

# THE CATHOLIC MASS SHEET

ENGLISH STANDARD VERSION

3rd Sunday of Lent (C)

23rd March 2025

## 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

Cf. Ps 83: 4-5

**The sparrow finds a home,  
and the swallow a nest for her young:  
by your altars, O Lord of hosts, my King and my God.  
Blessed are they who dwell in your house,  
for ever singing your praise.**

## 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 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.*

**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.**

*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 3:1-8a, 13-15

In those days: Moses was keeping the flock of  
his father-in-law, Jethro, the priest of Midian,  
and he led his flock to the west side of the  
wilderness and came to Horeb, the mountain of  
God. And the angel of the LORD appeared to him  
in a flame of fire out of the midst of a bush. He  
looked, and behold, the bush was burning, yet  
it was not consumed. And Moses said, 'I will turn  
aside to see this great sight, why the bush is  
not burned.' When the LORD saw that he turned  
aside to see, God called to him out of the bush,  
'Moses, Moses!' And he said, 'Here I am.' Then  
he said, 'Do not come near; take your sandals  
off your feet, for the place on which you are  
standing is holy ground.' And he said, 'I am the  
God of your father, the God of Abraham, the God  
of Isaac, and the God of Jacob.' And Moses hid  
his face, for he was afraid to look at God.

Then the LORD said, 'I have surely seen the  
affliction of my people who are in Egypt  
and have heard their cry because of their  
taskmasters. I know their sufferings, and I have  
come down to deliver them out of the hand of  
the Egyptians and to bring them up out of that  
land to a good and broad land, a land flowing  
with milk and honey.'

Then Moses said to God, 'If I come to the  
people of Israel and say to them, "The God  
of your fathers has sent me to you", and they  
ask me, "What is his name?" what shall I say  
to them?' God said to Moses, 'I AM WHO I AM.'  
And he said, 'Say this to the people of Israel:  
"I AM has sent me to you."' God also said to  
Moses, 'Say this to the people of Israel: "The  
LORD, the God of your fathers, the God of  
Abraham, the God of Isaac, and the God of  
Jacob, has sent me to you." This is my name  
for ever, and thus I am to be remembered  
throughout all generations.'

The word of the Lord.

**Thanks be to God.**

*Sit*

## Psalm

Psalm 103(102):1-2. 3-4. 6-7. 8, 11. R.8a

### R. The LORD is compassionate and gracious.

Bless the LORD, O my soul,  
and all within me, his holy name.  
Bless the LORD, O my soul,  
and never forget all his benefits.

It is the Lord who forgives all your sins,  
who heals every one of your ills,  
who redeems your life from the grave,  
who crowns you with mercy and compassion.

The LORD does deeds of justice,  
gives full justice to all who are oppressed.  
He made known his ways to Moses,  
and his deeds to the children of Israel.

The LORD is compassionate and gracious,  
slow to anger and rich in mercy.  
For as the heavens are high above the earth,  
so strong his mercy for those who fear him.

## Second Reading

A reading from the First Letter of Saint Paul to the  
Corinthians. 1 Corinthians 10:1-6, 10-12

I do not want you to be unaware, brothers and  
sisters, that our fathers were all under the cloud,  
and all passed through the sea, and all were  
baptised into Moses in the cloud and in the sea,  
and all ate the same spiritual food, and all drank  
the same spiritual drink. For they drank from the  
spiritual Rock that followed them, and the Rock  
was Christ. Nevertheless, with most of them God  
was not pleased, for they were overthrown in the  
wilderness.

Now these things took place as examples for  
us, that we might not desire evil as they did,  
nor grumble, as some of them did and were  
destroyed by the Destroyer. Now these things  
happened to them as an example, but they were  
written down for our instruction, on whom the end  
of the ages has come. Therefore let anyone who  
thinks that he stands take heed lest he fall.

The word of the Lord.  
Thanks be to God.

## Acclamation before the Gospel

*Stand*  
Matthew 4:17

Glory to you, O Christ, you are the Word of God.  
Repent, says the Lord,  
for the kingdom of heaven is at hand.  
Glory to you, O Christ, you are the Word of God.

## Gospel

Luke 13:1-9

The Lord be with you.  
And with your spirit.

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

R. There were some present at that very time who  
told Jesus about the Galileans whose blood  
Pilate had mingled with their sacrifices. And  
he answered them, 'Do you think that these  
Galileans were worse sinners than all the other  
Galileans because they suffered in this way? No, I  
tell you; but unless you repent, you will all likewise  
perish. Or those eighteen on whom the tower in  
Siloam fell and killed them: do you think that they  
were worse offenders than all the others who  
lived in Jerusalem? No, I tell you; but unless you  
repent, you will all likewise perish.'

R. And he told this parable: 'A man had a fig tree  
planted in his vineyard, and he came seeking  
fruit on it and found none. And he said to the vine  
dresser, "Look, for three years now I have come  
seeking fruit on this fig tree, and I find none. Cut it  
down. Why should it use up the ground?" And he  
answered him, "Sir, let it alone this year also, until  
I dig round it and put on manure. Then if it should  
bear fruit next year, well and good; but if not, you  
can cut it down."

The Gospel of the Lord.  
Praise to you, Lord Jesus Christ.

## Homily

*Sit*

## The Nicene Creed

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.

For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day

*All bow*

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.

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.

## 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

Be pleased, O Lord, with these sacrificial offerings,  
and grant that we who beseech pardon for our  
own sins,  
may take care to forgive our neighbour.  
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.*