

The Eucharist

19 March 2023 ◆ FOURTH SUNDAY OF LENT / A



Today's Mass is an encouragement to continue with strength our Lenten programme of prayer and self-denial. On this *Laetare Sunday*, the Mass reminds us to deepen and purify our religion: to overcome our spiritual blindness and return to our loving, forgiving Father.



Jesus spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him: 'Go and wash in the pool of Siloam.'

FIRST READING (1 Samuel 16:1.6-7,10-13)

Today's first reading again gives us an important scene in Old Testament history. King Saul has collapsed; a new king is chosen. The venerable prophet Samuel goes to the family of Jesse and anoints as king the one whose interior spirit pleased God.

SECOND READING (Ephesians 5:8-14)

From the "Queen of the Epistles" (Paul's letter to the Ephesians), comes this spiritual lesson. We are to rise up – to put darkness and sin behind us and live in the light of Christ.

GOSPEL (John 9:1-41)

This dramatic miracle illustrates the growing hostility between Jesus and his enemies. It illustrates also the need to have our spiritual blindness cured by the Light of the World.

THE INTRODUCTORY RITES

Entrance Antiphon

(Cf. Is 66:10-11)

**Rejoice, Jerusalem, and all who love her.
Be joyful, all who were in mourning;
exult and be satisfied at her consoling breast.**

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), ...

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.
Christ, have mercy.
Lord, have mercy.

**Lord, have mercy.
Christ, have mercy.
Lord, have mercy.**

(The Gloria is not said.)

Collect

O God, who through your Word
reconcile the human race to yourself in a wonderful way,
grant, we pray,
that with prompt devotion and eager faith
the Christian people may hasten
toward the solemn celebrations to come.
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

(1 Sm 16:1.6-7,10-13)

A reading from the first book of Samuel.

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's

anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height for I have rejected him; God does not see as man sees; man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?'

He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

(Ps 22:1-6)

R **The Lord is my shepherd;
there is nothing I shall want.**

1. The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit. **R**
2. He guides me along the right path;
he is true to his name.
If I should walk in the valley of darkness
no evil would I fear.
You are there with your crook and your staff;
with these you give me comfort. **R**
3. You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing. **R**
4. Surely goodness and kindness shall follow me
all the days of my life.
In the Lord's own house shall I dwell
for ever and ever. **R**

SECOND READING

(Eph 5:8-14)

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

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said:

Wake up from your sleep,
rise from the dead,
and Christ will shine on you.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

(Jn 8:12)

**Glory to you, O Christ, you are the Word of God!
I am the light of the world, says the Lord;**

**anyone who follows me will have the light of life.
Glory to you, O Christ, you are the Word of God!**

GOSPEL

(Jn 9:1-41)

(For Shorter Form, read between ♦ ♦)



The Lord be with you.

And with your spirit.

A reading from the holy Gospel
according to John.

Glory to you, O Lord.

♦As Jesus went along, he saw a man who had been blind from birth. ♦ His disciples asked him, 'Rabbi, who sinned, this man or his parents, for him to have been born blind?' 'Neither he nor his parents sinned,' Jesus answered, 'he was born blind so that the works of God might be displayed in him.

'As long as the day lasts

I must carry out the work of the one who sent me;
the night will soon be here when no one can work.

As long as I am in the world

I am the light of the world.'

Having said this, ♦ he spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.' ♦ So they said to him, 'Then how do your eyes come to be open?' 'The man called Jesus,' he answered, 'made a paste, daubed my eyes with it and said to me, "Go and wash at Siloam"; so I went, and when I washed I could see.' They asked, 'Where is he?' 'I don't know,' he answered.

♦ They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet,' replied the man. ♦

However, the Jews would not believe that the man had been blind and had gained his sight, without first sending for his parents and asking them, 'Is this man really your son who you say was born blind? If so, how is it that he is now able to see?' His parents answered, 'We know he is our son and we know he was born blind, but we don't know how it is that he can see now, or who opened his eyes. He is old enough: let him speak for himself.' His parents spoke like this out of fear of the Jews, who had already agreed to expel from the synagogue anyone who should acknowledge Jesus as the Christ. This was why his parents said, 'He is old enough; ask him.'

