



9 AUGUST 2026 ❖ 19TH SUNDAY IN ORDINARY TIME ❖ YEAR A



“TAKE COURAGE, DO NOT BE AFRAID. IT IS I!”

Today, the 19th Sunday in Ordinary Time, the Gospel shows Jesus praying on the mountain while the disciples struggle against the storm at sea. He comes to them, walking on the water, and says: “Take courage, it is I; do not be afraid.” For the Jews, the sea symbolizes chaos. So too in our lives, as followers of Christ, we face trials and opposition. Yet we need not fear—Jesus is with us. He has absolute power over every storm, even over sin, death, and evil. Let us stand firm in faith, strengthened each time we receive Him in the Eucharist.



INTRODUCTORY RITES

ENTRANCE ANTIPHON

(To be recited only when no entrance hymn is sung.)

Look to your covenant, O Lord,
and forget not the life of your poor ones
for ever.

Arise, O God, and defend your cause,
and forget not the cries of those
who seek you.

(Cf. Ps 74 (73): 20, 19, 22, 23)

GREETING

P – Grace and peace from God our Father, the Lord Jesus Christ, and the Holy Spirit be with you all.

All– And with your spirit.

PENITENTIAL ACT

P – Brothers and sisters, to prepare ourselves to participate in the Eucharistic Sacrifice with a

renewed heart, let us ask the Lord to purify us from all our sins. (Pause)

P – For the times we have been weak in faith and allowed discouragement to grip our hearts, Lord, have mercy.

All– Lord, have mercy.

P – For the times we have been a cause of apprehension and fear to others, Christ, have mercy.

All– Christ, have mercy.

P – For the times we have failed to acknowledge you as our mighty Savior, Lord, have mercy.

All– Lord, have mercy.

P – May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

All– Amen.

This issue of Missalette may be downloaded for free anywhere in the world. A “love offering” for the continuation of our apostolate will be appreciated. Please, send your donation to “Word And Life Publications.” Our Savings Account is BPI – # 3711-0028-46. Send us an email of a copy of the deposit slip with your name for proper acknowledgment. See contact details on the last page. Thank You!

GLORIA

All – Glory to God in the highest,
and on earth peace to people of good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.

COLLECT (OPENING PRAYER)

P –Almighty ever-living God,
whom, taught by the Holy Spirit,
we dare to call our Father,
bring, we pray, to perfection in our hearts
the spirit of adoption as your sons and daughters,
that we may merit to enter into the inheritance
which you have promised.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.
All–Amen.

LITURGY OF THE WORD

1st Reading

1 Kgs 19:9a, 11-13a

R –A reading from the First Book of Kings

At the mountain of God, Horeb,
Elijah came to a cave where he took
shelter.
Then the Lord said to him,
“Go outside and stand on the mountain
before the Lord;
the Lord will be passing by.”
A strong and heavy wind was rending the
mountains
and crushing rocks before the Lord—

but the Lord was not in the wind.
After the wind there was an earthquake—
but the Lord was not in the earthquake.
After the earthquake there was fire—
but the Lord was not in the fire.
After the fire there was a tiny whispering
sound.
When he heard this,
Elijah hid his face in his cloak
and went and stood at the entrance of the
cave.

The word of the Lord.
All –Thanks be to God.

Responsorial Psalm Ps 85:9, 10, 11-12, 13-14

R –Lord, let us see your kindness,
and grant us your salvation.

R. M. Velez



- * I will hear what God proclaims;
the Lord—for he proclaims peace.
Near indeed is his salvation to those who
fear him,
glory dwelling in our land. **R.**
- * Kindness and truth shall meet;
justice and peace shall kiss.
Truth shall spring out of the earth,
and justice shall look down from
heaven. **R.**
- * The Lord himself will give his benefits;
our land shall yield its increase.
Justice shall walk before him,
and prepare the way of his steps. **R.**

2nd Reading

Rom 9:1-5

R –A reading from the Letter of Paul to the
Romans

Brothers and sisters:

**I speak the truth in Christ, I do not lie;
my conscience joins with the Holy Spirit
in bearing me witness**

that I have great sorrow and constant
anguish in my heart.
For I could wish that I myself were accursed
and cut off from Christ
for the sake of my own people,
my kindred according to the flesh.
They are Israelites;
theirs the adoption, the glory, the
covenants,
the giving of the law, the worship, and the
promises;
theirs the patriarchs, and from them,
according to the flesh, is the Christ,
who is over all, God blessed forever. Amen.

The word of the Lord.
All –Thanks be to God.

Gospel Acclamation

Ps 130:5

All– Alleluia, alleluia.
I wait for the Lord;
my soul waits for his word.
Alleluia, alleluia.

Gospel

Mt 14:22-33

P –The Lord be with you.
All –And with your spirit.
P –A reading from the holy Gospel according
to Matthew
All–Glory to you, O Lord.

After he had fed the people, Jesus made the
disciples get into a boat
and precede him to the other side,
while he dismissed the crowds.
After doing so, he went up on the mountain
by himself to pray.
When it was evening, he was there alone.
Meanwhile the boat, already a few miles
offshore,
was being tossed about by the waves, for
the wind was against it.
During the fourth watch of the night,
he came toward them walking on the sea.
When the disciples saw him walking on the
sea, they were terrified.
“It is a ghost!” they said, and they cried out
in fear.
At once Jesus spoke to them, “Take courage,
it is I; do not be afraid.”
Peter said to him in reply,
“Lord, if it is you, command me to come
to you on the water.”
He said, “Come!”
Peter got out of the boat and began to walk
on the water toward Jesus.
But when he saw how strong the wind was, he
became frightened;

and, beginning to sink, he cried out,
“Lord, save me!”
Immediately Jesus stretched out his hand and
caught Peter,
and said to him, “O you of little faith,
why did you doubt?”
After they got into the boat, the wind died
down.
Those who were in the boat did Jesus
homage, saying,
“Truly, you are the Son of God.”

