

# THE LORD'S DAY IN CHURCH

THE FIRST SUNDAY OF LENT (B)  
Sunday 21<sup>st</sup> February 2021



**THIS SHEET IS SINGLE USE ONLY.  
PLEASE DO NOT LEAVE IT IN CHURCH AFTER MASS**

Please remember social distancing, remaining at least two metres away from each other person at all times. **Masks or face coverings are mandatory (for all who are not exempt).** There will be no singing at Mass and certain other elements are omitted, in order to minimise the amount of time spent inside. **Holy Communion will be distributed AT THE END OF MASS on your way out of church—please ensure you do not leave anything in your place.**

## THE INTRODUCTORY RITES

**Entrance Antiphon** Cf. Ps 90: 15-164

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

### Sign of the Cross and Greeting

P: In the name of the Father, and of the Son, and of the Holy Spirit.

**A: Amen.**

P: The Lord be with you.

**A: And with your spirit.**

### Penitential Act

**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.**

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

**A: Amen.**

P: Lord, have mercy.

**A: Lord, have mercy.**

P: Christ, have mercy.

**A: Christ, have mercy.**

P: Lord, have mercy.

**A: Lord, have mercy.**

### The Collect

P: Let us pray.

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.

**A: Amen.**

*All sit for the readings*

## THE LITURGY OF THE WORD

### First Reading

Genesis 9:8-15: *God's covenant with*

*Noah after he had saved him from the waters of the flood.*

R: The word of the Lord.

**A: Thanks be to God.**

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

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

1 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. *R.*

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

3 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. *R.*

### Second Reading

1 Peter 3:18-22: *That water is a type of the baptism which saves you now.*

R: The word of the Lord.

**A: Thanks be to God.**

*All stand for the Gospel:*

### The Gospel

P: The Lord be with you.

**A: And with your spirit.**

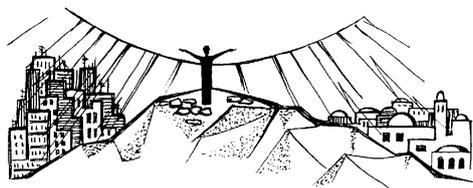
P: A reading from the holy Gospel according to Mark.

**A: Glory to you, O Lord.**

Mark 1:12-15: *Jesus was tempted by Satan, and the angels looked after him.*

P: The Gospel of the Lord.

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



### The Homily

*All sit*

*The priest may offer a short reflection*

*or leave a few moments silence.*

### The Creed (The Apostles' Creed)

*All Stand*

**I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, (At the words that follow, up to and including 'the Virgin Mary', all bow.) 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.**

*The Prayer of the Faithful (Intercessions) are omitted, so you may wish to use the time while the priest prepares the gifts at the altar to think of your prayers for the Church and the world, and for your own particular intentions for this Mass.*

## THE LITURGY OF THE EUCHARIST

*There will be no procession of gifts or collection at Mass today: your donations to Church may be made online, or placed safely in the boxes.*

*All stand when the priest says:*

P: Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

**A: 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 Gifts

P: 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.

**A: Amen.**

## The Eucharistic Prayer

P: The Lord be with you.

**A: And with your spirit.**

P: Lift up your hearts.

**A: We lift them up to the Lord.**

P: Let us give thanks to the Lord our God.

**A: It is right and just.**

*The priest says the Preface, praising God and leading to the song of the host of heaven, in which we join:*

**A: 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.**

*All kneel*

*The priest says the Eucharistic Prayer, remembering the words of Jesus at the Last Supper. Bread and Wine become the Body and Blood of Jesus for us.*

P: The mystery of faith.

**We proclaim your Death, O Lord, and profess your Resurrection until you come again.**

*The Eucharistic Prayer continues, as we pray for the Church and the World, and ask that this holy sacrifice may help us be an offering to God.*

*The prayer concludes:*

P: 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.

**A: Amen.**

*All stand*

## THE COMMUNION RITE

### The Lord's Prayer

P: At the Saviour's command and formed by divine teaching, we dare to say:

**A: 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.**

P: 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.

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

P: 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.

**A: Amen.**

P: The peace of the Lord be with you always.

**A: And with your spirit.**

P: *(In these or similar words)* Though we do not exchange a sign of peace, we pause for a moment to fill our minds and hearts with thoughts of peace for our families, our neighbours, our enemies and our friends.

### Breaking of the Bread

**A: 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.**

*All kneel*

### Invitation to Communion

P: 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.

**A: Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

P: *(In these or similar words)* Since we receive Holy Communion in silence, we do not our "Amen" individually, so instead we will now say it together: our "Amen" is our "Yes" to the real presence of Jesus, our act of faith in the gift of His Body and Blood. And so ...

*The priest holds up the Host to the Congregation and says "The Body of Christ" to which the people respond "Amen." In the same way, he elevates the chalice and says, "The Blood of Christ" and again the people respond "Amen."*

### Exhortation *(In these or similar words)*

P: Though we receive this gift on your way out of Church for reasons of safety, it also reminds us that we bear Jesus into the world today: think now of where you will be taking the Lord Jesus today and in the days to come, of what you ask him to share with you, and where He may perhaps ask you to take him. Quietly we prepare to welcome him under our roof.

### Communion Antiphon

*Mt 4: 4*

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

*The priest then receives Holy Communion. He then holds a reverent silence before the* **Prayer after Communion**

Let us pray.

*All 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.

**A: Amen.**

## THE CONCLUDING RITES

### Blessing and Dismissal

P: The Lord be with you.

**A: And with your spirit.**

P: 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.

**A: Amen.**

P: May almighty God bless you, the Father, and the Son, ✠ and the Holy Spirit.

**A: Amen.**

P: The Mass is ended. Go forth and take Christ to the world!

**A: Thanks be to God.**

### Holy Communion

*The priest will sanitise his hands and put on a face covering and move to the point for distribution: PLEASE WAIT UNTIL A STEWARD INVITES YOU TO LEAVE YOUR SEAT then go forward to receive Holy Communion, remembering to stay two metres away from the person in front of you. Communion should only be received in the hand. When you approach the priest or minister, you should do so with arms at "full stretch" so that there is a good distance between the priest and yourself. Your hands, palms upwards, one of top of the other, should be extended as flatly as possible. After receiving communion, do not return to your place but immediately leave the Church.*

### Act of Thanksgiving After Communion

*Use this or a similar prayer when you get to your car or as you walk back home:*

**Lord Jesus Christ, Son of the living God, who by the will of the Father and the work of the Holy Spirit, through your death gave life to the world; free me by this your most holy Body and Blood from all my sins and from every evil; keep me always faithful to your commandments, and never let me be parted from you.**