

**OCTOBER 5,  
TERESA OF AVILA, NUN, 1582: MASS**

*The First Lesson. The Reader begins*

**A Reading from the Letter of Paul to the Romans**

We know that the whole creation has been groaning in travail together until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait for adoption as sons, the redemption of our bodies. For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience. Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words. And he who searches the hearts of men knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

*The Reader concludes:* The Word of the Lord.

*Please turn the page to lead the appointed psalm.*

OCTOBER 15, TERESA OF AVILA, NUN, OCTOBER 4, 1582: MASS  
ROMANS 8:22–27; PSALM 42:1–7; MATTHEW 5:13–16

*MATTHEW 7:28 MAKES IT CLEAR THAT JESUS IS SPEAKING TO THE CROWDS AND TO HIS DISCIPLES.*

## Psalm 42:1–7

*At said Mass the Reader says,*

Please join me in reading Psalm 42, verses 1 through 7, found in the red Prayer Book on page 643.

*(The Reader repeats the above information as needed.)*

*At Sung Mass the Reader says*

Please join me in reading Psalm 42 as found in the service bulletin.

- 1 As the deer longs for the water-brooks, \*  
so longs my soul for you, O God.
  
- 2 My soul is athirst for God, athirst for the living  
God; \*  
when shall I come to appear before the presence  
of God?
  
- 3 My tears have been my food day and night, \*  
while all day long they say to me,  
“Where now is your God?”
  
- 4 I pour out my soul when I think on these things: \*  
how I went with the multitude and led them into  
the house of God,

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- 5 With the voice of praise and thanksgiving, \*  
among those who keep holy-day.
- 6 Why are you so full of heaviness, O my soul? \*  
and why are you so disquieted within me?
- 7 Put your trust in God; \*  
for I will yet give thanks to him,  
who is the help of my countenance, and my  
God.

## **The Gospel Acclamation**

*The Reader leads the appointed acclamation.*

*Reader* Alleluia.

*People* Alleluia.

*Reader* Our Lord Jesus Christ became poor; \*  
so that by his poverty we might become  
rich.

*People* Alleluia.

*The Reader returns to his or her seat.*

*Please turn the page for the Gospel Lesson.*

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## 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  
Matthew.

*People*

Glory to you, Lord Christ.

Jesus said to the crowds and to his disciples, “You are the salt of the earth; but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trodden under foot by men. You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.”

*The Minister says*

The Gospel of the Lord.

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