

ENTRANCE ANTIPHON

*O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.*

COLLECT

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

Amen.

FIRST READING Job 7:1-4. 6-7

A reading from the book of Job.

Job began to speak:

Is not man's life on earth nothing more than pressed service,
his time no better than hired drudgery?
Like the slave, sighing for the shade,
or the workman with no thought but his wages,
months of delusion I have assigned to me,
nothing for my own but nights of grief.
Lying in bed I wonder, "When will it be day?"
Risen I think, "How slowly evening comes!"
Restlessly I fret till twilight falls.
Swifter than a weaver's shuttle my days have passed,
and vanished, leaving no hope behind.
Remember that my life is but a breath,
and that my eyes will never again see joy.

The word of the Lord.

Thanks be to God.

PSALM Psalm 146

RESPONSE: *Praise the Lord who heals the broken-hearted.*

Or *Alleluia!*

1. Praise the Lord for he is good;
sing to our God for he is loving:
to him our praise is due. **R.**
2. The Lord builds up Jerusalem
and brings back Israel's exiles,
he heals the broken-hearted,
he binds up all their wounds.
He fixes the number of the stars;
he calls each one by its name. **R.**
3. Our Lord is great and almighty;
his wisdom can never be measured.
The Lord raises the lowly;
he humbles the wicked to the dust. **R.**

SECOND READING 1 Corinthians 9:16-19. 22-23

A reading from the first letter of St Paul to the Corinthians.

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

*Alleluia, alleluia!
I am the light of the world, says the Lord,
anyone who follows me
will have the light of life.
Alleluia!*

Or

*Alleluia, alleluia!
He took our sicknesses away,
and carried our diseases for us.
Alleluia!*

GOSPEL Mark 1:29-39

A reading from the holy Gospel according to Mark.

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, "Everybody is looking for you." He answered, "Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came." And he went all through Galilee, preaching in their synagogues and casting out devils.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

O Lord our God,
who once established these created things
to sustain us in our frailty,
grant, we pray,
that they may become for us now
the Sacrament of eternal life.
Through Christ our Lord.

Amen.

COMMUNION ANTIPHON

*Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.*

Or

*Blessed are those who mourn, for they shall be consoled.
Blessed are those who hunger and thirst for righteousness,
for they shall have their fill.*

PRAYER AFTER COMMUNION

O God, who have willed that we be partakers in the one Bread and the one Chalice,
grant us, we pray, so to live
that, made one in Christ,
we may joyfully bear fruit
for the salvation of the world.
Through Christ our Lord.

Amen.

ENTRANCE ANTIPHON

*Be my protector, O God,
a mighty stronghold to save me.
For you are my rock, my stronghold!
Lead me, guide me, for the sake of your name.*

COLLECT

O God, who teach us that you abide
in hearts that are just and true,
grant that we may be so fashioned by your grace
as to become a dwelling pleasing to you.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.
Amen.

FIRST READING Leviticus 13:1-2. 44-46

A reading from the book of Leviticus.

The Lord said to Moses and Aaron, "If a swelling or scab or shiny spot appears on a man's skin, a case of leprosy of the skin is to be suspected. The man must be taken to Aaron, the priest, or to one of the priests who are his sons.

"The man is leprous: he is unclean. The priest must declare him unclean; he is suffering from leprosy of the head. A man infected with leprosy must wear his clothing torn and his hair disordered; he must shield his upper lip and cry, 'Unclean, unclean.' As long as the disease lasts he must be unclean; and therefore he must live apart; he must live outside the camp."

The word of the Lord.
Thanks be to God.

PSALM Psalm 31

RESPONSE: *You are my refuge, O Lord;
you fill me with the joy of salvation.*

1. Happy the man whose offence is forgiven,
whose sin is remitted.
O happy the man to whom the Lord
imputes no guilt,
in whose spirit is no guile. **R.**
2. But now I have acknowledged my sins;
my guilt I did not hide.
I said: "I will confess
my offence to the Lord."
And you, Lord, have forgiven
the guilt of my sin. **R.**
3. Rejoice, rejoice in the Lord,
exult, you just!
O come, ring out your joy,
all you upright of heart. **R.**

SECOND READING 1 Corinthians 10:31 – 11:1

A reading from the first letter of St Paul to the Corinthians.

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone – to Jews or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved.

Take me for your model, as I take Christ.
The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

*Alleluia, alleluia!
May the Father of our Lord Jesus Christ
enlighten the eyes of our mind,
so that we can see what hope his call holds for us.
Alleluia!*

Or

*Alleluia, alleluia!
A great prophet has appeared among us;
God has visited his people.
Alleluia!*

GOSPEL Mark 1:40-45

A reading from the holy Gospel according to Mark.

A leper came to Jesus and pleaded on his knees: "If you want to" he said "you can cure me." Feeling sorry for him, Jesus stretched out his hand and touched him. "Of course I want to!" he said. "Be cured!" And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, "Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery." The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.

