

# THE EMMAUS MASS SHEET

3rd SUNDAY OF LENT (C)

20th March 2022

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

*Cf. Ps 83: 4-5*

**The sparrow finds a home,  
and the swallow a nest for her young:  
by your altars, O Lord of hosts, my King  
and my God.  
Blessed are they who dwell in your house,  
for ever singing your praise.**

*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 the pledge  
of things yet hidden in heaven  
and are nourished while still on earth  
with the Bread that comes from on high,  
we humbly entreat you, O Lord,  
that what is being brought about in us in mystery  
may come to true completion.  
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 24: 15-16*

**My eyes are always on the Lord,  
for he rescues my feet from the snare.  
Turn to me and have mercy on me,  
for I am alone and poor.**

*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, author of every mercy and of all goodness,  
who in fasting, prayer and almsgiving  
have shown us a remedy for sin,  
look graciously on this confession of our  
lowliness,  
that we, who are bowed down by our conscience,  
may always be lifted up by your mercy.  
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 Exodus 3:1-8. 13-15

Moses was looking after the flock of Jethro, his  
father-in-law, priest of Midian. He led his flock to  
the far side of the wilderness and came to Horeb,  
the mountain of God. There the angel of the Lord  
appeared to him in the shape of a flame of fire,  
coming from the middle of a bush. Moses looked;  
there was the bush blazing but it was not being  
burnt up. 'I must go and look at this strange sight,'  
Moses said 'and see why the bush is not burnt.'  
Now the Lord saw him go forward to look, and God  
called to him from the middle of the bush. 'Moses,  
Moses!' he said. 'Here I am' he answered. 'Come  
no nearer' he said. 'Take off your shoes, for the  
place on which you stand is holy ground. I am the  
God of your father,' he said 'the God of Abraham,  
the God of Isaac and the God of Jacob.' At this  
Moses covered his face, afraid to look at God.

And the Lord said, 'I have seen the miserable  
state of my people in Egypt. I have heard their  
appeal to be free of their slave-drivers. Yes, I am  
well aware of their sufferings. I mean to deliver  
them out of the hands of the Egyptians and bring  
them up out of that land to a land rich and broad,  
a land where milk and honey flow.'

Then Moses said to God, 'I am to go, then, to the sons of Israel and say to them, "The God of your fathers has sent me to you." But if they ask me what his name is, what am I to tell them?' And God said to Moses, 'I Am who I Am. This' he added 'is what you must say to the sons of Israel: "The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you." This is my name for all time; by this name I shall be invoked for all generations to come.'

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

**Psalm** Ps. 102:1-4.6-8.11.R.v8

### **R) The Lord is compassion and love.**

My soul, give thanks to the Lord,  
all my being, bless his holy name.  
My soul give thanks to the Lord  
and never forget all his blessings. **(R)**

It is he who forgives all your guilt,  
who heals every one of your ills,  
who redeems your life from the grave,  
who crowns you with love and compassion. **(R)**

The Lord does deeds of justice,  
gives judgement for all who are oppressed.  
He made known his ways to Moses  
and his deeds to Israel's sons. **(R)**

The Lord is compassion and love,  
slow to anger and rich in mercy.  
For as the heavens are high above the earth  
so strong is his love for those who fear him. **(R)**

### **Second Reading**

A reading from the first letter of St Paul to the  
Corinthians 10:1-6. 10-12

I want to remind you, brothers, how our fathers  
were all guided by a cloud above them and how  
they all passed through the sea. They were all  
baptised into Moses in this cloud and in this sea;  
all ate the same spiritual food and all drank the  
same spiritual drink, since they all drank from the  
spiritual rock that followed them as they went,  
and that rock was Christ. In spite of this, most of  
them failed to please God and their corpses  
littered the desert.

These things all happened as warnings for us,  
not to have the wicked lusts for forbidden things  
that they had. You must never complain: some  
of them did, and they were killed by the  
Destroyer.

All this happened to them as a warning and it  
was written down to be a lesson for us who are  
living at the end of the age. The man who thinks  
he is safe must be careful that he does not fall.

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

### **Gospel Acclamation** *Stand*

Mt 4:17

**Glory to you, O Christ, you are the Word of God!**  
**Repent, says the Lord,**  
**for the kingdom of heaven is close at hand.**  
**Glory to you, O Christ, you are the Word of God!**

**Gospel** Luke 13:1-9

The Lord be with you.  
**And with your spirit.**

A reading from the holy Gospel according to  
Luke.

### **Glory to you, O Lord.**

Some people arrived and told Jesus about the  
Galileans whose blood Pilate had mingled with  
that of their sacrifices. At this he said to them,  
'Do you suppose these Galileans who suffered  
like that were greater sinners than any other  
Galileans? They were not, I tell you. No; but  
unless you repent you will all perish as they did.  
Or those eighteen on whom the tower at Siloam  
fell and killed them? Do you suppose that they  
were more guilty than all the other people living  
in Jerusalem? They were not, I tell you. No; but  
unless you repent you will all perish as they did.'

He told this parable: 'A man had a fig tree  
planted in his vineyard and he came looking for  
fruit on it but found none. He said to the man  
who looked after the vineyard, "Look, here, for  
three years now I have been coming to look for  
fruit on this fig tree and finding none. Cut it down:  
why should it be taking up the ground?" "Sir," the  
man replied "leave it one more year and give me  
time to dig round it and manure it: it may bear  
fruit next year, if not, then you can cut it down."

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** *All bow*  
**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**

Be pleased, O Lord, with these sacrificial offerings,  
and grant that we who beseech pardon for our  
own sins,  
may take care to forgive our neighbour.  
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:*