God: Father, Son, and Holy Spirit.

**And blessed be his kingdom, now and for ever. Amen.**

*The Celebrant says the Collect for Purity*

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

Hear what our Lord Jesus Christ says:

You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the first and great commandment.

And the second is like it: You shall love your neighbor as yourself.

On these two commandments hang all the Law and the Prophets.

503

## The Holy Spirit

*Canter*

1 Come, Ho - ly Ghost, our souls in - spire,  
2 Thou the a - noint - ing Spi - rit art,  
3 Thy bless - ed unc - tion from a - bove

*All*

and light - en with ce - les - tial fire.  
who dost thy seven - fold and - les gifts im - part.  
is com - fort, life, and fire of love.

*Canter*

9 praise to thy e - ter - nal mer - it,

*All*

Fa - ther, Son, and Ho - ly Spi - rit.

## Colecta del Día

El Señor sea con ustedes.

***Y con tu espíritu.***

Oremos.

### Children's Time (Por la niños)

#### Lecciones

*El pueblo se sienta. Se lee una o dos Lecciones, según se indique.*

*El Lector dice:*

Lectura (Lección) de \_\_\_\_\_.

*Puede añadirse la referencia al capítulo y versículo.*

*Después de cada Lectura el Lector puede decir:* Palabra del Señor.

***Demos gracias a Dios.***

Después de cada Lectura puede seguir un Salmo, himno o antífona.

Lectura (Lección) de \_\_\_\_\_.

*Puede añadirse la referencia al capítulo y versículo.*

*Después de cada Lectura el Lector puede decir:* Palabra del Señor.

***Demos gracias a Dios.***

*Entonces, todos de pie, el Diácono o un Presbítero lee el Evangelio, diciendo primero:*

Santo Evangelio de nuestro Señor Jesucristo,

según \_\_\_\_\_.

***¡Gloria a ti, Cristo Señor!***

*Después del Evangelio el Lector dice:*

El Evangelio del Señor.

***Te alabamos, Cristo Señor.***

#### Sermón

## Collect of the Day *(Insert)*

*The Celebrant says to the people*

The Lord be with you.

***And also with you.***

Let us pray.

*Please be seated.*

**Children's Time:** *All children are invited to come forward for a lesson.*

## The Lessons

**First Reading** *Insert*

*Reader* The Word of the Lord.

*People* ***Thanks be to God.***

**Psalm** *Insert*

**Second Reading** *Insert*

*Reader* The Word of the Lord.

*People* ***Thanks be to God.***

## Hymn or Anthem

**Holy Gospel** *Insert Please stand.*

The Holy Gospel of our Lord Jesus Christ according to \_\_\_\_\_ .

***Glory to you, Lord Christ.***

*After the Gospel, the Reader says*

The Gospel of the Lord.

*People* ***Praise to you, Lord Christ.***

**The Sermon** *Please be seated.*

## **El Credo Niceno**

*Creemos en un solo Dios, Padre todopoderoso,  
Creador de cielo y tierra, de todo lo visible e invisible.*

*Creemos en un solo Señor, Jesucristo,  
Hijo único de Dios,  
nacido del Padre antes de todos los siglos:  
Dios de Dios, Luz de Luz,  
Dios verdadero de Dios verdadero,  
engendrado, no creado,  
de la misma naturaleza que el Padre,  
por quien todo fue hecho; que por nosotros  
y por nuestra salvación bajó del cielo:  
por obra del Espíritu Santo  
se encarnó de María, la Virgen, y se hizo hombre.  
Por nuestra causa fue crucificado  
en tiempos de Poncio Pilato:  
padeció y fue sepultado.  
Resucitó al tercer día, según las Escrituras,  
subió al cielo y está sentado a la derecha del Padre.  
De nuevo vendrá con gloria  
para juzgar a vivos y muertos, y su reino no tendrá fin.*

*Creemos en el Espíritu Santo, Señor y dador de vida,  
que procede del Padre y del Hijo, que con el Padre y el Hijo  
recibe una misma adoración y gloria,  
y que habló por los profetas.  
Creemos en la Iglesia,  
que es una, santa, católica y apostólica.  
Reconocemos un solo Bautismo  
para el perdón de los pecados.  
Esperamos la resurrección de los muertos  
y la vida del mundo futuro. Amén.*

## **Oración de los Fieles**

## The Nicene Creed

*We believe in one God, the Father, the Almighty,  
maker of heaven and earth, of all that is, seen and unseen.*

*We believe in one Lord, Jesus Christ, the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light, true God from true God,  
begotten, not made,  
of one Being with the Father.  
Through him all things were made.  
For us and for our salvation he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary, and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
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.*

*We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.*

## The Prayers of the People

*Please be seated.*

**La Paz**      *Todos de pie, el Celebrante dice:*

La paz del Señor sea siempre con ustedes.

