

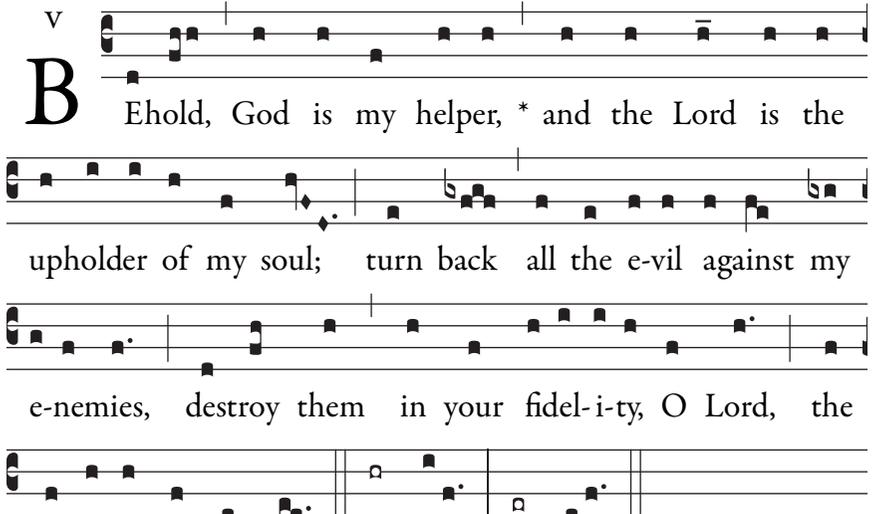
## SIXTEENTH SUNDAY

### INTROIT

*Ecce Deus adiuvat me*

*Ps 54 (53): 6, 7*

v



**B** Ehold, God is my helper, \* and the Lord is the  
upholder of my soul; turn back all the e-vil against my  
e-nemies, destroy them in your fidel-i-ty, O Lord, the  
Protector of my life.

### Psalm 54 (53)

1. O God, save me by *your name*; \*  
by your power, defend *my cause*.  
O God, hear *my prayer*; \*  
give ear to the words of *my mouth*.
2. For the proud have risen against me, †  
and the ruthless seek *my life*. \*  
They have no regard *for God*.
3. See, I have God for *my help*. \*  
The LORD sustains *my soul*.  
Let evil recoil on *my foes*. \*  
In your faithfulness, bring them to *an end*.

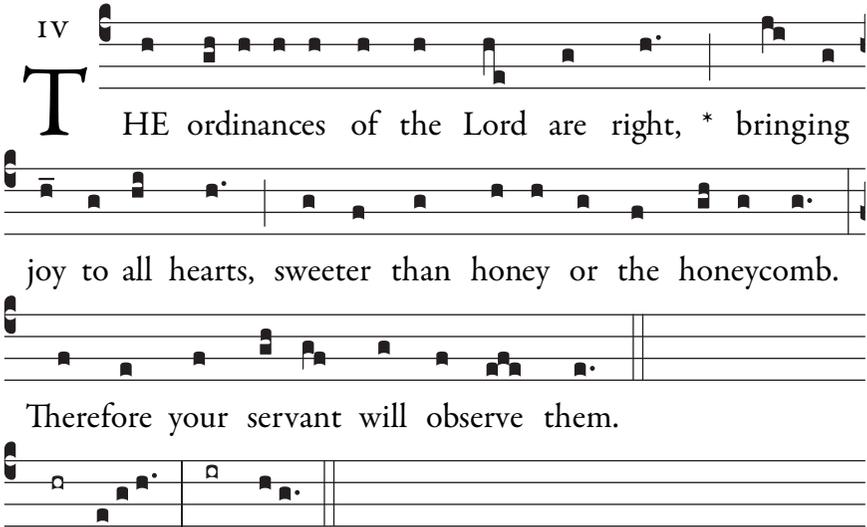
Glory be to the Father ...

OFFERTORY

*Iustitiae Domini*

*Ps 19 (18): 9, 10, 11, 12*

IV



**T** HE ordinances of the Lord are right, \* bringing  
joy to all hearts, sweeter than honey or the honeycomb.  
Therefore your servant will observe them.

