

The Eucharist

26 February 2023 ♦ FIRST SUNDAY OF LENT / A



THE INTRODUCTORY RITES

Entrance Antiphon

(Cf. Ps 90:15-16)

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

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

Amen.

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.

Penitential Act

Brethren (brothers and sisters),
let us acknowledge our sins,
and so prepare ourselves to celebrate
the sacred mysteries.

A brief pause for silence follows.

**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,**

And, 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.**

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

Amen.

Lord, have mercy.
Lord, have mercy.

Christ, have mercy.
Christ, have mercy.

Lord, have mercy.
Lord, have mercy.

(The Gloria is not said.)

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.

Today we begin our preparation for Easter. The great Easter celebration is the high point of the year in which we enter into the death and rising of Christ. The baptised community must be awakened once more to the meaning of being in Christ. Lent helps us in the struggle against the powers of darkness, to be confident that where sin abounded, grace abounds still more.



The tempter said to Jesus: 'If you are the Son of God, tell these stones to turn into loaves.'

FIRST READING *(Genesis 2:7-9.3:1-7)*

The story of Adam and Eve is the story of us all. We cannot blame God or an evil influence for our fallen condition. We have made our own wrong choices, contrary to God's plan for us.

SECOND READING *(Romans 5:12-19)*

As Adam began the history of our fallen humanity, bringing in sin and death, so Christ began a new history of humanity which brings us freedom, life and virtue.

GOSPEL *(Matthew 4:1-11)*

This time the devil's temptation gets nowhere. Jesus has the answers to the evil one's incitement to pride, selfishness and lust for power. As we begin Lent we are shown that through Christ we have the power to resist temptation and sin.

THE LITURGY OF THE WORD

FIRST READING

(Gn 2:7-9.3:1-7)

A reading from the book of Genesis.

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being.

The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden.

The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death." Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

(Ps 50:3-6.12-14.17)

R Have mercy on us, O Lord,
for we have sinned.

1. Have mercy on me, God, in your kindness.
In your compassion blot out my offence.
O wash me more and more from my guilt
and cleanse me from my sin. **R**
2. My offences truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done. **R**
3. A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit. **R**
4. Give me again the joy of your help;
with a spirit of fervour sustain me.
O Lord, open my lips
and my mouth shall declare your praise. **R**

SECOND READING

(Rm 5:12-19)

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

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was

no law and so no one could be accused of the sin of 'law-breaking,' yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam refigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

(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

(Mt 4:1-11)

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

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

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

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says:

He will put you in his angels' charge,
and they will support you on their hands
in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:

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

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these,' he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

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

Then the devil left him, and angels appeared and looked after him.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Profession of Faith *(Apostles' Creed)*

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

At the words that follow, up to and including the Virgin Mary, all bow.

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 priest introduces the Prayer of the Faithful.

THE LITURGY OF THE EUCHARIST

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

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. Through Christ our Lord.

Amen.

Eucharistic Prayer III

(Preface: The Temptation of the Lord.)

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.

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

By abstaining forty long days from earthly food, he consecrated through his fast the pattern of our Lenten observance, and, by overturning all the snares of the ancient serpent, taught us to cast out the leaven of malice, so that, celebrating worthily the Paschal Mystery, we might pass over at last to the eternal paschal feast. And so, with the company of Angels and Saints, we sing the hymn of your praise,

as without end we 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.

You are indeed Holy, O Lord, and all you have created rightly gives you praise, for through your Son our Lord Jesus Christ, by the power and working of the Holy Spirit, you give life to all things and make them holy, and you never cease to gather a people to yourself, so that from the rising of the sun to its setting a pure sacrifice may be offered to your name.

Therefore, O Lord, we humbly implore you: by the same Spirit graciously make holy these gifts we have brought to you for consecration, that they may become the Body and Blood of your Son our Lord Jesus Christ, at whose command we celebrate these mysteries.

For on the night he was betrayed he himself took bread, and, giving you thanks, he said the blessing, broke the bread and gave it to his disciples, saying: TAKE THIS, ALL OF YOU, AND EAT OF IT, FOR THIS IS MY BODY, WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended, he took the chalice, and, giving you thanks, he said the blessing, and gave the chalice to his disciples, saying: TAKE THIS, ALL OF YOU, AND DRINK FROM IT, FOR THIS IS THE CHALICE OF MY BLOOD, THE BLOOD OF THE NEW AND ETERNAL COVENANT, WHICH WILL BE Poured OUT FOR YOU AND FOR MANY FOR THE FORGIVENESS OF SINS. DO THIS IN MEMORY OF ME.

The mystery of faith.

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

Therefore, O Lord, as we celebrate the memorial of the saving Passion of your Son, his wondrous Resurrection and Ascension into heaven, and as we look forward to his second coming, we offer you in thanksgiving this holy and living sacrifice.

Look, we pray, upon the oblation of your Church and, recognising the sacrificial Victim by whose death you willed to reconcile us to yourself, grant that we, who are nourished by the Body and Blood of your Son and filled with his Holy Spirit, may become one body, one spirit in Christ.

May he make of us an eternal offering to you,

so that we may obtain an inheritance with your elect, especially with the most Blessed Virgin Mary,

Mother of God,
with blessed Joseph, her Spouse,
with your blessed Apostles and glorious Martyrs
(with Saint N.: the Saint of the day or Patron Saint)
and with all the Saints,
on whose constant intercession in your presence
we rely for unfailing help.

May this Sacrifice of our reconciliation,
we pray, O Lord,
advance the peace and salvation of all the world.
Be pleased to confirm in faith and charity
your pilgrim Church on earth,
with your servant N. our Pope and N. our Bishop,
the Order of Bishops, all the clergy,
and the entire people you have gained for your own.
Listen graciously to the prayers of this family,
whom you have summoned before you:
in your compassion, O merciful Father,
gather to yourself all your children
scattered throughout the world.

To our departed brothers and sisters
and to all who were pleasing to you
at their passing from this life,
give kind admittance to your kingdom.
There we hope to enjoy for ever the fullness of
your glory
through Christ our Lord,
through whom you bestow on the world all that is good.
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.

Amen.

THE COMMUNION RITE

At the Saviour's command
and formed by divine teaching,
we dare to say:

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, 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.**

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 priest may invite the people to exchange a sign of peace and Christian fellowship. As the priest breaks the consecrated Host the following is sung or said:

Lamb of God, you take away the sins ...

Showing the Host to the people, the priest says:

Behold the Lamb of God,
behold 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.**

Communion Antiphon

(Mt 4:4)

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

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.

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.**
Go in peace. **Thanks be to God.**

Personal Prayer

Lord Jesus, as I begin the desert journey of Lent give me strength and courage.

Lead me through these days of prayer and penance in such a way that I may worthily come to the celebration of your saving death and glorious resurrection.
Stay with me in time of temptation.

Do not allow me to give way to greed but lead me to generous service. Preserve me from vanity and self glory, and make me humble of heart. Save me from false pride, let me be obedient to your will. Amen.