

First Sunday of Lent



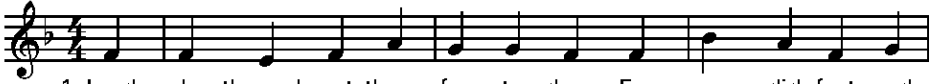
“Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.”

(Cycle C)

INTRODUCTORY RITES

Opening Hymn

Lord, Who Throughout These Forty Days



1. Lord, who through-out these for - ty days, For us did fast and
2. As you with Sa - tan did con-tend, And did the vic - t'ry
3. As you did hun - ger bear and thirst, So teach us, gra-cious
4. And through these days of pen - i - tence, And through your Pas-sion-
5. A - bide with us that when this life Of suf - fer - ing is



1. pray, Teach us with you to mourn our sins, And close by you to stay.
2. win, O give us strength in you to fight, In you to con-quer sin.
3. Lord, To die to self, and al - ways live By your most ho - ly word.
4. tide, For - ev - er - more, in life and death, O Lord, with us a - bide.
5. past, An Ea-ster of un - end - ing joy We may at - tain at last!

Greeting

∇. In the Name of the Father, and of the Son, and of the Holy Spirit.

R. Amen.

∇. The grace and peace of our Lord, Jesus Christ,
the Love of God
and the Fellowship of the Holy Spirit be with you always.

R. And also with you.

PENITENTIAL RITE (A VI)

Invitation to reflect on our faults and failings.

Ÿ To prepare ourselves to celebrate these sacred mysteries, let us call to mind our faults and failings and ask our heavenly Father in his mercy for his healing and forgiveness.

Pause for silent reflection.

**I confess to almighty God
and to you, my brothers and sisters
that I have sinned
in my thoughts and in my words
in what I have done
and in what I have failed to do;
and I ask blessed Mary ever-Virgin
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.**

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

Ŕ Amen.

6.

K Y-ri-e * e-lé-i-son. iij. Chri-ste
e-lé-i-son. iij. Ký-ri-e e-lé-i-son. ij. Ký-
ri-e * e-lé-i-son.

Gloria

The Gloria is not said

Opening Prayer

Ÿ. Let us pray
at the beginning of Lent for the spirit of repentance.

Pause for silent prayer.

Lord our God,
you formed mankind from the clay of the earth
and breathed into us the spirit of life,
but we turned from your face and sinned.

In this time of repentance
we call out for your mercy.
Bring us back to you
and to the life your Son won for us
by his death on the cross,
for he lives and reigns for ever and ever.

R. Amen.

LITURGY OF THE WORD

Reading 1 (*Dt 26:4-10*)

A reading from the Book of Deuteronomy

Moses spoke to the people, saying:
“The priest shall receive the basket from you
and shall set it in front of the altar of the LORD, your God.
Then you shall declare before the Lord, your God,
‘My father was a wandering Aramean
who went down to Egypt with a small household
and lived there as an alien.
But there he became a nation
great, strong, and numerous.
When the Egyptians maltreated and oppressed us,
imposing hard labor upon us,
we cried to the LORD, the God of our fathers,
and he heard our cry
and saw our affliction, our toil, and our oppression.
He brought us out of Egypt
with his strong hand and outstretched arm,
with terrifying power, with signs and wonders;
and bringing us into this country,
he gave us this land flowing with milk and honey.

Therefore, I have now brought you the firstfruits
of the products of the soil
which you, O LORD, have given me.’
And having set them before the LORD, your God,
you shall bow down in his presence.”

Ÿ. This is the Word of the Lord.

R. Thanks be to God.

Responsorial Psalm (*Ps 91:1-2, 10-11, 12-13, 14-15.*)



You who dwell in the shelter of the Most High,
who abide in the shadow of the Almighty,
say to the LORD, “My refuge and fortress,
my God in whom I trust.”

R. Be with me, Lord, when I am in trouble.

No evil shall befall you,
nor shall affliction come near your tent,
For to his angels he has given command about you,
that they guard you in all your ways.