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

PRAYER OVER THE OFFERINGS

May this oblation, O Lord, we pray,
cleanse and renew us
and may it become for those who do your will
the source of eternal reward.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

*They ate and had their fill,
and what they craved the Lord gave them;
they were not disappointed in what they craved.*

Or

*God so loved the world
that he gave his Only Begotten Son,
so that all who believe in him may not perish,
but may have eternal life.*

PRAYER AFTER COMMUNION

Having fed upon these heavenly delights,
we pray, O Lord,
that we may always long
for that food by which we truly live.
Through Christ our Lord.
Amen.

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.*

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.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.
Amen.

FIRST READING Genesis 9:8-15

A reading from the book of Genesis.

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

RESPONSE: *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.

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!*

GOSPEL Mark 1:12-15

A reading from the holy Gospel according to Mark.

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.

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.
Through Christ our Lord.
Amen.

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.
Through Christ our Lord.
Amen.

ENTRANCE ANTIPHON

*Of you my heart has spoken: Seek his face.
It is your face, O Lord, that I seek;
hide not your face from me.*

Or

*Remember your compassion, O Lord,
and your merciful love, for they are from of old.
Let not our enemies exult over us.
Redeem us, O God of Israel, from all our distress.*

COLLECT

O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.
Amen.

FIRST READING Genesis 22:1-2. 9-13. 15-18

A reading from the book of Genesis.

God put Abraham to the test. "Abraham, Abraham" he called. "Here I am" he replied. "Take your son," God said "your only child Isaac, whom you love, and go to the land of Moriah. There you shall offer him as a burnt offering, on a mountain I will point out to you."

When they arrived at the place God had pointed out to him, Abraham built an altar there and arranged the wood. Then he stretched out his hand and seized the knife to kill his son.

But the angel of the Lord called to him from heaven. "Abraham, Abraham" he said. "I am here" he replied. "Do not raise your hand against the boy" the angel said. "Do not harm him, for now I know you fear God. You have not refused me your son, your only son." Then looking up, Abraham saw a ram caught by its horns in a bush. Abraham took the ram and offered it as a burnt-offering in place of his son.

The angel of the Lord called Abraham a second time from heaven. "I swear by my own self – it is the Lord who speaks – because you have done this, because you have not refused me your son, your only son, I will shower blessings on you, I will make your descendants as many as the stars of heaven and the grains of sand on the seashore. Your descendants shall gain possession of the gates of their enemies. All the nations of the earth shall bless themselves by your descendants, as a reward for your obedience."

The word of the Lord.
Thanks be to God.

PSALM Psalm 115

RESPONSE: *I will walk in the presence of the Lord
in the land of the living.*

1. I trusted, even when I said:
"I am sorely afflicted."
O precious in the eyes of the Lord
is the death of his faithful. **R.**
2. Your servant, Lord, your servant am I;
you have loosened my bonds.
A thanksgiving sacrifice I make:
I will call on the Lord's name. **R.**

3. My vows to the Lord I will fulfil
before all his people,
in the courts of the house of the Lord,
in your midst, O Jerusalem. **R.**

SECOND READING Romans 8:31-34

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

With God on our side who can be against us? Since God did not spare his own Son, but gave him up to benefit us all, we may be certain, after such a gift, that he will not refuse anything he can give. Could anyone accuse those that God has chosen? When God acquits, could anyone condemn? Could Christ Jesus? No! He not only died for us – he rose from the dead, and there at God's right hand he stands and pleads for us.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

*Glory and praise to you, O Christ!
From the bright cloud the Father's voice was heard:
"This is my Son, the Beloved. Listen to him!"
Glory and praise to you, O Christ!*

GOSPEL Mark 9:2-10

A reading from the holy Gospel according to Mark.

Jesus took with him Peter and James and John and led them up a high mountain where they could be alone by themselves. There in their presence he was transfigured: his clothes became dazzlingly white, whiter than any earthly bleacher could make them. Elijah appeared to them with Moses; and they were talking with Jesus. Then Peter spoke to Jesus. "Rabbi", he said "it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah." He did not know what to say; they were so frightened. And a cloud came, covering them in shadow; and there came a voice from the cloud, "This is my Son, the Beloved. Listen to him." Then suddenly, when they looked round, they saw no one with them any more but only Jesus.

As they came down the mountain he warned them to tell no one what they had seen, until after the Son of Man had risen from the dead. They observed the warning faithfully, though among themselves they discussed what "rising from the dead" could mean.

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

PRAYER OVER THE OFFERINGS

May this sacrifice, O Lord, we pray,
cleanse us of our faults
and sanctify your faithful in body and mind
for the celebration of the paschal festivities.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

*This is my beloved Son, with whom I am well pleased;
listen to him.*

PRAYER AFTER COMMUNION

As we receive these glorious mysteries,
we make thanksgiving to you, O Lord,
for allowing us while still on earth
to be partakers even now of the things of heaven.
Through Christ our Lord.
Amen.