

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.

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 Deuteronomy 26:4-10
A reading from the book of Deuteronomy.
The creed of the chosen people.
Moses said to the people: "The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

"My father was a wandering Aramaean.

He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me.' You must then lay them before the Lord your God, and bow down in the sight of the Lord your God."

The word of the Lord.

Thanks be to God.

Psalm Psalm 90

R. Be with me, O Lord, in my distress.

1. He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: "My refuge, my stronghold, my God in whom I trust!" **R.**
2. Upon you no evil shall fall, no plague approach where you dwell. For you has he commanded his angels, to keep you in all your ways. **R.**
3. They shall bear you upon their hands lest you strike your foot against a stone. On the lion and the viper you will tread and trample the young lion and the dragon. **R.**
4. His love he set on me, so I will rescue him; protect him for he knows my name. When he calls I shall answer: "I am with you." I will save him in distress and give him glory. **R.**

Second Reading Romans 10:8-13

A reading from the letter of St Paul to the Romans.

The creed of the Christian.

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

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 Luke.

Glory to you, O Lord.

Gospel Luke 4:1-13

Jesus was led by the Spirit through the wilderness and was tempted there.

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, "If you are the Son of God, tell this stone to turn into a loaf." But Jesus replied, "Scripture says: Man does not live on bread alone."

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, "I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours." But Jesus answered him, "Scripture says:

You must worship the Lord your God,
and serve him alone."

Then he led him to Jerusalem and made him stand on the parapet of the Temple. "If you are the Son of God," he said to him, "throw yourself down from here, for scripture says:

He will put his angels in charge of you
to guard you,

and again:

They will hold you up on their hands
in case you hurt your foot against a
stone."

But Jesus answered him, "It has been said:

You must not put the Lord your God to
the test."

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

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.