

## 16th Week in Ordinary Time

**Missal Antiphon**—*Ps 54 (53): 6, 8* See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

**Introit**—*Ps 54 (53):6, 7 and 3* Behold, God is my helper, and the Lord is the upholder of my soul; turn back all the evil against my enemies, destroy them in your fidelity, O Lord, the Protector of my life. *℣.* Save me, O God, by your name, and render justice unto me in your strength.

*Also seen: 9th Sunday after Pentecost (EF)*

### Gradual

#### **Domine Dominus noster**

*Ps 8:2* O Lord, our governor, how admirable is your name in all the earth! *℣.* For your magnificence is elevated above the heavens.

#### ***Si ambulem***—*Sun. B*

*Ps. 22:4* Though I should walk in the midst of the shadow of death, I will fear no evil, for you are with me, O Lord. *℣.* Your rod and your staff have comforted me.

#### ***Ostende nobis***—*Tues. II*

*Ps. 84:8* *℣2* Show us your mercy, O Lord, and grant us your salvation. *℣.* Lord, you have blessed your land, you have put an end to Jacob's captivity.

**Alleluia** *Ps. 58:2* Deliver me from my enemies, O my God, and defend me from those who have risen up against me. *Tues. II— Ps 84:8* Show us your mercy, O Lord, and grant us your salvation.

**Offertory Chant** *Ps. 18:9-12* The ordinances of the Lord are right, bringing joy to all hearts, sweeter than honey or the honeycomb. Therefore your servant will observe them.

### **Communion Antiphon**—*Ps 111 (110): 4-5*

The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.

### **Or:** *Rev 3: 20*

Behold, I stand at the door and knock, says the Lord. If anyone hears my voice and opens the door to me, I will enter his house and dine with him, and he with me.

### Communion chants

#### **Acceptabis**

*Ps. 50:21* You will accept a sacrifice of righteousness, oblations and burnt offerings, placed on your altar, O Lord.

*Also: 10th Sunday after Pentecost*

#### **Optimam partem** *Sun. Year C*

*Lk. 10:42* Mary has chosen for herself the best portion, which shall never be taken away from her.

*Also: Common for Religious*

#### **Ecce sto** *Matches the Missal text.*

*Rev 3: 20*

Behold, I stand at the door and knock, says the Lord. If anyone hears my voice and opens the door to me, I will enter his house and dine with him, and he with me.

*Also: Feast of St. Gabriel of Our Lady of Sorrows, 3rd class (EF)*

*Ecce Deus, Graduale Romanum, Ps 54 (53):6, 7 and 3*

In. V

**B**

e-hold, God is my help-er, and the Lord is the up-hold-er of

my soul; turn back all the e- vil a-gainst my en- e- mies, In your faith-

fulness disperse them, O Lord, the pro- tec- tor of my life.

Save me, O God, by your name, \* and render jus- tice unto me in your strength. Gló

ri a Pa tri. E u o u a e.

*Justitiae Domini, Graduale Romanum, Ps. 18:9-12*

Of. IV

**T**

he or- di-nanc- es of the Lord are right, bring- ing joy to all

hearts, sweet-er than hon- ey or the hon-ey- comb. There- fore your ser-

vant will ob- serve them.

*Acceptabis sacrificium, Graduale Romanum, Ps. 50:21*

Co. IV

Y

ou will ac- cept \* a sac- ri- fice of right- eous- ness, ob- la- tions and



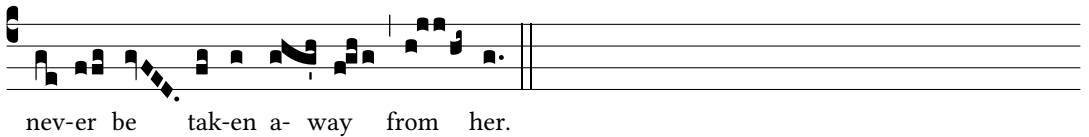
or:

*Optimam partem, Graduale Romanum, Lk. 10:42*

Co. VIII

M

ar- y has cho- sen \* for her- self the best por- tion, which shall



or:

*Ecce sto, Graduale Romanum, Rev 3: 20*

Co. I

B

e-hold, I stand \* at the door and knock, says the Lord. If an-y- one hears my

