

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.

*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 4:4

One does not live by bread alone,
but by every word that comes forth from
the mouth of God.

*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

Renewed now with heavenly bread,
by which faith is nourished, hope increased,
and charity strengthened,
we pray, O Lord,
that we may learn to hunger for Christ,
the true and living Bread,
and strive to live by every word
which proceeds from your mouth.
Through Christ our Lord.

Amen.

THE CONCLUDING RITES

Announcements may be made.

Then:

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.

The Priest continues:

May bountiful blessing, O Lord, we pray,
come down upon your people,
that hope may grow in tribulation,
virtue be strengthened in temptation,
and eternal redemption be assured.
Through Christ our Lord.
Amen.

And may the blessing of almighty God,
the Father, and the Son, ✠ and the Holy Spirit,
come down on 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

1st SUNDAY OF LENT (A)

26th February 2023

THE INTRODUCTORY RITES

Entrance Antiphon or a hymn

Stand

Cf. Ps 90:15-16

When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

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

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects.
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

2:7-9. 3:1-7

The Lord God fashioned man of dust from the soil.
Then he breathed into his nostrils a breath of life,
and thus man became a living being.

The Lord God planted a garden in Eden which is
in the east, and there he put the man he had
fashioned. The Lord God caused to spring up from
the soil every kind of tree, enticing to look at and
good to eat, with the tree of life and the tree of the
knowledge of good and evil in the middle of the garden.

The serpent was the most subtle of all the wild
beasts that the Lord God had made. It asked the
woman, 'Did God really say you were not to eat from
any of the trees in the garden?' The woman
answered the serpent, 'We may eat the fruit of the
trees in the garden. But of the fruit of the tree in the
middle of the garden God said, "You must not eat it,
nor touch it, under pain of death".' Then the serpent
said to the woman, 'No! You will not die! God knows
in fact that on the day you eat it your eyes will be
opened and you will be like gods, knowing good and
evil.' The woman saw that the tree was good to eat
and pleasing to the eye, and that it was desirable for
the knowledge that it could give. So she took some
of its fruit and ate it. She gave some also to her
husband who was with her, and he ate it. Then the
eyes of both of them were opened and they realised

that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

The word of the Lord.
Thanks be to God.

Psalm Ps 50:3-6.12-14.17. R.cf.v3

**R) Have mercy on us, O Lord,
for we have sinned.**

Have mercy on me, God, in your kindness.
In your compassion blot out my offence.
O wash me more and more from my guilt
and cleanse me from my sin. **(R)**

My offences truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done. **(R)**

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit. **(R)**

Give me again the joy of your help;
with a spirit of fervour sustain me.
O Lord, open my lips
and my mouth shall declare your praise. **(R)**

Second Reading

A reading from the letter of St Paul to the Romans
5:12-19

For shorter form (5:12.17-19) read between []

[Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned.] Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but he gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. [If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.]

The word of the Lord.
Thanks be to God.

Gospel Acclamation

Stand
Mt 4:4

**Praise to you, O Christ, king of eternal glory!
Man does not live on bread alone
but on every word that comes from the
mouth of God.
Praise to you, O Christ, king of eternal glory!**

Gospel Matthew 4:1-11
The Lord be with you.
And with your spirit.
A reading from the holy Gospel according to Matthew.
Glory to you, O Lord.

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone
but on every word that comes from the mouth of God.'
The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God' he said 'throw yourself down for scripture says:

He will put you in his angels' charge,
and they will support you on their hands
in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:

You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these' he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

You must worship the Lord your God,
and serve him alone.'

Then the devil left him, and angels appeared and looked after him.

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,**

All bow

**and became man.
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
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

Give us the right dispositions, O Lord, we pray,
to make these offerings,
for with them we celebrate the beginning
of this venerable and sacred time.
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.**