

# MOUNT CALVARY CATHOLIC CHURCH

*Baltimore, Maryland † Personal Ordinariate of the Chair of Saint Peter*



SEVENTH SUNDAY OF EASTER

MAY 24, 2020 • 10:00 A.M.

# MOUNT CALVARY CATHOLIC CHURCH

A Roman Catholic Parish of the Personal Ordinariate of the Chair of Saint Peter

## THE SEVENTH SUNDAY OF EASTER

Organ Prelude

Arioso

J.S. Bach

### THE INTRODUCTORY RITES

Opening Hymn, #106

The Head That Once Was Crowned With Thorns

St. Magnus



1. The head that once was crowned with thorns is crowned with glo - ry now;  
2. The high - est place that heaven af - fords is his, is his by right,  
3. The joy of all who dwell a - bove, the joy of all be - low,  
4. To them the cross with all its shame, with all its grace is given;  
5. They suf - fer with their Lord be - low, they reign with him a - bove,  
6. The cross he bore is life and health, though shame and death to him:



a roy - al di - a - dem a - dorns the might - y vic - tor's brow.  
the King of kings, and Lord of lords, and heaven's e - ter - nal Light;  
to whom he man - i - fests his love and grants his Name to know.  
their name, an ev - er - last - ing name; their joy, the joy of heaven.  
their prof - it and their joy to know the mys - t'ry of his love.  
his peo - ple's hope, his peo - ple's wealth, their ev - er - last - ing theme.

Introit

Exaudi, Domine

plainsong

Consider, O LORD, and hear me, when I cry unto thee, alleluia:  
Unto thee my heart hath said, Thy face, LORD, have I sought:  
Thy face, LORD, will I seek;  
O hide not thou thy face from thy servant, alleluia, alleluia.

The LORD is my light and my salvation: whom then shall I fear?

Glory be ... | ... world without end. Amen. Consider, O LORD...

Collect for Purity

*Priest* ✠ In the Name of the Father, and of the Son, and of the Holy Ghost. *People* **Amen.**

*The Priest says*

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

Summary of the Law *pronounced by the Priest*

Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

## Kyrie

H. Willan

Lord, have mer-cy up - on us. Lord, have mer-cy up - on us. Lord, have mer-cy up - on us.

Christ, have mer-cy up - on us. Christ, have mer-cy up - on us. Christ, have mer-cy up - on us.

*repeat first line*

## Gloria in excelsis

H. Willan

*Celebrant* *All*

Glo - ry be to God on high, and on earth peace, good will towards men. We praise thee, we bless thee, we wor - ship thee, we glo - ri - fy thee, we give thanks to thee for thy great glo - ry, O Lord God, heaven - ly King, God the Fa - ther Al - might - - - y. O Lord, the on - ly be - got - ten Son, Je - sus Christ; O Lord God, Lamb of God, Son of the Fa - ther, that ta - kest a - way the sins of the world, have mer - cy up - on us. Thou that ta - kest a - way the sins of the world, re - ceive our prayer. Thou that sit - test at the right hand of God the Fa - ther, have mer - cy up - on us. For thou on - ly art ho - ly; thou on - ly art the Lord; thou on - ly O Christ, with the Ho - ly Ghost, art most high in the glo - ry of God the Fa - ther. A - - - - - men.

## Collect of the Day

*Priest* *People* *Priest*

The Lord be with you. And with thy spirit. Let us pray.

*The Priest chants the Collect, the People singing 'Amen.'*

O God, the King of glory, who hast exalted thine only Son Jesus Christ with great triumph unto thy kingdom in heaven: We beseech thee, leave us not comfortless, but send to us thy Holy Spirit to comfort us, and exalt us unto the same place whither our Savior Christ is gone before; who liveth and reigneth with thee, in the unity of the same Holy Spirit, ever one God, world without end. **Amen.**

# THE LITURGY OF THE WORD

## The First Lesson

*Acts 1:12-14*

After Jesus was taken up into heaven, the apostles returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day's journey away.

