

FIRST SUNDAY OF LENT

Prayers and Readings

Entrance Antiphon

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

First Reading

Gn 9:8-15

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 a sign that I am giving for all ages to come, of the covenant between me and you and every living creature with you: I set my bow in 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 things, so that the waters shall never again become a flood to destroy all mortal beings."

Responsorial Psalm

Ps 32:1-2, 5,11

Response: Your ways, O Lord, are love and truth to those who keep your covenant.

1. 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**

2. 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**

3. 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 Pt 3:18-22

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,

Verse Before the Gospel Mt 4:4b

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

Gospel

Mk 1:12-15

A leper came to Jesus and kneeling down begged him. 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."

Apostle's 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.

Memorial Acclamation

Save us, Savior of the world,

for by your Cross and Resurrection, you have set us free.

Communion Antiphon

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

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Music

ENTRANCE SONG

Again, We Keep this Solemn Fast

Again we keep this solemn fast,
A gift of faith from ages past,
This Lent which binds us lovingly
To faith and hope and charity.

The law and prophets from of old
In figured ways this Lent foretold,
Which Christ, all ages' Lord and Guide,
In these last days has sanctified.

More sparing, therefore, let us make
The words we speak, the food we take,
Our sleep, our laughter, ev'ry sense;
Learn peace through holy penitence.

OFFERTORY SONG

Beyond the Days

Refrain: Beyond the days of hope and myst'ry
we see a light of faith renewed,
and in our longing we thirst for guidance
to walk with you day by day.

1. Forty days and nights,
you guide the steps of our journey.
May your presence be felt
in the whisper of your voice.

2. Not on bread alone
are we to walk on this journey.
Speak the words that give life
to the yearnings of our hearts.

3. In your hands, O God,
we feel the touch of your guidance.
Keep us safe in your care:
may your gentleness be there.



PRAYER TO ST. JOSEPH

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted His only Son;
in you Mary placed her trust;
with you Christ became man.

Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.

Obtain for us grace, mercy,
and courage,
and defend us from every evil. Amen.

COMMUNION SONGS

Jesus, the Lord

Refrain: Jesus, Jesus.
Let all creation bend the knee to the Lord.

1. In him we live, we move and have our being; In him the
Christ, in him the king! Jesus, the Lord.

2. Though Son, he did not cling to godliness; but emptied
himself, became a slave! Jesus, the Lord.

3. He lived obediently his Father's will accepting his death,
death on a tree! Jesus, the Lord.

Only This I Want

Refrain: Only this I want: but to know the Lord,
and to bear his cross, so to wear the crown he wore.

1. All but this is loss, worthless refuse to me,
for to gain the Lord is to gain all I need.

2. I will run the race; I will fight the good fight,
so to win the prize of the kingdom of my Lord.

3. Let your heart be glad, always glad in the Lord,
so to shine like stars in the darkness of the night.

CLOSING SONG

Christ Before Us

1. Christ before us, Christ beside us,
Christ to guide us all our days.
He to carry all our sorrows,
he to bear us perfect grace.
Jesus, Savior, Friend and Brother,
Intercessor, Son of God,
save your people in your dying,
and in rising, conquer death.

2. May we be for one another
all that you would have us be.
May we live your law of kindness,
love, compassion, charity.
May we climb your holy mountain;
may we see your holy face!
Visit now this humble dwelling;
dwell within this holy place.