

THE JERUSALEM MASS SHEET

1st SUNDAY OF LENT (A)

26th February 2023

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.**

The Priest greets everyone present.
*The people respond: **And with your spirit.***
The Mass of the day may be introduced.

Penitential Act

Lord Jesus, you came to reconcile us to the Father
and to one another:

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

You heal the wounds of our sin and division:
Christ, have mercy. *Or:* Christe, eleison.
Christ, have mercy. Or: Christe, eleison.

You intercede for us with the Father:
Lord, have mercy. *Or:* Kyrie, eleison.
Lord, have mercy. Or: Kyrie, eleison.

The absolution by the Priest follows:
May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.
Amen.

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 Genesis

2:7-9. 3:1-7

The Lord God fashioned man of dust from the soil.
Then he breathed into his nostrils a breath of life, and
thus man became a living being.

The Lord God planted a garden in Eden which is in
the east, and there he put the man he had fashioned.
The Lord God caused to spring up from the soil
every kind of tree, enticing to look at and good to eat,
with the tree of life and the tree of the knowledge of

good and evil in the middle of the garden.

The serpent was the most subtle of all the wild
beasts that the Lord God had made. It asked the
woman, 'Did God really say you were not to eat from
any of the trees in the garden?' The woman
answered the serpent, 'We may eat the fruit of the
trees in the garden. But of the fruit of the tree in the
middle of the garden God said, "You must not eat it,
nor touch it, under pain of death."' Then the serpent
said to the woman, 'No! You will not die! God knows
in fact that on the day you eat it your eyes will be
opened and you will be like gods, knowing good and
evil.' The woman saw that the tree was good to eat
and pleasing to the eye, and that it was desirable for
the knowledge that it could give. So she took some
of its fruit and ate it. She gave some also to her
husband who was with her, and he ate it. Then the
eyes of both of them were opened and they realised
that they were naked. So they sewed fig-leaves
together to make themselves loin-cloths.

The word of the Lord.

Thanks be to God.

Psalm

Ps 50:3-6.12-14.17. R.cf.v3

**R) Have mercy on us, O Lord,
for we have sinned.**

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)**

My offences truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done. **(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.
O Lord, open my lips
and my mouth shall declare your praise. **(R)**

Second Reading

A reading from the letter of St Paul to the Romans
5:12-19

For shorter form (5:12.17-19) read between []

[Sin entered the world through one man, and
through sin death, and thus death has spread
through the whole human race because everyone
has sinned.] Sin existed in the world long before
the Law was given. There was no law and so no
one could be accused of the sin of 'law-breaking',
yet death reigned over all from Adam to Moses,
even though their sin, unlike that of Adam, was not
a matter of breaking a law.

Adam prefigured the One to come, but he gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. [If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.].

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 Matthew 4:1-11

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Matthew.

Glory to you, O Lord.

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone
but on every word that comes from the mouth of
God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God' he said 'throw yourself down for scripture says:

He will put you in his angels' charge,
and they will support you on their hands
in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:

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

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these' he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

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

Then the devil left him, and angels appeared and looked after him.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

The Homily

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
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.**

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.

Sit
Stand

All bow

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.

Preface: The Temptation of the Lord

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

By abstaining forty long days from earthly food, he consecrated through his fast the pattern of our Lenten observance and, by overturning all the snares of the ancient serpent, taught us to cast out the leaven of malice, so that, celebrating worthily the Paschal Mystery, we might pass over at last to the eternal paschal feast.

And so, with the company of Angels and Saints, we sing the hymn of your praise, as without end we acclaim:

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

Eucharistic Prayer I

(The Priest may use a different Eucharistic Prayer.)

To you, therefore, most merciful Father, we make humble prayer and petition through Jesus Christ, your Son, our Lord: that you accept

and bless ✠ these gifts, these offerings, these holy and unblemished sacrifices, which we offer you firstly for your holy catholic Church.

Be pleased to grant her peace, to guard, unite and govern her throughout the whole world, together with your servant N. our Pope and N. our Bishop, and all those who, holding to the truth, hand on the catholic and apostolic faith.

Remember, Lord, your servants N. and N. and all gathered here, whose faith and devotion are known to you. For them, we offer you this sacrifice of praise or they offer it for themselves and all who are dear to them: for the redemption of their souls, in hope of health and well-being, and paying their homage to you, the eternal God, living and true.

In communion with those whose memory we venerate, especially the glorious ever-Virgin Mary, Mother of our God and Lord, Jesus Christ, and blessed Joseph, her Spouse, your blessed Apostles and Martyrs, Peter and Paul, Andrew, [...] and all your Saints; we ask that through their merits and prayers, in all things we may be defended by your protecting help.

Therefore, Lord, we pray:

graciously accept this oblation of our service, that of your whole family; order our days in your peace, and command that we be delivered from eternal damnation and counted among the flock of those you have chosen.

Be pleased, O God, we pray, to bless, acknowledge, and approve this offering in every respect; make it spiritual and acceptable, so that it may become for us the Body and Blood of your most beloved Son, our Lord Jesus Christ.

On the day before he was to suffer, he took bread in his holy and venerable hands, and with eyes raised to heaven to you, O God, his almighty Father, giving you thanks, he said the blessing, broke the bread and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended, he took the precious chalice in his holy and venerable hands, and once more giving you thanks, he said the blessing and gave the chalice to his disciples, saying:

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.

DO THIS IN MEMORY OF ME.

The mystery of faith.

The people continue, acclaiming:

**Save us, Saviour of the world,
for by your Cross and Resurrection,
you have set us free.**

Therefore, O Lord, as we celebrate the memorial of the blessed Passion, the Resurrection from the dead, and the glorious Ascension into heaven of Christ, your Son, our Lord, we, your servants and your holy people, offer to your glorious majesty from the gifts that you have given us, this pure victim, this holy victim, this spotless victim, the holy Bread of eternal life and the Chalice of everlasting salvation.

Be pleased to look upon these offerings with a serene and kindly countenance, and to accept them, as once you were pleased to accept the gifts of your servant Abel the just, the sacrifice of Abraham, our father in faith, and the offering of your high priest Melchizedek, a holy sacrifice, a spotless victim.

In humble prayer we ask you, almighty God: command that these gifts be borne

by the hands of your holy Angel
to your altar on high
in the sight of your divine majesty,
so that all of us, who through this participation at the altar
receive the most holy Body and Blood of your Son,
may be filled with every grace and heavenly blessing.

Remember also, Lord, your servants N. and N.,
who have gone before us with the sign of faith
and rest in the sleep of peace.
Grant them, O Lord, we pray,
and all who sleep in Christ,
a place of refreshment, light and peace.

To us, also, your servants, who, though sinners,
hope in your abundant mercies,
graciously grant some share
and fellowship with your holy Apostles and Martyrs:
with John the Baptist, Stephen,
Matthias, Barnabas, [...]
and all your Saints;
admit us, we beseech you,
into their company,
not weighing our merits,
but granting us your pardon,
through Christ our Lord.

Through whom
you continue to make all these good things, O Lord;
you sanctify them, fill them with life,
bless them, and bestow them upon us.

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.**

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, ...

**For the kingdom,
the power and the glory are yours
now and for ever.**

The Priest says:

Lord Jesus Christ... **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

Mt 4:4

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

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.**

Prayer over the People

The Deacon, or the Priest, says:

Bow down for the blessing.

The Priest continues:

May bountiful blessing, O Lord, we pray,
come down upon your people,
that hope may grow in tribulation,
virtue be strengthened in temptation,
and eternal redemption be assured.
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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