And when they had entered, they went up to the upper room, where they were staying, Peter and John and James and Andrew, Philip and Thomas, Bartholomew and Matthew, James the son of Alphaeus and Simon

the Zealot and Judas the son of James. All these with one accord devoted themselves to prayer, together with the women and Mary the mother of Jesus, and with his brethren.

*Priest*      The Word of the Lord.  
*People*      **Thanks be to God.**

## The Second Lesson

*1 Peter 4:13-16*

Beloved: Rejoice in so far as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed. If you are reproached for the name of Christ, you are blessed, because the spirit of glory and of God rests upon you. But let none of you suffer

as a murderer, or a thief, or a wrongdoer, or a mischief-maker; yet if one suffers as a Christian, let him not be ashamed, but under that name let him glorify God.

*Priest*      The Word of the Lord.  
*People*      **Thanks be to God.**

## Alleluia & Verse

*Regnavit Dominus*

*plainsong*

Alleluia. Alleluia. God reigneth over the nations:

God sitteth upon his holy seat. Alleluia.

I came forth from the Father, and I am come into the world again: again I leave the world, and go to the Father. Alleluia.

## The Gospel

*St. John 17:1-11a*

*Priest*      The Lord be with you.    *People*      **And with thy spirit.**

*Priest*      ✠ A reading from the Holy Gospel according to St. John.    *People*      **Glory be to thee, O Lord.**

Jesus lifted up his eyes to heaven and said, "Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him power over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work which you gave me to do; and now, Father, glorify me in your own presence with the glory which I had with you before the world was made."

"I have manifested your name to the men whom you gave me out of the world; yours they were, and you gave them to me, and they have kept your word. Now

they know that everything that you have given me is from you; for I have given them the words which you gave me, and they have received them and know in truth that I came from you; and they have believed that you did send me. I am praying for them; I am not praying for the world but for those whom you have given me, for they are yours; all mine are yours, and yours are mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to you."



The Gospel of the Lord. Praise be to thee, O Christ.

## The Homily

*Fr. Albert Scharbach*

## The Nicene Creed

## 'Missa de Angelis'

## plainsong

*Priest* *All*

I be-lieve in one God, the Fa-ther Al-migh-ty, Ma-ker of heav-en and earth. And of all things vi - si-ble  
 and in vi - si-ble: And in one Lord Je - sus Christ, the on - ly-be-got-ten Son of God; Be-got-ten of his Fa-ther  
 be-fore all worlds, God of God, Light of Light, Ve-ry God of ve-ry God; Be-got-ten, not made;  
 Be-ing of one substance with the Fa-ther; By whom all things were made: Who for us men and for our sal-va-tion  
 came down from hea - ven. *(genuflect)* And was in-car-nate by the Ho-ly Ghost of the Vir-gin Ma-ry, And was made man:  
*(arise)* And was cru - ci-fi-ed al-so for us un-der Pon-tius Pi-late; He suf-fer-ed and was bu - ri-ed:  
 And the third day he rose a-gain ac-cord-ing to the Scrip-tures: And as-cend-ed in-to hea - ven  
 And sit-teth on the right hand of the Fa - ther. And he shall come a - gain, with glo - ry,  
 to judge both the quick and the dead; Whose king-dom shall have no end. And I be-lieve in the Ho-ly Ghost,  
 the Lord, and Giv-er of Life, Who pro-ceed-eth from the Fa-ther and the Son; Who with the Fa-ther and the Son  
 to-gether is wor-ship-ped and glo - ri - fi - ed; Who spake by the Pro - phets: And I be-lieve  
 one ho - ly Cath - o - lic and Ap - os - tol - ic Church: I ac - know-ledge one Bap - tism  
 for the re - mis - sion of sins: And I look for the Re - sur - rec - tion of the dead:  
 And the Life of the world to come. A - - - - - men.

