

THE EMMAUS MASS SHEET

3rd SUNDAY OF LENT (A)

12th March 2023

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

Jn 4: 13-14

**For anyone who drinks it, says the Lord,
the water I shall give will become in him
a spring welling up to eternal life.**

*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.

Prayer over the People

The Deacon, or the Priest, says:

Bow down for the blessing.

The Priest continues:

Direct, O Lord, we pray, the hearts of your faithful,
and in your kindness grant your servants this grace:
that, abiding in the love of you and their neighbour,
they may fulfil the whole of your commands.
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:

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 con-
science,
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 17:3-7
Tormented by thirst, the people complained
against Moses. 'Why did you bring us out of
Egypt?' they said. 'Was it so that I should die of
thirst, my children too, and my cattle?' Moses
appealed to the Lord. 'How am I to deal with this
people?' he said. 'A little more and they will stone
me!' The Lord said to Moses, 'Take with you some
of the elders of Israel and move on to the forefront
of the people; take in your hand the staff with
which you struck the river, and go. I shall be
standing before you there on the rock, at Horeb.
You must strike the rock, and water will flow from
it for the people to drink.' This is what Moses did,
in the sight of the elders of Israel. The place was
named Massah and Meribah because of the
grumbling of the sons of Israel and because they
put the Lord to the test by saying, 'Is the Lord with
us, or not?'

The word of the Lord.
Thanks be to God.

Psalm

Ps 94:1-2.6-9. R.v8

**R) O that today you would listen to his voice:
'Harden not your hearts.'**

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. **(R)**

Come in; let us bow and bend low;
let us kneel before the God who made us
for he is our God and we

the people who belong to his pasture,
the flock that is led by his hand. **(R)**
O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.'
(R)

R) O that today you would listen to his voice:
'Harden not your hearts.'

Second Reading

A reading from the letter of St Paul to the
Romans 5:1-2. 5-8

Through our Lord Jesus Christ by faith we are
judged righteous and at peace with God, since it is
by faith and through Jesus that we have entered this
state of grace in which we can boast about looking
forward to God's glory. This hope is not deceptive,
because the love of God has been poured into our
hearts by the Holy Spirit which has been given us.
We were still helpless when at his appointed
moment Christ died for sinful men. It is not easy to
die even for a good man – though of course for
someone really worthy, a man might be prepared to
die – but what proves that God loves us is that Christ
died for us while we were still sinners.

The word of the Lord.
Thanks be to God.

Gospel Acclamation

Stand
Cf. Jn 4:42.15

Glory to you, O Christ, you are the Word of God!
Lord, you are really the saviour of the world;
give me the living water, so that I may never
get thirsty.
Glory to you, O Christ, you are the Word of God!

Gospel Shorter form John 4:5-15.19-26.39-42
The Lord be with you.
And with your spirit.

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

Jesus came to the Samaritan town called Sychar,
near the land that Jacob gave to his son Joseph.
Jacob's well is there and Jesus, tired by the
journey, sat straight down by the well. It was
about the sixth hour. When a Samaritan woman
came to draw water, Jesus said to her, 'Give me
a drink.' His disciples had gone into the town to
buy food. The Samaritan woman said to him,
'What? You are a Jew and you ask me, a
Samaritan, for a drink?' – Jews, in fact, do not
associate with Samaritans. Jesus replied:

'If you only knew what God is offering
and who it is that is saying to you:
Give me a drink,
you would have been the one to ask,
and he would have given you living water.'

'You have no bucket, sir,' she answered ' and
the well is deep: how could you get this living

water? Are you a greater man than our father
Jacob who gave us this well and drank from it
himself with his sons and his cattle?' Jesus
replied:

'Whoever drinks this water
will get thirsty again;
but anyone who drinks the water that I shall
give
will never be thirsty again:
the water that I shall give
will turn into a spring inside him, welling up to
eternal life.'

'Sir,' said the woman 'give me some of that water,
so that I may never get thirsty and never have to
come here again to draw water.' 'I see you are a
prophet, sir' said the woman. 'Our fathers
worshipped on this mountain, while you say that
Jerusalem is the place where one ought to
worship.' Jesus said:

'Believe me, woman, the hour is coming
when you will worship the Father
neither on this mountain nor in Jerusalem.
You worship what you do not know;
we worship what we do know;
for salvation comes from the Jews.
But the hour will come – in fact it is here already –
when true worshippers will worship the Father
in spirit and truth:
that is the kind of worshipper
the Father wants.
God is spirit,
and those who worship
must worship in spirit and truth.'

The woman said to him, 'I know that Messiah –
that is, Christ – is coming; and when he comes he
will tell us everything.' 'I who am speaking to you,'
said Jesus 'I am he.'

Many Samaritans of that town had believed in
him on the strength of the woman's testimony so,
when the Samaritans came up to him, they
begged him to stay with them. He stayed for two
days, and when he spoke to them many more
came to believe; and they said to the woman,
'Now we no longer believe because of what you
told us; we have heard him ourselves and we
know that he really is the saviour of the world.'

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

The Homily

Sit
Stand

The Nicene Creed
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
around 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

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.