R. Be with me, Lord, when I am in trouble.

Upon their hands they shall bear you up,
lest you dash your foot against a stone.
You shall tread upon the asp and the viper;
you shall trample down the lion and the dragon.

R. Be with me, Lord, when I am in trouble.

Because he clings to me, I will deliver him;
I will set him on high because he acknowledges my name.
He shall call upon me, and I will answer him;
I will be with him in distress;
I will deliver him and glorify him.

R. Be with me, Lord, when I am in trouble.

Alternate Responsorial Psalm (Ps 91:1-2, 10-11, 12-13, 14-15.)

On Eagle's Wings

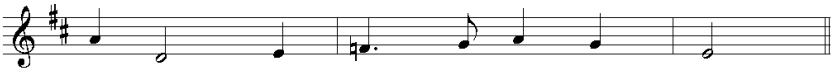
Verse 1



1. You who dwell in the shel-ter of the Lord, who a -



bide in his shad-ow for life, say to the Lord: "My



ref - uge, my rock in whom I trust!"

Refrain \otimes



And he will raise you up on ea - gle's wings, bear you on the



breath of dawn, make you to shine like the sun, and



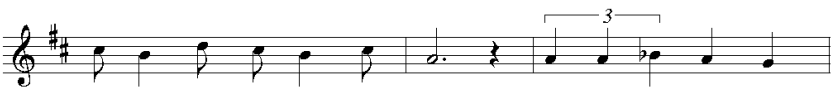
hold you in the palm of his hand. 2. The

Last time to coda \oplus To verses

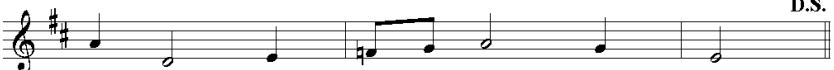
Verse 2



snare of the fowl - er will nev - er cap - ture you, and




fam - ine will bring you no fear: un - der his wings your




ref - uge, his faith - ful - ness your shield.

D.S.



3. You need not fear the ter - ror of the night, nor the



ar - row that flies by day; though thou - sands fall a -




bout you, near you it shall not come. D.S.


Verse 4



4. For to his an - gels he's giv - en a com - mand to




guard you in all of your ways; up - on their hands they will



bear you up, lest you dash your foot a - gainst a stone. D.S.

⊕ Coda



And hold you, hold you in the palm of his hand.

Reading 2 (Rom 10:8-13)

A reading from the letter of Saint Paul to the Romans

Brothers and sisters:

What does Scripture say?

The word is near you,

in your mouth and in your heart

—that is, the word of faith that we preach—,

for, if you confess with your mouth that Jesus is Lord

and believe in your heart that God raised him from the dead,

you will be saved.

For one believes with the heart and so is justified,

and one confesses with the mouth and so is saved.

For the Scripture says,

No one who believes in him will be put to shame.

For there is no distinction between Jew and Greek;

the same Lord is Lord of all,

enriching all who call upon him.

For “everyone who calls on the name of the Lord will be saved.”

Ÿ. This is the Word of the Lord.

R. Thanks be to God.

Gospel Acclamation (Mt 4:4b)



Glo-ry and praise to you, Lord Je-sus Christ.

One does not live on bread alone,

but on every word that comes forth from the mouth of God.



Glo-ry and praise to you, Lord Je-sus Christ.

Gospel (Lk 4:1-13)

Ÿ. The Lord be with you.

R̄. And also with you.

Ÿ. A reading from the Holy Gospel according to Luke.

The celebrant and the people trace the cross on their foreheads (mind), their lips (speech) and over their hearts, asking the Lord to open them to his Word.

R̄. Glory to you Lord.

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.

He ate nothing during those days, and when they were over he was hungry.

The devil said to him,

“If you are the Son of God, command this stone to become bread.”

Jesus answered him,

“It is written, *One does not live on bread alone.*”

Then he took him up and showed him all the kingdoms of the world in a single instant.

The devil said to him,

“I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish.

All this will be yours, if you worship me.”

