

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

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.**

Prayer over the People

The Deacon, or the Priest, says:

Bow down for the Blessing.

Then 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 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

3RD SUNDAY OF LENT (B) 3rd March 2024

THE INTRODUCTORY RITES

Entrance Antiphon or a hymn

Stand

Cf. Ez 36: 23-26

When I prove my holiness among you,
I will gather you from all the foreign lands;
and I will pour clean water upon you
and cleanse you from all your impurities,
and I will give you a new spirit, says the Lord.

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 *Shorter form*

A reading from the book of Exodus

20:1-3. 7-8. 12-17

God spoke all these words. He said, 'I am the Lord
your God who brought you out of the land of Egypt,
out of the house of slavery.

'You shall have no gods except me.

'You shall not utter the name of the Lord your God
to misuse it, for the Lord will not leave unpunished
the man who utters his name to misuse it.

'Remember the sabbath day and keep it holy.

'Honour your father and your mother so that you
may have a long life in the land that the Lord your
God has given to you.

'You shall not kill.

'You shall not commit adultery.

'You shall not steal.

'You shall not bear false witness against your
neighbour.

'You shall not covet your neighbour's house.

'You shall not covet your neighbour's wife, or his servant, man or woman, or his ox, or his donkey, or anything that is his.'

The word of the Lord.
Thanks be to God.

Psalm Ps 18:8-11. R. Jn 6:68
R) You, Lord, have the message of eternal life.

The law of the Lord is perfect,
it revives the soul.
The rule of the Lord is to be trusted,
it gives wisdom to the simple. **(R)**

The precepts of the Lord are right,
they gladden the heart.
The command of the Lord is clear,
it gives light to the eyes. **(R)**

The fear of the Lord is holy,
abiding for ever.
The decrees of the Lord are truth
and all of them just. **(R)**

They are more to be desired than gold,
than the purest of gold
and sweeter are they than honey,
than honey from the comb. **(R)**

Second Reading
A reading from the first letter of St Paul
to the Corinthians. 1:22-25

While the Jews demand miracles and the Greeks look for wisdom, here are we preaching a crucified Christ; to the Jews an obstacle that they cannot get over, to the pagans madness, but to those who have been called, whether they are Jews or Greeks, a Christ who is the power and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

The word of the Lord.
Thanks be to God.

Gospel Acclamation *Stand*
Praise to you, O Christ, king of eternal glory! Jn 3:16
God loved the world so much that he his only Son;
everyone who believes in him has eternal life
Praise to you, O Christ, king of eternal glory!

Gospel John 2:13-25
The Lord be with you.
And with your spirit.
A reading from the holy Gospel according to John.
Glory to you, O Lord.

Just before the Jewish Passover Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons, and the money changers sitting at their counters there. Making a whip out of some cord, he drove them all out of the Temple, cattle and sheep as well,

scattered the money changers' coins, knocked their tables over and said to the pigeon-sellers, 'Take all this out of here and stop turning my Father's house into a market.' Then his disciples remembered the words of scripture: Zeal for your house will devour me. The Jews intervened and said, 'What sign can you show us to justify what you have done?' Jesus answered, 'Destroy this sanctuary, and in three days I will raise it up.' The Jews replied, 'It has taken forty-six years to build this sanctuary: are you going to raise it up in three days?' But he was speaking of the sanctuary that was his body, and when Jesus rose from the dead, his disciples remembered that he had said this, and they believed the scripture and the words he had said.

During his stay in Jerusalem for the Passover many believed in his name when they saw the signs that he gave, but Jesus knew them all and did not trust himself to them; he never needed evidence about any man; he could tell what a man had in 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,
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
along 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.**

*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.**