

## The Communion Rite

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass  
against us;  
and lead us not into temptation,  
but deliver us from evil.

Deliver us...  
For the kingdom,  
the power and the glory are yours  
now and for ever.

The peace of the Lord be with you always.  
And with your spirit.

Lamb of God, you take away the sins of  
the world, have mercy on us.  
Lamb of God, you take away the sins of  
the world, have mercy on us.  
Lamb of God, you take away the sins of  
the world, grant us peace.

Behold the Lamb of God...  
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

One does not live by bread alone,  
but by every word that comes forth from  
the mouth of God.

or

The Lord will conceal you with his  
pinions,  
and under his wings you will trust.

## Prayer after Communion

Renewed now with heavenly bread,  
by which faith is nourished, hope  
increased,  
and charity strengthened,  
we pray, O Lord,  
that we may learn to hunger for Christ,  
the true and living Bread,  
and strive to live by every word  
which proceeds from your mouth...  
Amen.

## THE CONCLUDING RITES

The Lord be with you.  
And with your spirit.

May almighty God bless you,  
the Father, and the Son, ✠ and the Holy Spirit.  
Amen.

*At the end of Mass the people respond:*  
Thanks be to God.

## THE INTRODUCTORY RITES

### Entrance Antiphon

When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.

*All make the Sign of the Cross as the priest  
says:*

**Priest** In the name of the Father,  
and of the Son,  
and of the Holy Spirit.

**People** Amen.

*The priest greets the people in one of  
these ways:*

The grace of our Lord Jesus Christ,  
and the love of God,  
and the communion of the Holy Spirit  
be with you all.

And with your spirit.

or

Grace to you and peace from God our Father  
and the Lord Jesus Christ.

And with your spirit.

or

The Lord be with you.  
And with your spirit.

### Penitential Act

*One of the following acts of penance is  
now made:*

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have  
failed to do,

*(All strike their breast and say:)*

through my fault, through my fault,  
through my most grievous fault;

therefore 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.

or

Have mercy on us, O Lord.  
For we have sinned against you.

Show us, O Lord, your mercy.  
And grant us your salvation.

or

Lord, have mercy. or Kyrie, eleison.  
Lord, have mercy. Kyrie, eleison.

Christ, have mercy. or Christe, eleison.  
Christ, have mercy. Christe, eleison.

Lord, have mercy. or Kyrie, eleison.  
Lord, have mercy. Kyrie, eleison.

*After the absolution all respond:*  
Amen.

### The Collect

Grant, almighty God,  
through the yearly observances of holy  
Lent,  
that we may grow in understanding  
of the riches hidden in Christ  
and by worthy conduct pursue their  
effects...  
Amen.

## THE LITURGY OF THE WORD

### First Reading

Genesis 9:8-15

A reading from the book of Genesis.

God's covenant with Noah after he had  
saved him from the waters of the flood.

God spoke to Noah and his sons, "See, I  
establish my Covenant with you, and with  
your descendants after you; also with  
every living creature to be found with you,  
birds, cattle and every wild beast with  
you: everything that came out of the ark,  
everything that lives on the earth. I establish

my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.”

God said, “Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.”

The word of the Lord.  
**Thanks be to God.**

**Psalm** Psalm 24

**R. Your ways, Lord, are faithfulness and love for those who keep your covenant.**

1. Lord, make me know your ways. Lord, teach me your paths. Make me walk in your truth, and teach me: for you are God my saviour. **R.**
2. Remember your mercy, Lord, and the love you have shown from of old. In your love remember me, because of your goodness, O Lord. **R.**
3. The Lord is good and upright. He shows the path to those who stray, he guides the humble in the right path; he teaches his way to the poor. **R.**

**Second Reading** 1 Peter 3:18-22

A reading from the first letter of St Peter.

*That water is a type of the baptism which saves you now.*

Christ himself, innocent though he was, died once for sins, died for the guilty, to

lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people “by water”, and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God’s right hand, now that he has made the angels and Dominations and Powers his subjects.

The word of the Lord.  
**Thanks be to God.**

**Gospel Acclamation**

**Praise to you, O Christ, king of eternal glory!**

**Man does not live on bread alone, but on every word that comes from the mouth of God.**

**Praise to you, O Christ, king of eternal glory!**

The Lord be with you.  
**And with your spirit.**

A reading from the holy Gospel according to Mark.

**Glorify to you, O Lord.**

**Gospel** Mark 1:12-15

*Jesus was tempted by Satan, and the angels looked after him.*

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. “The time has come” he said “and the kingdom of God is close at

hand. Repent, and believe the Good News.”

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

**The Homily**

**The Profession of Faith**

**I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,**

*(all bow during the next two lines)*

**who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.**

*The bidding prayers now follow:*

Let us pray to the Lord.  
**Lord, hear our prayer.**

**THE LITURGY OF THE EUCHARIST**

*If the prayers of blessing are said aloud the people acclaim each time:*

**Blessed be God for ever.**

Pray, brethren (brothers and sisters)...  
**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**

Give us the right dispositions, O Lord, we pray,  
to make these offerings,  
for with them we celebrate the beginning of this venerable and sacred time...  
**Amen.**

**The Eucharistic Prayer**

The Lord be with you.  
**And with your spirit.**

Lift up your hearts.  
**We lift them up to the Lord.**

Let us give thanks to the Lord our God.  
**It is right and just.**

*The priest gives praise to God and all acclaim:*

**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.**

*After the Consecration we acclaim the mystery of faith:*

**We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

*or*

**When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.**

*or*

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

*At the end of the Eucharistic Prayer:*  
**Amen.**