Jesus said to him in reply,

“It is written

*You shall worship the Lord, your God,
and him alone shall you serve.*”

Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him,

“If you are the Son of God, throw yourself down from here, for it is written:

He will command his angels concerning you, to guard you,

and:

*With their hands they will support you,
lest you dash your foot against a stone.*”

Jesus said to him in reply,

“It also says,

You shall not put the Lord, your God, to the test.”

When the devil had finished every temptation,

he departed from him for a time.

℣. This is the Gospel of the Lord.

℟. Praise to you, Lord, Jesus Christ.



Glo-ry and praise to you, Lord Je-sus Christ.

Homily

LITURGY OF THE EUCHARIST

Offering of the Gifts

If an Offertory Hymn is played or sung, omit the following.

Ÿ. Blessed are you, Lord, God of all creation. Through your goodness we have this bread to offer, which earth has given and human hands have made. It will become for us the bread of life.

Ŕ. Blessed be God for ever.

Ÿ. Blessed are you, Lord, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will become our spiritual drink.

Ŕ. Blessed be God for ever.

Prayer over the Gifts

Ÿ. Pray, my brothers and sisters, that our sacrifice may be acceptable to God, the almighty Father.

**Ŕ. 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 Church.**

Lord,
make us worthy to bring you these gifts.
May this sacrifice
help to change our lives.

We ask this in the name of Jesus the Lord.

Ŕ. Amen.

Preface and *Sanctus* (Christ's Temptation)



∩. The Lord be with you. R̄. And al - so with you. ∩. Lift up your hearts.



R̄. We lift them up to the Lord. ∩. Let us give thanks to the Lord our God.



R̄. It is right to give him thanks and praise.

Father, all-powerful and ever-living God,
we do well always and everywhere to give you thanks
through Jesus Christ our Lord.

His fast of forty days
makes this a holy season of self-denial.
By rejecting the devil's temptations
he has taught us
to rid ourselves of the hidden corruption of evil,
and so to share his paschal meal in purity of heart,
until we come to its fulfillment
in the promised land of heaven. Now we join the angels and the saints
as they sing their unending hymn of praise:

(Sanctus XVIII Deus Genitor Alme)

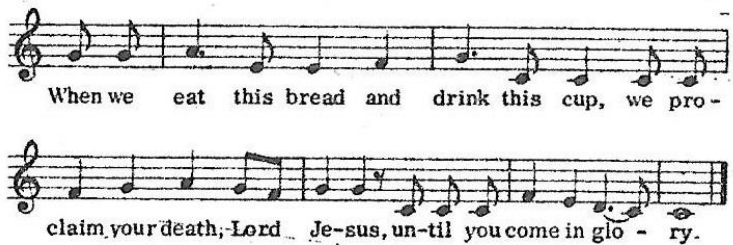


Sanctus, * Sanctus, Sanctus Dómi-nus De-us
Sába-oth. Ple-ni sunt cæ-li et terra gló-ri-a
tu-a. Ho-sánna in excélsis. Bene-díctus qui ve-nit
in nómi-ne Dómi-ni. Ho-sánna in excél-sis.

Eucharistic Prayer (I)

The celebrant prays the Eucharistic Prayer. After the consecration, the celebrant sings:


∇. Let us proclaim the mystery of faith.



When we eat this bread and drink this cup, we pro-
claim your death, Lord Je-sus, un-til you come in glo - ry.

The celebrant concludes the Eucharistic Prayer.

Through him, with him and in him
in the unity of the Holy Spirit
all glory and honor are yours, Almighty Father
Forever and ever.