## The Prayers of the People

*Priest* Let us offer our prayers to Almighty God.  
Father, we pray for thy holy Catholic Church;

*People* **That we all may be one.**

*Priest* Grant that every member of the Church may truly and humbly serve thee;

*People* **That thy Name may be glorified by all people.**

*Priest* We pray for our Holy Father, Pope Francis; Steven, our Bishop;  
and for all bishops, priests, and deacons;

*People* **That they may be faithful ministers of thy Word and Sacraments.**

*Priest* We pray for all who govern and hold authority in the nations of the world;

*People* **That they may work for thy peace on earth.**

*Priest* Give us grace to do thy will in all that we undertake;

*People* **That our works may find favor in thy sight.**

*Priest* Have compassion on those who suffer from any grief or trouble;

*People* **That they may be delivered from their distress.**

*Priest* Give to all the departed eternal rest;

*People* **And let light perpetual shine upon them.**

*Priest* We praise thee for the Blessed Virgin Mary, and for all thy saints who have entered into joy;

*People* **May we also come to share in thy heavenly kingdom.**

*Priest* Almighty God, the fountain of all wisdom, who knowest our necessities before we ask, and our ignorance in asking; we beseech thee to have compassion upon our infirmities; and those things which for our unworthiness we dare not, and for our blindness we cannot ask, vouchsafe to give us for the worthiness of thy Son Jesus Christ our Lord. **Amen.**

## The Penitential Rite

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbors, and intend to lead a new life following the commandments of God, and walking from henceforth in his holy ways: Draw near with faith, and make your humble confession to Almighty God, meekly kneeling upon your knees.

*Priest* Almighty God,

*People* **Father of our Lord Jesus Christ, Maker of all things, judge of all men: We acknowledge and bewail our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word, and deed against thy divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us, the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honor and glory of thy Name; Through Jesus Christ our Lord. Amen.**

*The Priest says*

May Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy on us, ✠ pardon and deliver us from all our sins, confirm and strengthen us in all goodness, and bring us to everlasting life; through Jesus Christ our Lord. **Amen.**

## Comfortable Words

*The Priest says*

Hear what comfortable words our Savior Christ saith unto all who truly turn to him:

“Come unto me, all ye that travail and are heavy laden, and I will refresh you.”

“God so loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life.”

Hear also what Saint Paul saith: “This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners.”

Hear also what Saint John saith: “If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the Propitiation for our sins.”

## LITURGY OF THE EUCHARIST

*The People sit*

### Offertory Sentence

*The Priest pronounces a Sentence inviting the collection of tithes & offerings*

### Offertory Antiphon

*Ascendit Deus*

*plainsong*

God is gone up with a merry noise:  
the LORD with the sound of the trumpet. Alleluia.

### Offertory Anthem

*Surgens Jesus*

*Peter Philips (1561-1628)*

*Surgens Jesus, Dominus noster  
stans in medio discipulorum suorum dixit:  
pax vobis. Alleluia.  
Gavisi sunt discipuli  
viso Domino, Alleluia.*

The risen Jesus, our Lord,  
standing in the midst of his disciples, said:  
Peace be with you. Alleluia.  
The disciples were glad  
when they saw the Lord. Alleluia.

## Orate Fratres

*Priest* Pray, brethren, that my sacrifice and yours may be acceptable to God, the Father almighty.

*People* **May the Lord accept the sacrifice at thy hands for the praise and glory of his name,  
for our good, and the good of all his holy Church.**

## Prayer over the Offerings

*Priest* Grant, O Lord, that this spotless sacrifice may cleanse us from all our sins: and shed forth within our souls the strength of thy heavenly grace; through Jesus Christ our Lord. **Amen.**

## Sursum Corda

*Priest* The Lord be with you. *People* And with thy spi - rit. *Priest* Lift — up your hearts.

*People* We lift — them up un - to the Lord. *Priest* Let us give thanks un - to the Lord our God.

*People* It is meet — and right so to do.

