

# THE EMMAUS MASS SHEET

5TH SUNDAY OF LENT (C)

3rd April 2022

## 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**

Jn 8: 10-11

**Has no one condemned you, woman?  
No one, Lord.  
Neither shall I condemn you. From now on,  
sin no more.**

*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*

We pray, almighty God,  
that we may always be counted among the  
members of Christ,  
in whose Body and Blood we have commu-  
nion.  
Who lives and reigns for ever and ever.  
**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 42: 1-2

**Give me justice, O God,  
and plead my cause against a nation that is  
faithless.  
From the deceitful and cunning rescue me,  
for you, O God, are my strength.**

*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**

By your help, we beseech you, Lord our God,  
may we walk eagerly in that same charity  
with which, out of love for the world,  
your Son handed himself over to death.  
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 prophet Isaiah 43:16-21

Thus says the Lord,  
who made a way through the sea,  
a path in the great waters;  
who put chariots and horse in the field  
and a powerful army,  
which lay there never to rise again,  
snuffed out, put out like a wick:

No need to recall the past,  
no need to think about  
what was done before.  
See, I am doing a new deed,  
even now it comes to light; can you not see it?  
Yes, I am making a road in the wilderness,  
paths in the wilds.

The wild beasts will honour me,  
jackals and ostriches,  
because I am putting water in the wilderness  
(rivers in the wild)  
to give my chosen people drink.  
The people I have formed for myself  
will sing my praises.

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

## Psalm

Ps. 125.R.v3

**R) What marvels the Lord worked for us!  
Indeed we were glad.**

When the Lord delivered Zion from bondage,  
it seemed like a dream.

Then was our mouth filled with laughter,  
on our lips there were songs. **(R)**

The heathens themselves said: 'What marvels  
the Lord worked for them!'

What marvels the Lord worked for us!  
Indeed we were glad. **(R)**

Deliver us, O Lord, from our bondage  
as streams in dry land.

Those who are sowing in tears  
will sing when they reap. **(R)**

They go out, they go out, full of tears,  
carrying seed for the sowing;  
they come back, they come back, full of song,  
carrying their sheaves. **(R)**

## Second Reading

A reading from the letter of St Paul to the  
Philippians 3:8-14

I believe nothing can happen that will outweigh  
the supreme advantage of knowing Christ Jesus  
my Lord. For him I have accepted the loss of  
everything, and I look on everything as so much  
rubbish if only I can have Christ and be given a  
place in him. I am no longer trying for perfection  
by my own efforts, the perfection that comes  
through faith in Christ, and is from God and  
based on faith. All I want is to know Christ and  
the power of his resurrection and to share his  
sufferings by reproducing the pattern of his  
death. That is the way I can hope to take my  
place in the resurrection of the dead. Not that I  
have become perfect yet: I have not yet won, but  
I am still running, trying to capture the prize for  
which Christ Jesus captured me. I can assure  
you my brothers, I am far from thinking that I  
have already won. All I can say is that I forget  
the past and I strain ahead for what is still to come;  
I am racing for the finish, for the prize to which  
God calls us upwards to receive in Christ Jesus.

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

## Gospel Acclamation

*Stand*

**Praise to you, O Christ, king of eternal glory!  
Seek good and not evil so that you may live,  
and that the Lord God of hosts may really be  
with you.**

**Praise to you, O Christ, king of eternal glory!**

## Gospel

John 8:1-11

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

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

Jesus went to the Mount of Olives. At daybreak  
he appeared in the Temple again; and as all the  
people came to him, he sat down and began to  
teach them.

The scribes and Pharisees brought a woman  
along who had been caught committing adultery;  
and making her stand there in full view of  
everybody, they said to Jesus, 'Master, this  
woman was caught in the very act of committing  
adultery, and Moses has ordered us in the Law  
to condemn women like this to death by stoning.  
What have you to say?' They asked him this as  
a test, looking for something to use against him.  
But Jesus bent down and started writing on the  
ground with his finger. As they persisted with  
their question, he looked up and said, 'If there is  
one of you who has not sinned let him be the first  
to throw a stone at her.' Then he bent down and  
wrote on the ground again. When they heard this  
they went away one by one, beginning with the  
eldest, until Jesus was left alone with the woman,  
who remained standing there. He looked up and  
said, 'Woman, where are they? Has no one  
condemned you?' 'No one, sir,' she replied.  
'Neither do I condemn you,' said Jesus 'go away,  
and don't sin any more.'

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.**

*All bow*

**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  
about 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

Hear us, almighty God,  
and, having instilled in your servants  
the teachings of the Christian faith,  
graciously purify them  
by the working of this sacrifice.  
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.*