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 your sins, 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 D eacon, or the P riest, 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.

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.

The Priest says:
The Lord be with you. 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:
I confess to Almighty God and to you, my brothers and sisters, that I have greatly sinned, in thoughts and in 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 wounds of heart: Lord, have mercy. Or: Kyrie, eleison. Lord, have mercy. Or: Kyrie, eleison.
The absolution by the Priest follows.
The people reply: Amen.

The Collect
O God, who through your Word reconcile the human race to yourself in a wonderful way, grant us, through the intercession of your Son, to observe the solemn fast day that we may nourish our hearts by this Sacrament. Amen.

The 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 acclamation 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.
P riest: 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.

The absolution by the Priest follows.

The Introductory Rites
Entrance Antiphon or a hymn.
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 peace of the 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.

The Priest says:
The Lord be with you. 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 thoughts and in 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 wounds of heart: Lord, have mercy. Or: Kyrie, eleison. Lord, have mercy. Or: Kyrie, eleison.

The absolution by the Priest follows.
The people reply: Amen.

The Collect
O God, who through your Word reconcile the human race to yourself in a wonderful way, grant us, through the intercession of your Son, to observe the solemn fast day that we may nourish our hearts by this Sacrament. Amen.

The Concluding Rites
Announcements may be made.
P riest: 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.

The absolution by the Priest follows.

The Penitential Act
The Priest invites the faithful to repentance:
I confess to Almighty God and to you, my brothers and sisters, that I have greatly sinned, in thoughts and in 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.

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Or: You were sent to heal the wounds of heart: Lord, have mercy. Or: Kyrie, eleison. Lord, have mercy. Or: Kyrie, eleison.

The absolution by the Priest follows.
The people reply: Amen.

The Collect
O God, who through your Word reconcile the human race to yourself in a wonderful way, grant us, through the intercession of your Son, to observe the solemn fast day that we may nourish our hearts by this Sacrament. Amen.

The Concluding Rites
Announcements may be made.
P riest: 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.

The absolution by the Priest follows.

The Penitential Act
The Priest invites the faithful to repentance:
I confess to Almighty God and to you, my brothers and sisters, that I have greatly sinned, in thoughts and in 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,
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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 wounds of heart: Lord, have mercy. Or: Kyrie, eleison. Lord, have mercy. Or: Kyrie, eleison.
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. Whosoever 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 138, 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. For it was there that they asked us, our captors, for songs, our oppressors, for joy. ‘Sing to us,’ they said, ‘one of Zon’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 through his Son, and made us sit in the heavenly places, in Christ Jesus, by grace. Because Christ is seated at the right hand of the Father, we can rest in his peace. He has made us sharers of his divine life.辅祭圣言：因着耶稣基督的救恩，他把我们从罪中救出来，使我们在天上与他同坐，在此我们分享了他所应得的荣耀。这荣耀是凭着我们主基督耶稣的大爱，他为我们的罪而死，把我们从死中救活。因为他所作的事，我们理当欢欢喜喜地赞美他。

Gospel
John 3:14-21
The Lord be with you. And with your spirit. The Apostles’ Creed
I believe in one Lord Jesus Christ, the only Son of the Father, begotten of the Father, 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 he was incarnate of the Virgin Mary, and became man. 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 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 Nicene Creed
I believe in one 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 and Apostolic 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.

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.

The people acclaim:

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: 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.