*The Priest proceeds*

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God; but chiefly are we bound to praise thee for the glorious Resurrection of thy Son Jesus Christ our Lord; for he is the very Paschal Lamb, who was sacrificed for us, and hath taken away the sin of the world; who by his death hath destroyed death, and by his rising to life again hath won for us everlasting life. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious name; evermore praising thee, and saying,

**Sanctus & Benedictus**

*H. Willan*

Ho-ly, ho-ly, ho-ly, Lord God of Hosts: Hea-ven and earth are full  
of thy glo-ry, Glo-ry be to thee, O Lord Most High. Bless-ed ✠ is he that  
com-eth in the name of the Lord. Ho-san-na in the high-est.

*The People kneel. Then the Priest says*

Therefore, most merciful Father, we humbly pray thee, through Jesus Christ thy Son our Lord, and we ask, that thou accept and bless ✠ these gifts, these offerings, these holy and unspoiled sacrifices. We offer them unto thee, first, for thy holy Catholic Church: that thou vouchsafe to keep her in peace, to guard, unite, and govern her throughout the whole world: together with thy servant Francis our Pope, Steven our Bishop, and all the faithful guardians of the catholic and apostolic faith.

**Commemoration of the Living**

Remember, O Lord, thy servants and handmaids and all who here around us stand, whose faith is known unto thee and their steadfastness manifest, on whose behalf we offer unto thee or who themselves offer unto thee this sacrifice of praise: for themselves, and for all who are theirs: for the redemption of their souls, for the hope of their health and well-being: and who offer their prayers unto thee, the eternal God, the living and the true.

United in one communion, we venerate the memory, first of the glorious ever-virgin Mary, Mother of our God and Lord Jesus Christ; of blessed Joseph her spouse; as also of thy blessed Apostles and Martyrs, Peter and Paul, Andrew, James, John, Thomas, James, Philip, Bartholomew, Matthew, Simon, and Thaddaeus; Linus, Cletus, Clement, Xystus, Cornelius, Cyprian, Lawrence, Chrysogonus, John and Paul, Cosmas and Damian, and of all thy Saints; grant that by their merits and prayers we may in all things be defended with the help of thy protection.

We beseech thee then, O Lord, graciously to accept this oblation from us thy servants, and from thy whole family: order thou our days in thy peace, and bid us to be delivered from eternal damnation and to be numbered in the fold of thine elect.

Vouchsafe, O God, we beseech thee, in all things to make this oblation blessed, approved, and accepted, a perfect and worthy offering: that it may become for us the Body and Blood of thy dearly beloved Son, our Lord Jesus Christ.

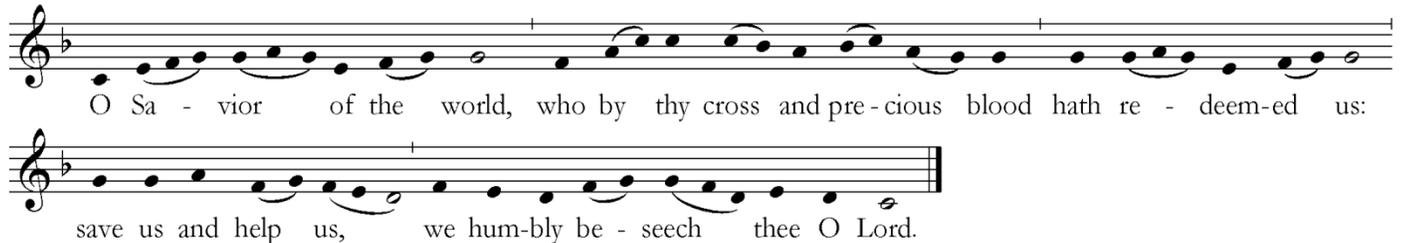
Who the day before he suffered, took bread into his holy and venerable hands, and with eyes lifted up to heaven unto thee, God, his Almighty Father, giving thanks to thee, he blessed, broke, and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,  
FOR THIS IS MY BODY,  
WHICH WILL BE GIVEN UP FOR YOU.

Likewise, after supper, taking also this goodly chalice into his holy and venerable hands, again giving thanks to thee, he blessed, and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,  
FOR THIS IS THE CHALICE OF MY BLOOD,  
THE BLOOD OF THE NEW AND ETERNAL COVENANT,  
WHICH WILL BE POURED OUT FOR YOU AND FOR MANY  
FOR THE FORGIVENESS OF SINS.  
DO THIS IN MEMORY OF ME.

