

Stanza IV: Let us avoid each harmful way that lures the careless mind astray.
By watchful prayer - our spirits free from scheming of the enemy.

Stanza V: We pray, O blessed Three-In-One – our God while endless ages run.
That this, our Lent of forty days – may bring us growth and give You praise.

PENITENTIAL RITE: SUNG Mass of St. Francis Cabrini

GLORIA: OMITTED Mass of St. Francis Cabrini

Glory to God in the highest, and on earth peace to people of good will.
We praise you. We bless you. We adore you. We glorify you. We give you thanks
for your great glory, - Lord God, heavenly King ~ O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God – Lamb of God – Son of
the Father – you take away the sins of the world, have mercy on us. You take
away the sins of the world, receive our prayer. You are seated at the right hand
of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord. You alone are the
Most High – Jesus Christ. With the Holy Spirit in the glory of God the Father.
Amen

FIRST READING: Genesis 9: 8-15

A reading from the Book of Genesis

God said to Noah and to his sons with him: "See, I am now establishing my
covenant with you and your descendants after you and with every living
creature that was with you: all the birds, and the various tame and wild animals
that were with you and came out of the ark. I will establish my covenant with
you, that never again shall all bodily creatures be destroyed by the waters of a
flood. There shall not be another flood to devastate the earth." God added:
"This is the sign that I am giving for all ages to come, of the clouds to serve as
a sign of the covenant between Me and the earth. When I bring clouds over
the earth, and the bow appears in the clouds, I will recall the covenant I have
made between me and You and all living beings, so that the waters shall never
again become a flood to destroy all mortal beings."

The word of the Lord. THANKS BE TO GOD.

RESPONSORIAL PSALM:

Psalm 25: 1-9

“Your ways, O Lord, are love and truth to those who keep Your covenant.”

Your ways, O LORD, make known to me. Teach me Your paths. Guide me in Your truth and teach me. For You are God my Savior. Response

Remember that Your compassion, O LORD, and Your love are from of old. In Your kindness remember me, because of Your goodness, O LORD.
Response

Good and upright is the LORD, thus, He shows sinners the way. He guides the humble to justice, and He teaches the humble His way. Response

SECOND READING:

1 Peter 3: 18-22

A reading from the first Letter of Saint Peter

Beloved: Christ suffered for sins once, the righteous for the sake of the unrighteous, that He might lead you to God. Put to death in the flesh, He was brought to life in the Spirit. In it He also went to preach to the spirits in prison, who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through water. This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to Him.

The word of the Lord. THANKS BE TO GOD.

GOSPEL ACCLAMATION: *“Praise to You, Lord Jesus Christ – King of
endless glory!”* Matthew 4:4b

“One does not live on bread alone – but on every word that comes forth from the mouth of God.”

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 desert, and He remained in the desert for forty days – tempted by Satan. He was among wild beasts, and the angels ministered to Him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

The Gospel of the Lord. PRAISE TO YOU, LORD JESUS CHRIST.

HOMILY

PROFESSION OF FAITH: 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

UNIVERSAL PRAYER

PRESENTATION AND PREPARATION OF THE GIFTS

COMMUNION ANTIPHON

Matthew 4:4

“One does not live on bread alone, but on every word that comes forth from the mouth of God.”

COMMUNION:

“One Eagle’s Wings”

Michael Joncas

Stanza I: You who dwell in the shelter of the Lord, who abide in His shadow for life. Say to the Lord: “My refuge, my rock in whom I trust!”

Refrain: And He will raise you up on eagle’s wings. Bear you on the breath of dawn. Make you to shine like the sun – and hold you in the palm of His hand.

Stanza II: The snare of the fowler will never capture you, and famine will bring you no fear. Under His wings your refuge – His faithfulness your shield.

Refrain

Stanza III: You need not fear the terror of the night – nor the arrow that flies by day. Though thousands fall about you – near you it shall not come. Refrain

Stanza VI: For to His angels, He’s given a command to guard you in all of your ways. Upon their hands they will bear you up – lest you dash your foot against a stone. Refrain

PRAYER AFTER COMMUNION

AMEN

GREETING:

The Lord be with you. AND WITH YOUR SPIRIT.

FINAL BLESSING

AMEN

DISMISSAL:

Go forth, the Mass is ended. THANKS BE TO GOD!

CLOSING:

“Forty Days and Forty Nights”

HEILEIN

Stanza I: Forty days and forty nights – You were fasting in the wild. Forty days and forty night – tempted, and yet undefiled.

Stanza II: Shall not we Your sorrow share and from worldly joys abstain. Fasting with unceasing prayer – strong with You to suffer pain?

