

**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.  
*All 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,  
have mercy on us.  
Lamb of God, you take away the sins of the world,  
grant us peace.** *Kneel*

*The Priest shows the host to the people and 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.**

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

**Communion Antiphon** Cf. Ps 121: 3-4  
**Jerusalem is built as a city bonded as one  
together.  
It is there that the tribes go up, the tribes  
of the Lord,  
to praise the name of the Lord.**

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

**Prayer after Communion** *Stand*  
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**  
*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:*  
Look upon those who call to you, O Lord,  
and sustain the weak;  
give life by your unfailing light  
to those who walk in the shadow of death,  
and bring those rescued by your mercy from  
every evil  
to reach the highest good.  
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. *Or:*  
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

## 4TH SUNDAY OF LENT (B) 14th March 2021

### THE INTRODUCTORY RITES

**Entrance Antiphon** or a hymn. *Stand*  
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.**

*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.

*Or:*

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,**

*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.**

*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:* Christe, eleison.  
**Christ, have mercy. Or: Christe, 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

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.** *Sit*

### THE LITURGY OF THE WORD

#### First Reading

A reading from the second book of Chronicles  
36:14-16. 19-23

All the heads of the priesthood, and the people  
too, added infidelity to infidelity, copying all the  
shameful practices of the nations and defiling the  
Temple that the Lord had consecrated for himself  
in Jerusalem. The Lord, the God of  
their ancestors, tirelessly sent them messenger  
after messenger, since he wished to spare his  
people and his house. But they ridiculed the  
messengers of God, they despised his words,  
they laughed at his prophets, until at last the  
wrath of the Lord rose so high against his people  
that there was no further remedy.

Their enemies burned down the Temple of  
God, demolished the walls of Jerusalem, set fire  
to all its palaces, and destroyed everything of  
value in it. The survivors were deported by  
Nebuchadnezzar to Babylon; they were to serve  
him and his sons until the kingdom of Persia  
came to power. This is how the word of the Lord  
was fulfilled that he spoke through Jeremiah,  
'Until this land has enjoyed its sabbath rest, until  
seventy years have gone by, it will keep sabbath  
throughout the days of its desolation.'

And in the first year of Cyrus king of Persia, to  
fulfill the word of the Lord that was spoken  
through Jeremiah, the Lord roused the spirit of  
Cyrus king of Persia to issue a proclamation and

to have it publicly displayed throughout his kingdom: 'Thus speaks Cyrus king of Persia, "The Lord, the God of heaven, has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up."'

The word of the Lord.

**Thanks be to God.**

### Psalm

Ps 136. R. V6

**R) O let my tongue  
cleave to my mouth  
if I remember you not!**

By the rivers of Babylon  
there we sat and wept,  
remembering Zion;  
on the poplars that grew there  
we hung up our harps. **(R)**

For it was there that they asked us,  
our captors, for songs,  
our oppressors, for joy.  
'Sing to us,' they said,  
'one of Zion's songs.' **(R)**

O how could we sing  
the song of the Lord  
on alien soil?  
If I forget you, Jerusalem,  
let my right hand wither! **(R)**

O let my tongue  
cleave to my mouth  
if I remember you not,  
if I prize not Jerusalem  
above all my joys! **(R)**

### Second Reading

A reading from the letter of St Paul to the  
Ephesians 2:4-10

God loved us with so much love that he was  
generous with his mercy: when we were dead  
through our sins, he brought us to life with Christ  
- it is through grace that you have been saved -  
and raised us up with him and gave us a place  
with him in heaven, in Christ Jesus.

This was to show for all ages to come, through  
his goodness towards us in Christ Jesus, how  
infinitely rich he is in grace. Because it is by  
grace that you have been saved, through faith;  
not by anything of your own, but by a gift from  
God; not by anything that you have done, so that  
nobody can claim the credit. We are God's work  
of art, created in Christ Jesus to live the good life  
as from the beginning he had meant us to live it.

The word of the Lord.

**Thanks be to God.**

### Gospel Acclamation

*Stand*

**Glory and praise to you, O Christ!  
God loved the world so much that he gave  
his only Son;  
everyone who believes in him has eternal life.  
Glory and praise to you, O Christ!**

### Gospel

John 3:14-21

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to John.  
**Glory to you, O Lord.**

Jesus said to Nicodemus:

'The Son of Man must be lifted up  
as Moses lifted up the serpent in the desert,  
so that everyone who believes may have  
eternal life in him.

Yes, God loved the world so much  
that he gave his only Son,  
so that everyone who believes in him may not  
be lost

but may have eternal life.  
For God sent his Son into the world  
not to condemn the world,  
but so that through him the world might be saved.  
No one who believes in him will be condemned;  
but whoever refuses to believe is condemned  
already,

because he has refused to believe  
in the name of God's only Son.

On these grounds is sentence pronounced:  
that though the light has come into the world  
men have shown they prefer  
darkness to the light  
because their deeds were evil.

And indeed, everybody who does wrong  
hates the light and avoids it,  
for fear his actions should be exposed;  
but the man who lives by the truth  
comes out into the light,  
so that it may be plainly seen that what he  
does is done in God.'

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

### The Homily

*Sit*

### 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.**

*All bow*

**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,  
who with the Father and the Son is adored  
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.**

**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. Sit*

### 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  
aloud the response both times is:  
Blessed be God for ever.*

*The Priest completes additional personal  
preparatory rites, and the people rise 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 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.**

### 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  
aloud:*

**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.**