The mystery of faith:



O Sa - vior of the world, who by thy cross and pre - cious blood hath re - deem - ed us:  
save us and help us, we hum - bly be - seech thee O Lord.

*The Priest continues*

Wherefore, O Lord, we thy servants, and thy holy people also, remembering the blessed passion of the same Christ thy Son our Lord, as also his resurrection from the dead, and his glorious ascension into heaven; do offer unto thine excellent majesty of thine own gifts and bounty, the pure victim, the holy victim, the immaculate victim, the holy Bread of eternal life, and the Chalice of everlasting salvation.

Vouchsafe to look upon them with a merciful and pleasant countenance: and to accept them even as thou didst vouchsafe to accept the gifts of thy servant Abel the Righteous, and the sacrifice of our patriarch Abraham: and the holy sacrifice, the immaculate victim, which thy high priest Melchisedech offered unto thee.

We humbly beseech thee, Almighty God, command these offerings to be brought by the hands of thy holy Angel to thine altar on high, in sight of thy divine majesty: that all we who at this partaking of the altar shall receive the most sacred Body and Blood of thy Son, may be fulfilled with all heavenly ✠ benediction and grace.

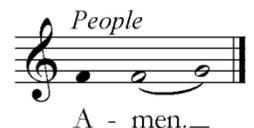
## Commemoration of the Dead

Remember also, O Lord, thy servants and handmaid who have gone before us sealed with the seal of faith, and who sleep the sleep of peace. To them, O Lord, and to all that rest in Christ, we beseech thee to grant the abode of refreshing, of light, and of peace.

To us sinners also, thy servants, who hope in the multitude of thy mercies, vouchsafe to grant some part and fellowship with thy holy Apostles and Martyrs: with John, Stephen, Matthias, Barnabas, Ignatius, Alexander, Marcellinus, Peter, Felicitas, Perpetua, Agatha, Lucy, Agnes, Cecilia, Anastasia, and with all thy saints: within whose fellowship, we beseech thee, admit us, not weighing our merit, but granting us forgiveness.

Through Jesus Christ our Lord; through whom, O Lord, thou dost ever create all these good things: dost sanctify, quicken, bless, and bestow them upon us.

By whom and with whom and in whom, to thee, O Father Almighty, in the unity of the Holy Spirit, be all honor and glory throughout all ages, world without end.



*People*  
A - men. —



## Prayer of Humble Access

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen.

*Facing the People, and showing the Chalice and Host, the Priest says*

Behold the Lamb of God, behold him that taketh away the sins of the world.

Blessed are those who are called to the Supper of the Lamb.

*The People respond three times*

**Lord, I am not worthy that thou shouldst come under my roof,  
but speak the word only and my soul shall be healed.**

## The Holy Communion

### A prayer to make a 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.*

*-St. Alphonsus de Liguori*

### Communion Antiphon

*Pater, cum essem*

*plainsong*

Father, while I was with them in the world, I kept those that thou gavest me, alleluia;  
and now I come to thee. I pray thee not that thou shouldst take them out of the world;  
but that thou shouldst keep them from the evil, alleluia, alleluia.

### Communion Anthem

*Non vos relinquam orphanos*

*William Byrd (1540-1623)*

*Non vos relinquam orphanos. Alleluia.*

I will not leave you comfortless. Alleluia.

*Vado, et venio ad vos. Alleluia.*

I go, and I will come to you. Alleluia.

*Et gaudebit, cor vestrum. Alleluia.*

And your heart shall rejoice. Alleluia.

### Prayer of Thanksgiving, *said by All*

Almighty and everliving God, we most heartily thank thee for that thou dost feed us in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom, by the merits of the most precious death and passion of thy dear Son. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost be all honor and glory, world without end. Amen.

