

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 that I shall give will become in him
a spring welling up to eternal life.**

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:

Blessing and Dismissal

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 your 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:*
Go in peace.

Thanks be to God.



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THE CATHOLIC MASS SHEET

ENGLISH STANDARD VERSION

3rd Sunday of Lent (A)

8th March 2026

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.**

The Priest greets everyone present.

The people respond: And with your spirit.

The Mass of the day may be introduced.

Penitential Act

*The Priest invites the people to repentance
using one of the Penitential Acts.*

Have mercy on us, O Lord.

For we have sinned against you.

Show us, O Lord, your mercy.

And grant us your salvation.

The Priest says the absolution. All reply: Amen.

Lord, have mercy. **Lord, have mercy.**

Christ, have mercy. **Christ, have mercy.**

Lord, have mercy. **Lord, have mercy.**

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.

THE LITURGY OF THE WORD

First Reading

A reading from the Book of Exodus.
Exodus 17:3-7

In those days: The people thirsted for water,
and the people grumbled against Moses and
said, 'Why did you bring us up out of Egypt,
to kill us and our children and our livestock with
thirst?' So Moses cried to the LORD, 'What shall
I do with this people? They are almost ready to
stone me.' And the LORD said to Moses, 'Pass
on before the people, taking with you some of
the elders of Israel, and take in your hand the
staff with which you struck the Nile, and go.
Behold, I will stand before you there on the
rock at Horeb, and you shall strike the rock,
and water shall come out of it, and the people
will drink.' And Moses did so, in the sight of the
elders of Israel. And he called the name of the
place Massah and Meribah, because of the
quarrelling of the people of Israel, and because
they tested the LORD by saying, 'Is the LORD
among us or not?'

The word of the Lord.

Thanks be to God.

Psalm Psalm 95(94):1-2. 6-7b. 7c-9. R.7c, 8a

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

Come, let us ring out our joy to the LORD;
hail the rock who saves us.
Let us come into his presence, giving thanks;
let us hail him with a song of praise. **R.**

O come; let us bow and bend low.
Let us kneel before the LORD who made us,
for he is our God, and we the people,
the people of his pasture, the flock of 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 forebears put me to the test;
when they tried me, though they saw my work.' **R.**

Sit

