

# THE EMMAUS MASS SHEET

1st SUNDAY OF LENT (C)

6th March 2022

## 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

Mt 4:4

**One does not live by bread alone,  
but by every word that comes forth from the  
mouth of God.**

*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*

Renewed now with heavenly bread,  
by which faith is nourished, hope increased,  
and charity strengthened,  
we pray, O Lord,  
that we may learn to hunger for Christ,  
the true and living Bread,  
and strive to live by every word  
which proceeds from your mouth.  
Through Christ our Lord.  
**Amen.**

## THE CONCLUDING RITES

*Announcements may be made. Then:*

*Priest:* The Lord be with you.  
*All:* **And with your spirit.**

May almighty God bless you,  
the Father, and the Son, ✠ and the Holy Spirit.  
**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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PRINTING  
COMPANY OF FARNWORTH®  
www.catholicprint.co.uk  
0161 873 7457

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## THE INTRODUCTORY RITES

**Entrance Antiphon** or a hymn.

*Stand*

Cf. Ps 90:15-16

**When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.**

*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

Grant, almighty God,  
through the yearly observances of holy Lent,  
that we may grow in understanding  
of the riches hidden in Christ  
and by worthy conduct pursue their effects.  
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 book of Deuteronomy 26:4-10

Moses said to the people: 'The priest shall take the  
pannier from your hand and lay it before the altar  
of the Lord your God. Then, in the sight of the Lord  
your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went  
down into Egypt to find refuge there, few in  
numbers; but there he became a nation, great,  
mighty, and strong. The Egyptians ill-treated us,  
they gave us no peace and inflicted harsh slavery  
on us. But we called on the Lord, the God of our  
fathers. The Lord heard our voice and saw our  
misery, our toil and our oppression; and the Lord  
brought us out of Egypt with mighty hand and  
outstretched arm, with great terror, and with signs  
and wonders. He brought us here and gave us this  
land, a land where milk and honey flow. Here then  
I bring the first-fruits of the produce of the soil that  
you, Lord, have given me." You must then lay them  
before the Lord your God, and bow down in the  
sight of the Lord your God.'

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

## Psalm

Ps. 90:1-2.10-15.R.v15

### R) Be with me, O Lord, in my distress.

He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: 'My refuge, my stronghold, my God in whom I trust!' (R)

Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways. (R)

They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the dragon. (R)

His love he set on me, so I will rescue him;  
protect him for he knows my name.  
When he calls I shall answer: 'I am with you.'  
I will save him in distress and give him glory. (R)

## Second Reading

A reading from the letter of St Paul to the Romans  
10:8-13

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

The word of the Lord.  
Thanks be to God.

## Gospel Acclamation

Stand  
Mt 4:4

**Praise to you, O Christ, king of eternal glory!**  
**Man does not live on bread alone**  
**but on every word that comes from the**  
**mouth of God.**  
**Praise to you, O Christ, king of eternal glory!**

## Gospel

Luke 4:1-13

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

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied,

'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him. 'Scripture says:

You must worship the Lord your God,  
and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says:

He will put his angels in charge of you  
to guard you,

and again:

They will hold you up on their hands  
in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said:

You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

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 people rise as the Priest 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

Give us the right dispositions, O Lord, we pray,  
to make these offerings,  
for with them we celebrate the beginning  
of this venerable and sacred time.  
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.*