***Y con tu espíritu.***      *El Pueblo pueden saludarse mutuamente en el nombre del Señor.*

## **Santa Comunión**

El Señor sea con ustedes.

***Y con tu espíritu.***

Elevemos los corazones.

***Los elevamos al Señor.***

Demos gracias a Dios nuestro Señor.

***Es justo darle gracias y alabanza.***

:

En verdad es digno, justo y saludable, darte gracias,  
En todo tiempo y lugar, Padre omnipotente, Creador de cielo y tierra.  
Porque tú eres fuente de luz y vida; nos hiciste a tu  
imagen, y nos llamaste a nueva vida en nuestro Señor Jesucristo.

Por tanto te alabamos, uniendo nuestras voces con los  
Angeles y Arcángeles, y con todos los coros celestiales  
que, proclamando la gloria de tu Nombre, por siempre cantan este himno:



Holy God, you gather the whole universe into your radiant presence  
and continually reveal your Son as our Savior.  
Bring healing to all wounds,  
make whole all that is broken,  
speak truth to all illusion,  
and shed light in every darkness,  
that all creation will see your glory and know your Christ. **Amen.**

## **The Exchange of the Peace** (The people stand)

The peace of the Lord be with you.

**And also with you.** (*People greet one another with a sign of God's peace.*)

## **The Holy Communion**

**Offertory Hymn** *See hymn board*

### **The Great Thanksgiving** *The people remain standing.*

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

It is right, and a good and joyful thing, always and everywhere  
to give thanks to you, Father Almighty,  
creator of heaven and earth.

For you are the source of light and life, you made us in your  
image, and called us to new life in Jesus Christ our Lord.

Therefore we praise you, joining our voices with Angels and Archangels  
and with all the company of heaven, who for ever sing this hymn

140

## Santo/Holy

San - to, San - to, San - to es el Se - ñor,  
Ho - ly, ho - ly, ho - ly, ho - ly Lord,

Dios del U - ni - ver - so. San - to es el Se - ñor.  
God of pow - er, God of might, ho - ly, ho - ly Lord.

\* Lle - nos es - tán el cie - lo y la tie - rra de tu glo - ria. Ho -  
Heav - en and earth 7 are full of your glo - ry. Ho -

san - na en el cie - lo. Ho - san - na en el cie -  
san - na in the high - est. Ho - san - na in the high -

lo. est. \* Fin Ben - di - to el que  
7 Bless - ed is he who

vie - ne en el nom - bre del Se - ñor. Ho -  
comes in the name of the Lord. Ho -

*El pueblo permanece de pie o se arrodilla.*

Padre Santo y bondadoso: En tu amor infinito nos hiciste para ti, y cuando caímos en pecado y quedamos esclavos del mal y de la muerte, tú, en tu misericordia, enviaste a naturaleza humana, para vivir y morir como uno de nosotros, y así reconciliarnos contigo, el Dios y Padre de todos. Extendió sus brazos sobre la cruz y se ofreció en obediencia a tu voluntad, un sacrificio perfecto por todo el mundo.

140

## Santo/Holy

San - to, San - to, San - to es el Se - ñor,  
Ho - ly, ho - ly, ho - ly, ho - ly Lord,

Dios del U - ni - ver - so. San - to es el Se - ñor.  
God of pow - er, God of might, ho - ly, ho - ly Lord.