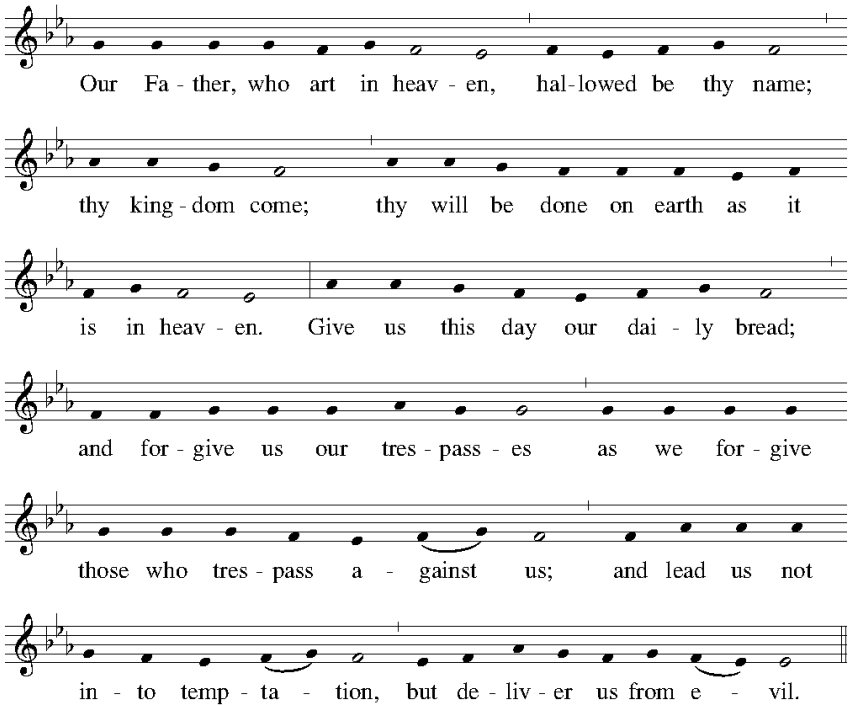


A - men, — A - men, A - men.

COMMUNION LITURGY

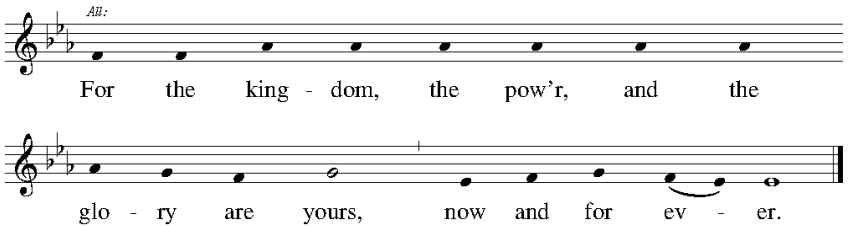
The Lord's Prayer

Ÿ. We pray confidently in the words our Savior taught us:



Our Fa - ther, who art in heav - en, hal - lowed be thy name;
thy king - dom come; thy will be done on earth as it
is in heav - en. Give us this day our dai - ly bread;
and for - give us our tres - pass - es as we for - give
those who tres - pass a - gainst us; and lead us not
in - to temp - ta - tion, but de - liv - er us from e - vil.

Ÿ. Deliver us, Lord, from every evil, and grant us peace in our day. In your mercy keep us free from sin and protect us from all anxiety as we wait in joyful hope for the coming of our Savior, Jesus Christ.



All:
For the king - dom, the pow'r, and the
glo - ry are yours, now and for ev - er.

Ÿ. Lord Jesus Christ, you said to your apostles: I leave you peace, my peace I give you. Look not on our sins, but on the faith of your Church, and grant us the peace and unity of your kingdom where you live for ever and ever.

R. Amen.

Exchange of Peace

Ÿ. The Peace of the Lord be with you always.

R. And also with you.

Ÿ. Let us offer each other a sign of peace.

Breaking of the Bread

(Agnus Dei XVIII Deus Genitor Alme)

As the bread is broken, we sing or say:

A -gnus De- i, * qui tol-lis peccá-ta mundi : mi-se-
ré-re no-bis. Agnus De- i, * qui tol-lis peccá-ta mundi :
mi-se-ré-re no-bis. Agnus De- i, * qui tol-lis peccá-ta mun-
di : do-na no-bis pa-cem.

Ÿ. This is the Lamb of God who takes away the sins of the world.
Happy are those who are called to his supper.

