

## 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

Jn 12:24

**Amen, Amen I say to you: Unless a grain of  
wheat  
falls to the ground and dies, it remains a  
single grain.  
But if it dies, it bears much fruit.**

*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*

We pray, almighty God,  
that we may always be counted  
among the members of Christ,  
in whose Body and Blood we have communion.  
Who lives and reigns for ever and ever.  
**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:*

Bless, O Lord, your people,  
who long for the gift of your mercy,  
and grant that what, at your prompting, they  
desire

they may receive by your generous gift.  
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

5th SUNDAY OF LENT (B) 17th March 2024

## THE INTRODUCTORY RITES

**Entrance Antiphon** or a hymn.

*Stand*

Cf. Ps 42:1-2

**Give me justice, O God,  
and plead my cause against a nation that  
is faithless.  
From the deceitful and cunning rescue me,  
for you, O God, are my strength.**

*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:*

Lord Jesus, you call your people to turn away  
from sin:

Lord, have mercy. *Or:* Kyrie, eleison.

Lord, have mercy. *Or:* Kyrie, eleison.

You teach us wisdom, and write your truth in our  
inmost heart:

Christ, have mercy. *Or:* Christe, eleison.

Christ, have mercy. *Or:* Christe, eleison.

You forgive sins through the ministry of  
reconciliation:

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

By your help, we beseech you, Lord our God,  
may we walk eagerly in that same charity  
with which, out of love for the world,  
your Son handed himself over to death.  
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 prophet Jeremiah 31: 31-34  
See, the days are coming - it is the Lord who  
speaks - when I will make a new covenant with  
the House of Israel and the House of Judah, but  
not a covenant like the one I made with their  
ancestors on the day I took them by the hand to  
bring them out of the land of Egypt. They broke  
that covenant of mine, so I had to show them  
who was master. It is the Lord who speaks. No,  
this is the covenant I will make with the House  
of Israel when those days arrive - it is the Lord  
who speaks. Deep within them I will plant my  
Law, writing it on their hearts. Then I will be  
their God and they shall be my people. There  
will be no further need for neighbour to try to  
teach neighbour, or brother to say to brother,  
'Learn to know the Lord!' No, they will all know  
me, the least no less than the greatest - it is the  
Lord who speaks - since I will forgive their  
iniquity and never call their sin to mind.

The word of the Lord.

**Thanks be to God.**

**Psalm** Ps 50: 3-4. 12-15 R. v12

**R) A pure heart create for me, O God.**

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)**

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,  
that I may teach transgressors your ways  
and sinners may return to you. **(R)**

**Second Reading**

A reading from the letter to the Hebrews 5:7-9

During his life on earth, Christ offered up prayer  
and entreaty, aloud and in silent tears, to the  
one who had the power to save him out of  
death, and he submitted so humbly that his  
prayer was heard. Although he was Son, he  
learnt to obey through suffering; but having  
been made perfect, he became for all who obey  
him the source of eternal salvation.

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

**Gospel Acclamation**

*Stand*  
Jn 12:26

**Glory to you, O Christ, you are the Word  
of God!  
If a man serves me, says the Lord,  
he must follow me;  
wherever I am,  
my servant will be there too.  
Glory to you, O Christ, you are the Word  
of God!**

**Gospel** John 12:20-33

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

Among those who went up to worship at the  
festival were some Greeks. These approached  
Philip, who came from Bethsaida in Galilee,  
and put this request to him, 'Sir, we should like  
to see Jesus.' Philip went to tell Andrew, and  
Andrew and Philip together went to tell Jesus.  
Jesus replied to them:

'Now the hour has come  
for the Son of Man to be glorified.  
I tell you, most solemnly,  
unless a wheat grain falls on the ground and  
dies,  
it remains only a single grain;  
but if it dies,

it yields a rich harvest.  
Anyone who loves his life loses it;  
anyone who hates his life in this world  
will keep it for the eternal life.  
If a man serves me, he must follow me,  
wherever I am, my servant will be there too.  
If anyone serves me,  
my Father will honour him.  
Now my soul is troubled.  
What shall I say:  
Father, save me from this hour?  
But it was for this very reason  
that I have come to this hour.  
Father, glorify your name!'

A voice came from heaven, 'I have glorified it,  
and I will glorify it again.'

People standing by, who heard this, said it  
was a clap of thunder; others said, 'It was an  
angel speaking to him.' Jesus answered, 'It  
was not for my sake that this voice came, but  
for yours.

'Now sentence is being passed on this world;  
now the prince of this world is to be overthrown.  
And when I am lifted up from the earth,  
I shall draw all men to myself.'

By these words he indicated the kind of  
death he would die.

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.**

*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**

Hear us, almighty God,  
and, having instilled in your servants  
the teachings of the Christian faith,  
graciously purify them  
by the working of this sacrifice.  
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.