

**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 90: 4  
**The Lord will conceal you with his pinions,  
 and under his wings you will trust.**

*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.  
*Then 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 upon 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 (B) 18th February 2024

### 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 9:8-15

God spoke to Noah and his sons, 'See, I  
 establish my Covenant with you, and with your  
 descendants after you; also with every living  
 creature to be found with you, birds, cattle and  
 every wild beast with you: everything that came  
 out of the ark, everything that lives on the earth.  
 I establish my Covenant with you: no thing of  
 flesh shall be swept away again by the waters of  
 the flood. There shall be no flood to destroy the  
 earth again.'

God said, 'Here is the sign of the Covenant I  
 make between myself and you and every living  
 creature with you for all generations: I set my  
 bow in the clouds and it shall be a sign of the  
 Covenant between me and the earth. When I  
 gather the clouds over the earth and the bow  
 appears in the clouds, I will recall the Covenant  
 between myself and you and every living  
 creature of every kind. And so the waters shall  
 never again become a flood to destroy all things  
 of flesh.'

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

## Psalm

Ps 24:4-9. R. cf.v10

**R) Your ways, Lord, are faithfulness and love for those who keep your covenant.**

Lord, make me know your ways.  
Lord, teach me your paths.  
Make me walk in your truth, and teach me:  
for you are God my saviour. **(R)**

Remember your mercy, Lord,  
and the love you have shown from of old.  
In your love remember me,  
because of your goodness, O Lord. **(R)**

The Lord is good and upright.  
He shows the path to those who stray,  
he guides the humble in the right path;  
he teaches his way to the poor. **(R)**

## Second Reading

A reading from the first letter of St Peter  
3:18-22

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels of the Dominations and Powers his subjects.

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

Mark 1:12-15

The Lord be with you.  
**And with your spirit.**  
A reading from the holy Gospel according to Mark.  
**Glory to you, O Lord.**

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

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 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.**

*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.**