

The Communion Rite

Stand

The Priest invites all to join in the Lord's Prayer:
**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.**

The Priest continues alone:
**Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ,
For the kingdom,
the power and the glory are yours
now and for ever.**

The Priest says:
**Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give you,
look not on our sins,
but on the faith of your Church,
and graciously grant her peace and unity
in accordance with your will.
Who live and reign for ever and ever.
Amen.**

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

The Deacon, or the Priest, adds:
**Let us offer each other the sign of peace.
At then make an appropriate sign of peace.
The Priest takes the host and breaks it.
Meanwhile the people say or sing:**

**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.**

The Priest shows the host to the people and says:
**Behold the Lamb of God,
behind him who takes away the sins of the world,
Blessed are those called to the supper
of the Lamb.**

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

*The Priest or other minister says to each
communicant:*
**The Body (Blood) of Christ.
Each communicant answers: Amen.**

Communion Antiphon Cf. Ps 90:4
**The Lord will conceal you with his plions,
and under his wings you will trust.**

*After the distribution of Holy Communion a
selected sentence may be observed or a psalm,
hymn or canticle of praise may be sung.*

Prayer after Communion *Stand*
**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.**

THE CONCLUDING RITES

Announcements may be made.
**Priest: The Lord be with you.
All: And with your spirit.**

Prayer over the People
The Deacon, or the Priest, says:
**Bow down for the Blessing.
Then the Priest continues:**
**May bountiful blessing, O Lord, we pray,
come down upon your people,
that hope may grow in tribulation,
virtue be strengthened in temptation,
and eternal redemption be assured.
Through Christ our Lord.
Amen.**

**And may the blessing of almighty God,
the Father, and the Son, and the Holy Spirit,
come down upon you and remain with you for ever.
Amen.**

Then the Deacon, or the Priest, says:
**Go forth, the Mass is ended.
Go and announce the Gospel of the Lord. Or:
Go in peace, glorifying the Lord by your life. Or:
Go in peace.
Thanks be to God.**



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THE EMMAUS MASS SHEET
1ST SUNDAY OF LENT (B) 21st February 2021

THE INTRODUCTORY RITES

Stand
Entrance Antiphon or a hymn.

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

Greeting

The Priest greets the people, saying:
**The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.**

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

*The Lord be with you.
The people reply:*
And with your spirit.

The Mass of the day may be introduced.

Penitential Act

*The Priest invites the faithful to repentance
followed, after a brief pause, by one of the
Penitential Acts:*

**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.**

Any, striking their breast, they 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:
**You were sent to heal the contrite of heart:
Lord, have mercy. Or: Kyrie, eleison.
Lord, have mercy. Or: Kyrie, eleison.**

*You came to call sinners:
Christ, have mercy. Or: Kyrie, eleison.
Christ, have mercy. Or: Kyrie, eleison.*

*You are seated at the right hand of the
Father to intercede for us:
Lord, have mercy. Or: Kyrie, eleison.
Lord, have mercy. Or: Kyrie, eleison.*

*The absolution by the Priest follows.
The people reply:*
Amen.

*If the 'Kyrie, eleison' has not been said or
sung, it is said or sung now.*

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.
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.**

THE LITURGY OF THE WORD

First Reading 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 Ps 24:4-9, R. cl.v10

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

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)

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)

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

A reading from the first letter of St Peter 3:18-22

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 of the Dominions and Powers his subjects.

The word of the Lord.
Thanks be to God.

Gospel Acclamation

St Mark Mt 4:4

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

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

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

St

The Nicene Creed

Stand

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,
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,
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.

Or:

The Apostles' Creed
I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
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.

All bow

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 Prayer of the Faithful
Response example: Lord, in your mercy:
Hear our prayer.

After the concluding prayer all say: Amen. St

THE LITURGY OF THE EUCHARIST

The offerings are brought to the altar.
A hymn may be sung.

If the Priest says the two prayers of offering about the response both lines is:
Blessed be God for ever.

The Priest completes additional personal preparatory rites, and the people use as he says:

Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

The people reply:
May the Lord accept the sacrifice
at your hands
for our praise and glory of his name,
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.
Through Christ our Lord.
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 continues with the Preface and concludes with the people, singing or saying about:

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. Kneel!

The Eucharistic Prayer continues until the priest says:

The mystery of faith,
And the people continue, acclaiming one of the following:

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.

The Priest concludes the Eucharistic Prayer saying alone:

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.
The people acclaim:
Amen.