Psalm 19 (18)

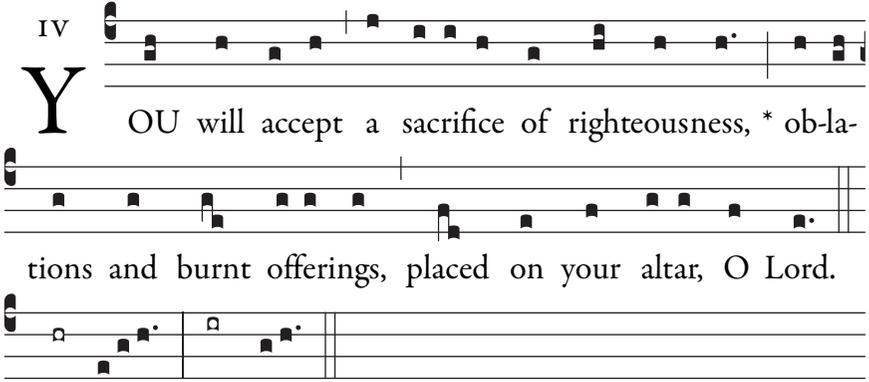
1. The heavens declare the glory of **God**, \*  
and the firmament proclaims the work of *his hands*.  
Day unto day conveys *the message*, \*  
and night unto night imparts *the knowledge*.
2. No speech, no word, whose voice goes unheeded; †  
their sound goes forth through *all the earth*, \*  
their message to the utmost bounds of *the world*.
3. There he has placed a tent for the sun; †  
it comes forth like a bridegroom coming *from his tent*, \*  
rejoices like a champion to run *his course*.
4. At one end of the heavens is the rising of the sun; †  
to its furthest end it *runs its course*. \*  
There is nothing concealed from its burning *heat*.

COMMUNION (Years A & B)

*Acceptabis*

*Ps 51 (50): 21*

IV



**Y**OU will accept a sacrifice of righteousness, \* ob-lations and burnt offerings, placed on your altar, O Lord.

Psalm 51 (50)

1. Have mercy on *me, O God*, \*  
according to your *merciful love*;  
Let me hear *rejoicing and gladness*, \*  
that the bones you have crushed may *exult*.
2. Create a pure heart for *me, O God*; \*  
renew a steadfast spirit *within* me.  
Do not cast me away *from your presence*; \*  
take not your holy spirit *from me*.
3. Restore in me the joy of *your salvation*; \*  
sustain in me a *willing spirit*.  
I will teach transgressors *your ways*, \*  
that sinners may return *to you*.
4. O LORD, *open my lips* \*  
and my mouth shall proclaim *your praise*.

5. My sacrifice to God, a broken spirit: †  
 a broken and *humbled heart*, \*  
 O God, you will *not spurn*.
- In your good pleasure, show *favor to Sion*; \*  
 rebuild the walls of *Jerusalem*.

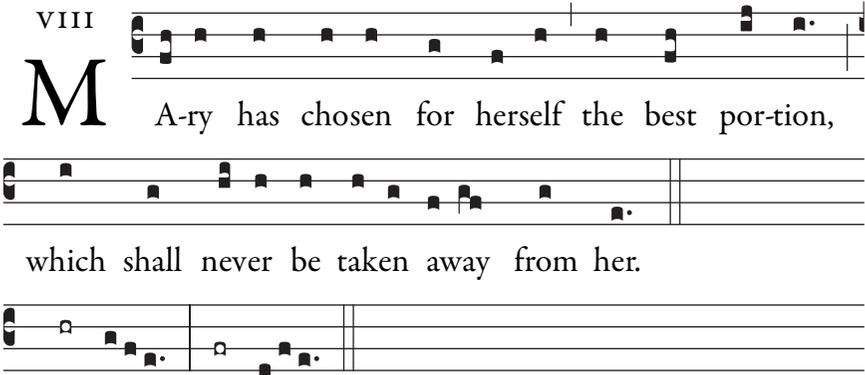
Glory be to the Father ...

COMMUNION (Year C)

*Optimam partem*

*Lk 10: 42*

VIII



**M** A-ry has chosen for herself the best por-tion,  
 which shall never be taken away from her.

Psalm 34 (33)

1. I will bless the LORD *at all times*; \*  
 praise of him is always *in my mouth*.  
 In the LORD my soul shall *make its boast*; \*  
 the humble shall hear *and be glad*.
2. Glorify the LORD *with me*; \*  
 together let us *praise his name*.  
 I sought the LORD, and he *answered me*; \*  
 from all my terrors he *set me free*.

3. Look towards him *and be radiant*; \*  
let your faces not *be abashed*.  
This lowly one called; *the LORD heard*, \*  
and rescued him from all *his distress*.
4. The angel of the LORD *is encamped* \*  
around those who fear *him, to rescue* them.  
Taste and see that the *LORD is good*. \*  
Blessed the man who seeks *refuge in him*.
5. The LORD is close to the *brokenhearted*; \*  
those whose spirit is crushed *he will save*.  
The LORD ransoms the souls *of his servants*. \*  
All who trust in him shall not *be condemned*.

Glory be to the Father ...

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