The Gospel of the Lord.
All–Praise to you, Lord Jesus Christ.

HOMILY

Profession of Faith

(Nicene-Constantinopolitan Creed)

All – I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven, *(bow)*
** and by the Holy Spirit*
was incarnate of the Virgin Mary,
*and became man.**
For our sake he was crucified
under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the
Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic
and apostolic Church.
I confess one Baptism
for the forgiveness of sins
and I look forward to the
resurrection of the dead
and the life of the world to come. Amen.

PRAYER OF THE FAITHFUL

P –Jesus tells us: “Take courage; do not be afraid.” Trusting in His saving hands that are always reaching out to us, we pray: Lord, hear us.

All –Lord, hear us.

C –For the Church, may She remain steadfast, anchored in Christ amid trials and challenges. We pray. **R.**

C –For civil leaders, may they serve with integrity and seek strength to work for the good of all. We pray. **R.**

C –For our parish community, may we care for one another, especially those who are financially and spiritually struggling. We pray. **R.**

C –For the youth, may they turn to the Lord in times of fear, weakness and doubt and say, “Lord, save me.” We pray. **R.**

P –Lord Jesus, our refuge in every storm, calm our fears, strengthen our faith, and help us recognize Your saving hand. You live and reign forever and ever.
All– Amen.

LITURGY OF THE EUCHARIST

PREPARATION OF THE GIFTS

P –Pray, brethren . . .

All –May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all his holy Church.

PRAYER OVER THE OFFERINGS

P –Be pleased, O Lord, to accept the offerings of your Church,
for in your mercy you have given them to be offered
and by your power you transform them
into the mystery of our salvation.
Through Christ our Lord.
All– Amen.

PREFACE V

P –The Lord be with you.

All–And with your spirit.

P –Lift up your hearts.

All–We lift them up to the Lord.

P –Let us give thanks to the Lord our God.

All– It is right and just.

P –It is truly right and just, our duty and our salvation,

always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God.
For you laid the foundations of the world and
have arranged the changing of times and
seasons;

you formed man in your own image
and set humanity over the whole world in all its
wonder,

to rule in your name over all you have made
and for ever praise you in your mighty works,
through Christ our Lord.

And so, with all the Angels, we praise you,
as in joyful celebration, we acclaim:

All – Holy, holy, holy Lord, God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

**Blessed is he who comes in the name
of the Lord.**

Hosanna in the highest.

MEMORIAL ACCLAMATION

P –The mystery of faith.

**All–Save us, Savior of the world, for by your
Cross and Resurrection you have set us free.**

COMMUNION RITE

All–Our Father . . .

P– Deliver us, Lord . . .

**All –For the kingdom,
the power, and the glory are yours,
now and for ever.**

SIGN OF PEACE

BREAKING OF THE BREAD



**WORD AND LIFE
PUBLICATIONS**

Don Bosco Compound, A. Arnaiz Ave. cor. Chino Roces Ave., Makati, Metro Manila

Postal Address: P.O. Box 1820, MCPO, 1258 Makati, Metro Manila, Philippines

Tel. Nos. 8894-5401; 8475-8945 • **Website:** www.wordandlife.org

• **E-mail:** wordandlifepublications@gmail.com • **FB:** Word And Life Publications

• **Editorial Team:** Fr. R. De Guzman, J. Lacandazo, V. David, R. Molomog, D. Daguiro

• **Illustrations:** A. Sarmiento, B. Cleofe • **Circulation:** R. Saldua

**All—Lamb of God, you take away the sins
of the world:
have mercy on us. (2x)
Lamb of God, you take away the sins
of the world:
grant us peace.**

COMMUNION

P —Behold the Lamb of God, behold him who
takes away the sins of the world. Blessed are
those called to the supper of the Lamb.

**All — Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.**

COMMUNION ANTIPHON

*(To be recited only when no Communion hymn is
sung.)*

O Jerusalem, glorify the Lord,
who gives you your fill of finest wheat.
(Ps 147:12, 14)

PRAYER AFTER COMMUNION

P —May the communion in your Sacrament
that we have consumed, save us, O Lord,
and confirm us in the light of your truth.
Through Christ our Lord.
All—Amen.

CONCLUDING RITES

P —The Lord be with you.
All—And with your spirit.

P —May almighty God bless you: the Father,
and the Son, and the Holy Spirit.
All—Amen.

P —Go in peace, glorifying the Lord by your
life.
All—Thanks be to God.



FREE ENTRANCE TICKET

MANILA INTERNATIONAL BOOK FAIR
SMX Convention Center, Pasay City

GET LIT: READING IN A NEW LIGHT

SEPTEMBER 9-13, 2026

Aisle I-Booth#262,#263,#264

DON BOSCO PRESS
PRINTER • PUBLISHER • BOOKSELLER • SCHOOL OF PRINTING

Good for ONE person only!

MANILA INTERNATIONAL BOOK FAIR
Booth#262, #263, #264
SEPTEMBER 9-13, 2026
SMX CONVENTION CENTER, PASAY CITY, PHILIPPINES

Aisle I

DON BOSCO PRESS
PRINTER • PUBLISHER • BOOKSELLER • SCHOOL OF PRINTING

GET LIT: READING IN A NEW LIGHT

SCHOOL WORLD

SMX CONVENTION CENTER, PASAY CITY, PHILIPPINES

Don Bosco Press

Some and visit our booths and enjoy our special discounts and treasures!!