

## 1st Sunday of Lent

Sunday 21 February 2021

**Hail Mary**, full of grace.  
The Lord is with thee.  
Blessed art thou amongst women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death.

### 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.

### An Act of Spiritual Communion

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. **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.

### Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me.  
Blood of Christ, inebriate me. Water from the side of  
Christ, wash me. Passion of Christ, strengthen me. O  
good Jesus, hear me. Within your wounds, hide me.  
Never let me be separated from you. From the malicious  
enemy, defend me. At the hour of death, call me; and  
bid me come to you. That with your saints I may praise  
you forever and ever. **Amen.**

### Prayer after Communion

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.

### Prayer over the People

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.

### Entrance Antiphon

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.

### The Penitential Act: either A or B

#### EITHER A

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,  
**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.**

*May almighty God have mercy on us,  
forgive us our sins, and bring us to everlasting life.*  
**Amen**

#### OR B

Have mercy on us, O Lord.  
**For we have sinned against you.**

Show us, O Lord, your mercy.  
**And grant us your salvation.**

*May almighty God have mercy on us,  
forgive us our sins, and bring us to everlasting life.*  
**Amen**

### Kyries - Greek [or English] are said

Kyrie eleison	<b>Kyrie eleison</b>
Christe eleison	<b>Christe eleison</b>
Kyrie eleison	<b>Kyrie eleison</b>

### 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**

## First reading

Genesis 9:8-15

A reading from the book of Genesis.

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

The word of the Lord.

**Thanks be to God.**

## Responsorial Psalm

Ps 24(25):4-6,7b-9

***Your ways, Lord, are faithfulness and love  
for those who keep your covenant.***

Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth, and teach me:  
for you are God my saviour.

***Your ways, Lord, are faithfulness and love  
for those who keep your covenant.***

Remember your mercy, Lord,  
and the love you have shown from of old.  
In your love remember me,  
because of your goodness, O Lord.

***Your ways, Lord, are faithfulness and love  
for those who keep your covenant.***

The Lord is good and upright.

He shows the path to those who stray,  
He guides the humble in the right path,  
He teaches his way to the poor.

***Your ways, Lord, are faithfulness and love  
for those who keep your covenant.***

## Second reading

1 Peter 3:18-22

A reading from the first letter of S Peter.

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe.

That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

The word of the Lord.

**Thanks be to God.**

## Gospel Acclamation

Mt4:4

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

Mark 1:12-15

The Lord be with you.

**And with your spirit.**

A reading from the holy gospel according to Mark.

**Glory to you, O Lord**

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

## The Apostles Creed

I believe in God, the Father almighty,  
**Creator of heaven and earth,**  
and in Jesus Christ, his only Son, our Lord,  
(bow) **who was conceived by the Holy Spirit,**  
**born of the Virgin Mary, (rise)**  
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.**