R. Lord, I am not worthy to receive you,
but only say the word
and I shall be healed.

To those receiving Communion, the celebrant says:

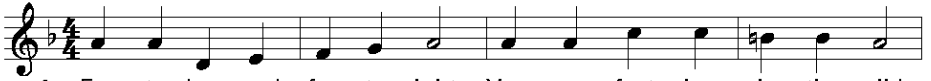
Ÿ. The body of Christ.

R. Amen.

Communion Meditation

Forty Days and Forty Nights

(Verses 1-3)



1. For - ty days and for - ty nights You were fast - ing in the wild;
2. Shall not we your sor - row share And from world - ly joys ab - stain,
3. Then if Sa - tan on us press, Flesh or spir - it to as - sail,
4. So shall we have peace di - vine: Ho - lier glad - ness ours shall be;
5. Keep, O keep us, Sav - ior dear, Ev - er con - stant by your side;



1. For - ty days and for - ty nights Tempt - ed, and yet un - de - filed.
2. Fast - ing with un - ceas - ing prayer, Strong with you to suf - fer pain?
3. Vic - tor in the wil - der - ness, Grant we may not faint nor fail!
4. Round us, too, shall an - gels shine, Such as served you faith - ful - ly.
5. That with you we may ap - pear At th' e - ter - nal Eas - ter - tide.

Prayer after Communion

Ÿ. Let us pray.

Pause for silent prayer.

Father,
you increase our faith and hope,
you deepen our live in this communion.
Help us to live by your words
and to sek Christ, our bread of life,
who is Lord for ever and ever.

Ŗ. Amen.

CONCLUDING RITES

Solemn Blessing 5 (for the Passion)

Ÿ. The Lord be with you.

Ŗ. And also with you.

Bow your heads and pray for God's blessing.

The Father of mercies has given us an example of unselfish love
in the sufferings of his only Son.
Through your service of God and neighbor
may you receive his countless blessings.

Ŗ. Amen.

You believe that by his dying
Christ has destroyed death for ever.
May he give you everlasting life.

Ŗ. Amen.

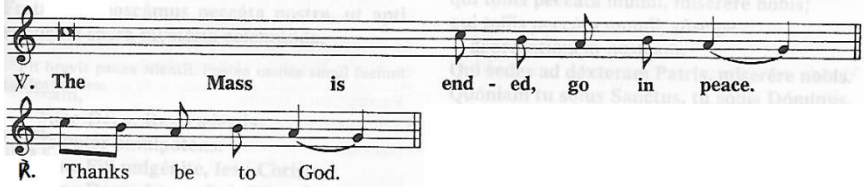
He humbled himself for our sakes.
May you follow his example
and share in his resurrection.

Ŗ. Amen.

Ÿ. May almighty God bless you,
the Father, and the Son, + and the Holy Spirit.

Ŗ. Amen.

Dismissal



Y. The Mass is end - ed, go in peace.

R. Thanks be to God.

The musical notation consists of two staves. The first staff is in G major and 4/4 time, with a key signature of one sharp (F#). The melody begins with a quarter rest, followed by a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G. The second staff continues the melody with a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G. The lyrics are written below the notes.

Closing Hymn

This Is Our Accepted Time



1. This is our ac-cept-ed time, This is our sal - va - tion;
2. Lord, look down up - on your own, Look up - on our yearn - ing;

1. Prayer and fast - ing are our hope, Pen - ance, our vo - ca - tion.
2. We are dust, and un - to dust We shall be re - turn - ing.

1. God of par - don, God of love, Mer - cy past all meas - ure;
2. Lift us up, O Lord of life, Flesh has gained us sad - ness;

1. You a - lone can grant us peace, You, our ho - ly treas - ure.
2. Hear our plea, be - stow on us Ev - er - last - ing glad - ness.

The musical notation consists of four staves. Each staff is in G major and 4/4 time, with a key signature of one sharp (F#). The melody begins with a quarter rest, followed by a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G. The lyrics are written below the notes.