

## YEAR C, PROPER 16 RCL GC, SUNDAY: MASS

*The First Lesson. The Reader begins*

### **A Reading from the Book of Isaiah**

If you take away from the midst of you the yoke, the pointing of the finger, and speaking wickedness,<sup>10</sup> if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.<sup>11</sup> And the LORD will guide you continually, and satisfy your desire with good things, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters fail not.<sup>12</sup> And your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to dwell in.<sup>13</sup> If you turn back your foot from the sabbath, from doing your pleasure on my holy day, and call the sabbath a delight and the holy day of the LORD honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly;<sup>14</sup> then you shall take delight in the LORD, and I will make you ride upon the heights of the earth; I will feed you with the

## YEAR C, PROPER 16 RCL GC, SUNDAY: MASS

heritage of Jacob your father, for the mouth of the LORD has spoken.

*The Reader concludes* The Word of the Lord.

### Psalm 103:1-8

*The Said Mass Reader says:*

Please join me in reading Psalm 103, verses 1 through 8, found in the red Prayer Book beginning on page 733.

*The Reader repeats the above information several times.*

- <sup>1</sup> Bless the Lord, O my soul, \*  
and all that is within me, bless his holy Name.
- <sup>2</sup> Bless the Lord, O my soul, \*  
and forget not all his benefits.
- <sup>3</sup> He forgives all your sins \*  
and heals all your infirmities;
- <sup>4</sup> He redeems your life from the grave \*  
and crowns you with mercy and loving-kindness;
- <sup>5</sup> He satisfies you with good things, \*  
and your youth is renewed like an eagle's.
- <sup>6</sup> The Lord executes righteousness \*  
and judgment for all who are oppressed.

## YEAR C, PROPER 16 RCL GC, SUNDAY: MASS

- <sup>7</sup> He made his ways known to Moses \*  
and his works to the children of Israel.
- <sup>8</sup> The Lord is full of compassion and mercy, \*  
slow to anger and of great kindness.

*The Second Lesson. The Reader begins*

### **A Reading from the Letter to the Hebrews**

For you have not come to what may be touched, a blazing fire, and darkness, and gloom, and a tempest,  
<sup>19</sup> and the sound of a trumpet, and a voice whose words made the hearers entreat that no further messages be spoken to them. <sup>20</sup> For they could not endure the order that was given, “If even a beast touches the mountain, it shall be stoned.” <sup>21</sup> Indeed, so terrifying was the sight that Moses said, “I tremble with fear.” <sup>22</sup> But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, <sup>23</sup> and to the assembly of the first-born who are enrolled in heaven, and to a judge who is God of all, and to the spirits of just men made perfect, <sup>24</sup> and to Jesus, the mediator of a new covenant, and to the sprinkled

## YEAR C, PROPER 16 RCL GC, SUNDAY: MASS

blood that speaks more graciously than the blood of Abel.<sup>25</sup> See that you do not refuse him who is speaking. For if they did not escape when they refused him who warned them on earth, much less shall we escape if we reject him who warns from heaven.<sup>26</sup> His voice then shook the earth; but now he has promised, “Yet once more I will shake not only the earth but also the heaven.”<sup>27</sup> This phrase, “Yet once more,” indicates the removal of what is shaken, as of what has been made, in order that what cannot be shaken may remain.<sup>28</sup> Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe;<sup>29</sup> for our God is a consuming fire.

*The Reader concludes*    The Word of the Lord.

### **Verse before the Gospel**

*All stand as the reader leads the appointed acclamation.*

*Reader*            Alleluia.

*People*            Alleluia.

*Reader*            I will bless the Lord at all times; \*  
his praise shall ever be in my mouth.

*People*            Alleluia.

## YEAR C, PROPER 16 RCL GC, SUNDAY: MASS

### The Holy Gospel

*The Minister says*

The Lord be with you.

*People* And also with you.

*Minister* ✠ The Holy Gospel of our Lord Jesus Christ according to Luke.

*People* Glory to you, Lord Christ.

Jesus was teaching in one of the synagogues on the sabbath. <sup>11</sup> And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. <sup>12</sup> And when Jesus saw her, he called her and said to her, “Woman, you are freed from your infirmity.” <sup>13</sup> And he laid his hands upon her, and immediately she was made straight, and she praised God. <sup>14</sup> But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, “There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day.” <sup>15</sup> Then the Lord answered him, “You hypocrites! Does not each of you on the sabbath untie his ox or his ass from the manger, and lead it away to water it? <sup>16</sup> And ought

## YEAR C, PROPER 16 RCL GC, SUNDAY: MASS

not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the sabbath day?”<sup>17</sup> As he said this, all his adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by him.

*The Minister says*            The Gospel of the Lord.