Lle - nos es - tán el cie - lo y la tie - rra de tu glo - ria. Ho -  
Heav - en and earth are full of your glo - ry. Ho -

san - na en el cie - lo. Ho - san - na en el cie -  
san - na in the high - est. Ho - san - na in the high -

lo. est. Ben - di - to el que  
Bless - ed is he who

vie - ne en el nom - bre del Se - ñor. Ho -  
comes in the name of the Lord. Ho -

*The people stand or kneel. The Celebrant continues*

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

En la noche en que fue entregado al sufrimiento y a la muerte, nuestro Señor Jesucristo tomó pan; y dándote gracias, lo partió y lo dio a sus discípulos, y dijo: "Tomen y coman. Este es mi Cuerpo, entregado por ustedes. Hagan esto como memorial mío".

Después de la cena tomó el cáliz; y dándote gracias, se lo entregó, y dijo: "Beban todos de él. Esta es mi Sangre del nuevo Pacto, sangre derramada por ustedes y por muchos para el perdón de los pecados. Siempre que lo beban, háganlo como memorial mío".  
Por tanto, proclamamos el misterio de fe:

***Cristo ha muerto.***

***Cristo ha resucitado.***

***Cristo volverá.***

Padre, en este sacrificio de alabanza y acción de gracias, celebramos el memorial de nuestra redención.  
Recordando su muerte, resurrección y ascensión, te ofrecemos estos dones.

Santifícalos con tu Espíritu Santo, y así serán para tu pueblo el Cuerpo y la Sangre de tu Hijo, la santa comida y la santa bebida de la vida nueva en él que no tiene fin.

Santifícanos también, para que recibamos fielmente este Santo Sacramento y seamos perseverantes en tu servicio en paz y unidad. Y en el día postrero, llévanos con todos tus santos al gozo de tu reino eterno.

Todo esto te pedimos por tu Hijo Jesucristo.

Por él, y con él y en él, en la unidad del Espíritu Santo, tuyos son el honor y la gloria, Padre omnipotente, ahora y por siempre. AMEN.

Oremos como nuestro Salvador Cristo nos enseñó.

On the night he was handed over to suffering and death,  
Our Lord Jesus Christ took bread; and when he had given thanks to you,  
he broke it, and gave it to his disciples, and said,  
“Take, eat: This is my Body, which is given for you.  
Do this for the remembrance of me.”

After supper he took the cup of wine; and when he had given thanks,  
he gave it to them, and said, “Drink this, all of you:  
This is my Blood of the new Covenant, which is shed for you  
and for many for the forgiveness of sins.  
Whenever you drink it, do this for the remembrance of me.”  
Therefore we proclaim the mystery of faith:

*Celebrant and People*

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

We celebrate the memorial of our redemption, O Father,  
in this sacrifice of praise and thanksgiving.  
Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people  
The Body and Blood of your Son, the holy food and drink  
of new and unending life in him.

Sanctify us also that we may faithfully receive this holy Sacrament,  
and serve you in unity, constancy, and peace; and at the last day  
bring us with all your saints into the joy of your eternal kingdom.  
All this we ask through your Son Jesus Christ.  
By him, and with him, and in him, in the unity of the Holy Spirit  
all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

And now, as our Savior Christ has taught us we are bold to pray

**Padre nuestro que estás en el cielo, santificado sea tu Nombre,  
 venga tu reino, hágase tu voluntad, en la tierra como en el cielo.  
 Danos hoy nuestro pan de cada día.  
 Perdona nuestras ofensas,  
 como también nosotros perdonamos a los que nos ofenden.  
 No nos dejes caer en tentación y líbranos del mal.  
 Porque tuyo es el reino, tuyo es el poder, y tuya es la gloria, ahora y por siempre. Amén.**

## Fracción del Pan

*El Celebrante parte el Pan consagrado.*

[¡Aleluya!] Cristo, nuestra Pascua, se ha sacrificado por nosotros.  
**¡Celebremos la fiesta! ¡Aleluya!!**

Los Dones de Dios para el Pueblo de Dios.

Tómenlos en memoria de que Cristo murió por ustedes, y aliméntense de él en sus corazones,  
 por fe y con agradecimiento.

# 161 One Bread, One Body

Based on 1 Corinthians 10:16, 17; 12:4;  
 Galatians 3:28; The Didache 9

John Foley, G.J.