So the Jews again sent for the man and said to him, 'Give glory to God! For our part, we know that this man is a sinner.' The man answered, 'I don't know if he is a sinner; I only

know that I was blind and now I can see.' They said to him, 'What did he do to you? How did he open your eyes?' He replied, 'I have told you once and you wouldn't listen. Why do you want to hear it all again? Do you want to become his disciples too?' At this they hurled abuse at him: 'You can be his disciple,' they said, 'we are disciples of Moses: we know that God spoke to Moses, but as for this man, we don't know where he comes from.' The man replied, 'Now here is an astonishing thing! He has opened my eyes and you don't know where he comes from! We know that God doesn't listen to sinners, but God does listen to men who are devout and do his will. Ever since the world began it is unheard of for anyone to open the eyes of a man who was born blind; if this man were not from God, he couldn't do a thing.' ♦ Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied, 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe,' and worshipped him. ♦

Jesus said:

'It is for judgement
that I have come into this world,
so that those without sight may see
and those with sight turn blind.'

Hearing this, some Pharisees who were present said to him, 'We are not blind, surely?' Jesus replied:

'Blind? If you were,
you would not be guilty,
but since you say, "We see",
your guilt remains.'

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

We place before you with joy these offerings,
which bring eternal remedy, O Lord,
praying that we may both faithfully revere them
and present them to you, as is fitting,
for the salvation of all the world.

Through Christ our Lord.

Amen.

Eucharistic Prayer II

(Preface: The Man Born Blind)

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 the mystery of the Incarnation,
he has led the human race that walked in darkness
into the radiance of the faith
and has brought those born in slavery to ancient sin
through the waters of regeneration
to make them your adopted children.

Therefore, all creatures of heaven and earth
sing a new song in adoration,
and we, with all the host of Angels,
cry out, and without end 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,
the fount of all holiness.

Make holy, therefore, these gifts, we pray,
by sending down your Spirit upon them like the dewfall,
so that they may become for us
the Body and Blood of our Lord Jesus Christ.

At the time he was betrayed
and entered willingly into his Passion,
he took bread and, giving thanks, broke it,
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, once more giving thanks,

he gave it 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.

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

Therefore, as we celebrate
the memorial of his Death and Resurrection,
we offer you, Lord,
the Bread of life and the Chalice of salvation,
giving thanks that you have held us worthy
to be in your presence and minister to you.

Humbly we pray
that, partaking of the Body and Blood of Christ,
we may be gathered into one by the Holy Spirit.

Remember, Lord, your Church,
spread throughout the world,
and bring her to the fullness of charity,
together with N. our Pope and N. our Bishop
and all the clergy.

Remember also our brothers and sisters
who have fallen asleep in the hope of the resurrection,
and all who have died in your mercy:
welcome them into the light of your face.

Have mercy on us all, we pray,
that with the Blessed Virgin Mary, Mother of God,
with blessed Joseph, her Spouse,
with the blessed Apostles,
and all the Saints who have pleased you throughout
the ages,

we may merit to be coheirs to eternal life,
and may praise and glorify you
through your Son, Jesus Christ.

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 ...

Our Father, who art in heaven, ...

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 of the world, ...

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

(Cf. Jn 9:11.38)

**The Lord anointed my eyes: I went, I washed,
I saw and I believed in God.**

Prayer after Communion

O God, who enlighten everyone who comes into this world,
illuminate our hearts, we pray,
with the splendour of your grace,
that we may always ponder
what is worthy and pleasing to your majesty
and love you in all sincerity.
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 forth, the Mass is ended.

Thanks be to God.

Personal Prayer

Lord, the world was made by you and you placed us in it
to test if we are capable of returning your love. Despite
our frequent ingratitude, you keep us alive and you are
preparing a place for us in heaven.

Like the blind man in today's Gospel, I pray that I may
see: see what the world is really about, see your love
around me, see the blindness of those who lead others
astray, see that I can live in the light of the Lord all
my days.

Yes, Lord, I need you as my shepherd to guide and
lead me to pastures fresh and green where I will find
repose and peace and where fresh waters will revive my
drooping spirit. Amen.