

# THE EMMAUS MASS SHEET

2nd SUNDAY OF LENT (C)

13th March 2022

*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.

## 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

Mt 17:5

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

*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*

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.**

## THE CONCLUDING RITES

*Announcements may be made. Then:*

*Priest:* The Lord be with you.

*All:* **And with your spirit.**

May almighty God bless you,  
the Father, and the Son, ✠ and the Holy Spirit.  
**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 INTRODUCTORY RITES

**Entrance Antiphon** or a hymn.

*Stand*

*Cf. Ps 26:8-9*

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

*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 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,  
God, for ever and ever.  
**Amen.**

*Sit*

## THE LITURGY OF THE WORD

### First Reading

A reading from the book of Genesis

15:5-12. 17-18

Taking Abram outside the Lord said, 'Look up to  
heaven and count the stars if you can. Such will  
be your descendants' he told him. Abram put his  
faith in the Lord, who counted this as making him  
justified.

'I am the Lord' he said to him 'who brought you  
out of Ur of the Chaldaeans to make you heir to  
this land.' 'My Lord, the Lord' Abram replied 'how  
am I to know that I shall inherit it?' He said to him,  
'Get me a three-year-old heifer, a three-year-old  
goat, a three-year-old ram, a turtledove and a  
young pigeon.' He brought him all these, cut them  
in half and put half on one side and half facing it  
on the other; but the birds he did not cut in half.  
Birds of prey came down on the carcasses but  
Abram drove them off.

Now as the sun was setting Abram fell into a  
deep sleep, and terror seized him. When the sun  
had set and darkness had fallen, there appeared  
a smoking furnace and a firebrand that went  
between the halves. That day the Lord made a  
Covenant with Abram in these terms:

'To your descendants I give this land,  
from the wadi of Egypt to the Great River.'

The word of the Lord.  
**Thanks be to God.**

## Psalm

Ps. 26:1.7-9.13-14.R.v1

### R) The Lord is my light and my help.

The Lord is my light and my help;  
whom shall I fear?

The Lord is the stronghold of my life;  
before whom shall I shrink? (R)

O Lord, hear my voice when I call;  
have mercy and answer.

Of you my heart has spoken:  
'Seek his face.' (R)

It is your face, O Lord, that I seek;  
hide not your face.

Dismiss not your servant in anger;  
you have been my help. (R)

I am sure I shall see the Lord's goodness  
in the land of the living.

Hope in him, hold firm and take heart.

Hope in the Lord! (R)

## Second Reading

A reading from the letter of St Paul to the  
Philippians 3:17-4:1

*For shorter form, read between brackets [ ]*

My brothers, be united in following my rule of life.  
Take as your models everybody who is already  
doing this and study them as you used to study  
us. I have told you often, and I repeat it today  
with tears, there are many who are behaving as  
the enemies of the cross of Christ. They are  
destined to be lost. They make foods into their  
god and they are proudest of something they  
ought to think shameful; the things they think  
important are earthly things. [For us, our  
homeland is in heaven, and from heaven comes  
the saviour we are waiting for, the Lord Jesus  
Christ, and he will transfigure these wretched  
bodies of ours into copies of his glorious body.  
He will do that by the same power with which he  
can subdue the whole universe.

So then, my brothers and dear friends, do not  
give way but remain faithful in the Lord. I miss  
you very much, dear friends; you are my joy and  
my crown.]

The word of the Lord.  
Thanks be to God.

## Gospel Acclamation

*Stand*  
Mt 17:5

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

Luke 9:28-36

The Lord be with you.

**And with your spirit.**

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

Jesus took with him Peter and John and James  
and went up the mountain to pray. As he prayed,  
the aspect of his face was changed and his  
clothing became brilliant as lightning. Suddenly  
there were two men there talking to him; they  
were Moses and Elijah appearing in glory, and  
they were speaking of his passing which he was  
to accomplish in Jerusalem. Peter and his  
companions were heavy with sleep, but they kept  
awake and saw his glory and the two men  
standing with him. As these were leaving him,  
Peter said to Jesus, 'Master, 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 he was saying. As he spoke, a  
cloud came and covered them with shadow; and  
when they went into the cloud the disciples were  
afraid. And a voice came from the cloud saying,  
'This is my Son, the Chosen One. Listen to him'.  
And after the voice had spoken, Jesus was found  
alone. The disciples kept silence and, at that  
time, told no one what they had seen.

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 people rise as the Priest 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

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.**

## 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.**