## Postcommunion Prayer

*Priest* Let us pray: O Lord, who hast vouchsafed to satisfy us with the sacred gifts of thy bounty: grant, we beseech thee; that we may ever continue to render thanks unto thee for the same; through Jesus Christ our Lord. **Amen.**

## THE CONCLUDING RITES

### Blessing & Dismissal

*Priest* The Lord be with you. *People* **And with thy spirit.**

*Priest* The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing ✠ of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. *People* **Amen.**



Go forth in peace. Thanks be to God.

### Closing Hymn, #352

### Crown Him With Many Crowns

### Diademata



1.Crown Him with man - y crowns, the Lamb up - on His throne; Hark! how the heaven - ly  
2.Crown Him the Son of God be - fore the worlds be - gan, and ye, who tread where  
3.Crown Him the Lord of life, who tri-umphed o'er the grave, and rose vic - to - rious  
4.Crown Him of lords the Lord, who o - ver all doth reign, who once on earth, the'in -  
5.Crown Him the Lord of heaven, en-throned in worlds a - bove; crown Him the King, to



an - them drowns all mu - sic but its own; a - wake, my soul and sing of Him who  
He hath trod, crown Him the Son of man; who ev - ery grief hath known that wrings the  
in the strife for those He came to save; His glo - ries now we sing who died, and  
car - nate Word, for ran-somed sin - ners slain, now lives in realms of light, where saints with  
whom is given, the won-drous name of Love.Crown Him with man - y crowns, as thrones be -



died for thee, and hail Him as thy match - less King through all e - ter - ni - ty.  
hu - man breast, and takes and bears them for His own, that all in Him may rest.  
rose on high, who died, e - ter - nal life to bring, and lives that death may die.  
an - gels sing their songs be - fore Him day and night, their God, Re - deem - er, King.  
fore Him fall, crown Him, ye kings, with man - y crowns, for He is King of all.

### Organ Postlude

### Diademata

*arr. Jason Payne*



# MOUNT CALVARY CATHOLIC CHURCH BALTIMORE • MARYLAND

## ABOUT MOUNT CALVARY

Mount Calvary Catholic Church brings forward the fullness of the faith. The Mass is the supreme act of worship throughout the history of the Church, and we embrace all its symbolism and beauty to transform our world. We worship so as to lift up Christ in the beauty of holiness.

### **Where heaven and earth meet**

Our worship awakens the senses and prepares the heart to receive our Lord. We enter into a holy realm and leave the commonplace behind. Holy water reminds us of our baptism. Incense prepares the way for the Lord's presence. Music lifts up our hearts in beauty and truth.

We bring forward a form of worship with ancient roots that stands the test of time. *We leave time behind* as heaven meets earth in mystery and the reality of our Lord's presence in the Eucharist.

### **Distinctive aspects of our worship**

**Incense.** In the New Testament book of Revelation, incense represents the prayers of the saints. In the Old Testament, incense is used in the Temple sacrifice. From ancient times, incense sweetens the air to honor important visitors. Incense at Mass invokes all this symbolism. From the earliest days of the Church, incense has been used to prepare the altar and people for the presence of our Lord.

**Sung prayers and readings.** Music lifts up the heart and honors God. Singing elevates our Sunday worship as the most important thing that we do each week.

**Kneeling and standing.** As we worship with our bodies, our hearts become more fully engaged. The basic idea is this: kneel for prayer, sit for instruction, stand for praise.

**The King's English.** Some call this traditional English. While the language is traditional, it was never the common language of the street. Instead, it was the most exalted and beautiful language in England at the time the liturgy was developed: The King's English. The intent was that nothing less should be used in worship of our God. This language continues to be more poetic and easier to remember than street English. While there are occasions to address God more informally, this language in worship helps us to step out of the realm of the commonplace in order lift up our hearts to our Heavenly King.

**The priest facing the altar.** The priest faces the people when addressing the people and he faces the altar when addressing God. This approach helps to keep our focus on God when our prayers are addressed to him. This is the way priests have said Mass throughout most of Church history.

*O worship the Lord in the beauty  
of holiness: let the whole earth  
stand in awe of him. Psalm 96:9*