**INTRO** *Tranquil and slow* (♩ = 69)

**REFRAIN**

Melody

G C/G G C/G *rit.* *mf* G C/G *a tempo*

One bread, \_\_\_\_\_ one

bod-y, \_\_\_\_\_ one Lord of all, \_\_\_\_\_ one cup of

bless - ing which we bless. \_\_\_\_\_ *rit.* And we, \_\_\_\_\_ *a tempo* though

man-y, \_\_\_\_\_ through-out the earth, \_\_\_\_\_ we are one

bod - y in this one \_\_\_\_\_ *rit.* Lord. \_\_\_\_\_ *a tempo* to Verses |

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.  
 For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

## The Breaking of the Bread

*The Celebrant breaks the consecrated Bread. A period of silence is kept.*

Alleluia. Christ our Passover is sacrificed for us;

**Therefore let us keep the feast. Alleluia.**

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

*All baptized persons are welcome to receive communion at this table. Wine is served in the cup.*

# 161 One Bread, One Body

Based on 1 Corinthians 10:16, 17; 12:4;  
 Galatians 3:28; The Didache 9

John Foley, S.J.

**INTRO** *Tranquil and slow* (♩ = 69)      **REFRAIN**

G      C/G      G      C/G *rit.*      *mf*      G      C/G      *a tempo*

Melody

One bread, \_\_\_\_\_ one  
 bod - y, \_\_\_\_\_ one Lord of all, \_\_\_\_\_ one cup of  
 bless - ing which we bless. \_\_\_\_\_ And we, \_\_\_\_\_ though  
 man - y, \_\_\_\_\_ through-out the earth, \_\_\_\_\_ we are one  
 bod - y in this one \_\_\_\_\_ Lord. \_\_\_\_\_ *to Verses*

VERSES *Slightly faster, with excitement* (♩ = 72)

Em *f marcato* D Em D

1. Gen-tile or Jew, ser-vant or free,  
 2. Man-y the gifts, man-y the works,  
 3. Grain for the fields, scat-tered and grown,

1. wom-an or man, no more.  
 2. one in the Lord of all.  
 3. gath-ered to one, for all.

Después de la Comunión, el Celebrante dice:

**Oremos.**

***Eterno Dios, Padre celestial,  
 en tu bondad nos has aceptado como miembros vivos  
 de tu Hijo, nuestro Salvador Jesucristo;  
 nos has nutrido con alimento espiritual  
 en el Sacramento de su Cuerpo y de su Sangre.  
 Envíanos ahora en paz al mundo;  
 revístenos de fuerza y de valor  
 para amarte y servirte  
 con alegría y sencillez de corazón;  
 por Cristo nuestro Señor. Amén.***

La bendición de Dios omnipotente, el Padre, el Hijo y el Espíritu Santo,  
 descienda sobre vosotros y permanezca con vosotros para siempre. **Amén**

**Himno**

Salgamos en nombre de Cristo. ***Demos gracias a Dios***



VERSES *Slightly faster, with excitement* (♩ = 72)

1. Gen-tile or Jew, ser-vant or free,  
 2. Man-y the gifts, man-y the works,  
 3. Grain for the fields, scat-tered and grown,

1. wom-an or man, no more.  
 2. one in the Lord of all.  
 3. gath-ered to one, for all.

After Communion, the Celebrant says

Let us pray.

***Eternal God, heavenly Father,  
 you have graciously accepted us as living members  
 of your Son our Savior Jesus Christ,  
 and you have fed us with spiritual food  
 in the Sacrament of his Body and Blood.  
 Send us now into the world in peace,  
 and grant us strength and courage  
 to love and serve you  
 with gladness and singleness of heart;  
 through Christ our Lord. Amen.***

May the Spirit of God lead you in her marvelous way,  
 Be your shelter by day and a blaze of stars by night.  
 May God stir your inmost being always to seek him,  
 And may the Wisdom, Love, and Grace of God  
 Be upon you and remain with you always. **AMEN.**

**Hymn**

Let us go forth in the name of Christ. ***Thanks be to God!***



“Love and ever more love is  
the only solution to every problem that comes up.

If we love each other enough,  
we will bear with each other's faults and burdens.

If we love enough,  
we are going to light a fire  
in the hearts of others.

And it is love that will burn out  
the sins and hatreds that sadden us.

It is love that will make us want to do great things  
for each other.

No sacrifice and no suffering will then seem too much.”

Dorothy Day