

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 121: 3-4
**Jerusalem is built as a city bonded as one
 together.**
**It is there that the tribes go up, the tribes
 of the Lord,
 to praise the name of the Lord.**

*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*
 O God, who enlighten everyone who comes
 into this world,
 illuminate our hearts, we pray,
 with the splendour of your grace,
 that we may always ponder
 what is worthy and pleasing to your majesty
 and love you in all sincerity.
 Through Christ our Lord. **Amen.**

THE CONCLUDING RITES
Announcements may be made.
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:
 Look upon those who call to you, O Lord,
 and sustain the weak;
 give life by your unfailing light
 to those who walk in the shadow of death,
 and bring those rescued by your mercy from
 every evil
 to reach the highest good.
 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

4TH SUNDAY OF LENT (B) 10th March 2024

THE INTRODUCTORY RITES

Entrance Antiphon or a hymn. *Stand*

Cf. Is 66: 10-11

**Rejoice, Jerusalem, and all who love her.
 Be joyful, all who were in mourning;
 exult and be satisfied at her consoling breast.**

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, who through your Word
 reconcile the human race to yourself in a
 wonderful way,
 grant, we pray,
 that with prompt devotion and eager faith
 the Christian people may hasten
 toward the solemn celebrations to come.
 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 second book of Chronicles
 36:14-16. 19-23

All the heads of the priesthood, and the people
 too, added infidelity to infidelity, copying all the
 shameful practices of the nations and defiling the
 Temple that the Lord had consecrated for himself
 in Jerusalem. The Lord, the God of
 their ancestors, tirelessly sent them messenger
 after messenger, since he wished to spare his
 people and his house. But they ridiculed the
 messengers of God, they despised his words,
 they laughed at his prophets, until at last the
 wrath of the Lord rose so high against his people
 that there was no further remedy.

Their enemies burned down the Temple of
 God, demolished the walls of Jerusalem, set fire
 to all its palaces, and destroyed everything of
 value in it. The survivors were deported by
 Nebuchadnezzar to Babylon; they were to serve
 him and his sons until the kingdom of Persia
 came to power. This is how the word of the Lord
 was fulfilled that he spoke through Jeremiah,
 'Until this land has enjoyed its sabbath rest, until
 seventy years have gone by, it will keep sabbath
 throughout the days of its desolation.'

And in the first year of Cyrus king of Persia, to
 fulfil the word of the Lord that was spoken
 through Jeremiah, the Lord roused the spirit of
 Cyrus king of Persia to issue a proclamation and

to have it publicly displayed throughout his kingdom: 'Thus speaks Cyrus king of Persia, "The Lord, the God of heaven, has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up."'

The word of the Lord.

Thanks be to God.

Psalm

Ps 136. R. V6

**R) O let my tongue
cleave to my mouth
if I remember you not!**

By the rivers of Babylon
there we sat and wept,
remembering Zion;
on the poplars that grew there
we hung up our harps. **(R)**

For it was there that they asked us,
our captors, for songs,
our oppressors, for joy.

'Sing to us,' they said,
'one of Zion's songs.' **(R)**

O how could we sing
the song of the Lord
on alien soil?

If I forget you, Jerusalem,
let my right hand wither! **(R)**

O let my tongue
cleave to my mouth
if I remember you not,
if I prize not Jerusalem
above all my joys! **(R)**

Second Reading

A reading from the letter of St Paul to the
Ephesians 2:4-10

God loved us with so much love that he was
generous with his mercy: when we were dead
through our sins, he brought us to life with Christ
- it is through grace that you have been saved -
and raised us up with him and gave us a place
with him in heaven, in Christ Jesus.

This was to show for all ages to come, through
his goodness towards us in Christ Jesus, how
infinitely rich he is in grace. Because it is by
grace that you have been saved, through faith;
not by anything of your own, but by a gift from
God; not by anything that you have done, so that
nobody can claim the credit. We are God's work
of art, created in Christ Jesus to live the good life
as from the beginning he had meant us to live it.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Stand

**Glory and praise to you, O Christ!
God loved the world so much that he gave
his only Son;
everyone who believes in him has eternal life.
Glory and praise to you, O Christ!**

Gospel

John 3:14-21

The Lord be with you.

And with your spirit.

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

Jesus said to Nicodemus:

'The Son of Man must be lifted up
as Moses lifted up the serpent in the desert,
so that everyone who believes may have
eternal life in him.

Yes, God loved the world so much
that he gave his only Son,
so that everyone who believes in him may not
be lost

but may have eternal life.
For God sent his Son into the world
not to condemn the world,
but so that through him the world might be saved.
No one who believes in him will be condemned;
but whoever refuses to believe is condemned
already,

because he has refused to believe
in the name of God's only Son.

On these grounds is sentence pronounced:
that though the light has come into the world
men have shown they prefer
darkness to the light
because their deeds were evil.

And indeed, everybody who does wrong
hates the light and avoids it,
for fear his actions should be exposed;
but the man who lives by the truth
comes out into the light,
so that it may be plainly seen that what he
does is done in God.'

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,**

All bow

**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

We place before you with joy these offerings,
which bring eternal remedy, O Lord,
praying that we may both faithfully revere them
and present them to you, as is fitting,
for the salvation of all the world.
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.