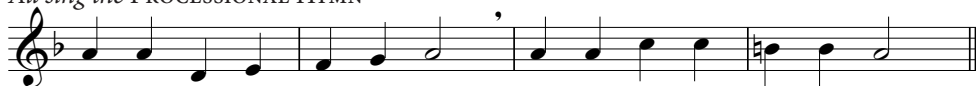


MUSIC AT THE
SUNDAY 9.00am
MASS



FIRST
SUNDAY
OF LENT

All sing the PROCESSIONAL HYMN



For - ty days and for - ty nights Thou wast fast - ing in the wild;



For - ty days and for - ty nights Tempt-ed, and yet un - de - filed:

Sunbeams scorching all the day,
Chilly dewdrops nightly shed,
Prowling beasts about thy way,
Stones thy pillow, earth thy bed.

Shall not we thy sorrows share,
And from earthly joys abstain,
Fasting with unceasing prayer,
Glad with thee to suffer pain?

And if Satan, vexing sore,
Flesh or spirit should assail,
Thou, his vanquisher before,
Grant we may not faint or fail.

So shall we have peace divine;
Holier gladness ours shall be;
Round us too shall angels shine,
Such as ministered to thee.

Keep, O keep us, Saviour dear,
Ever constant by thy side;
That with thee we may appear
At the eternal Eastertide.

THE INTRODUCTORY RITES

All make the Sign of the Cross as the Celebrant says

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

℟: **Amen.**

The Lord be with you.

℟: **And with your spirit.**

PENITENTIAL ACT

Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

After a brief silence all say

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,

All strike their breast thrice, saying

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.

The Celebrant gives the absolution, saying

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

℟: **Amen.**

All repeat each line of the KYRIE, after it has been sung by the Cantor.



THE LITURGY OF THE WORD

FIRST READING

Genesis 9:8-15

RESPONSORIAL PSALM

Psalm 24:4-6,7b-9 *Rx. cf. v.10*



Rx. Your ways are faithfulness and love for those who keep your covenant.

SECOND READING

1 Peter 3:18-22

GOSPEL ACCLAMATION



Rx. Praise to you, Lord Jesus Christ, king of endless glory!

GOSPEL

Mark 1:12-15

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,

All bow during the following line:

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

THE LITURGY OF THE EUCHARIST

All sing the OFFERTORY HYMN



Lead us, heav- enly Fa- ther, lead us O'er the world's tem - pest- uous sea;
Guard us, guide us, keep us, feed us, For we have no help but thee;
Yet pos - ses - sing ev - ery bles - sing If our God our Fa - ther be.

**Saviour, breathe forgiveness o'er us:
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
lone and dreary, faint and weary,
through the desert thou didst go.**

**Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy:
thus provided, pardoned, guided,
nothing can our peace destroy.**

Mannheim
Friedrich Filitz (1804-1876)

James Edmeston (1791-1867)

Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

℟: **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

℟: **Amen.**

THE EUCHARISTIC PRAYER

T HE Lord be with you. ℟: **And with your spi-rit.**


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.**

THE PREFACE

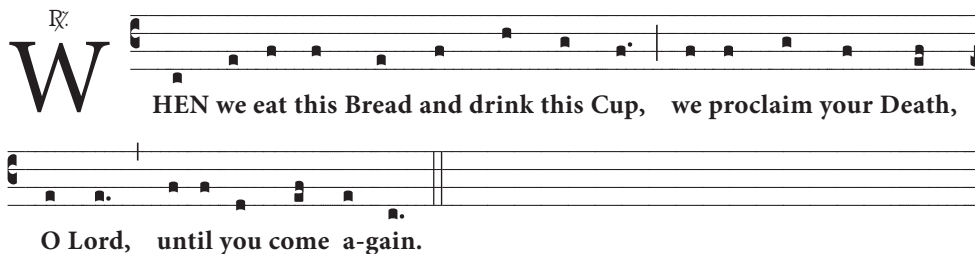
All sing the SANCTUS

Mass of Perpetual Help



Ho - ly, Ho - ly, Ho - ly Lord God of hosts.____
Heav'n and earth, heav'n and earth are full____ of____ your glo - ry. Ho -
san - na, ho - san - na in____ the high - est.
Bless-ed is he, bless-ed is he who comes in the name of the Lord.____
____ Ho - san - na, ho - san - na in____ the high - est.

All sing the MEMORIAL ACCLAMATION

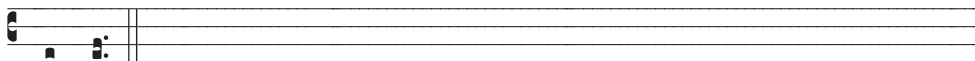


^{R:}
WHEN we eat this Bread and drink this Cup, we proclaim your Death,
O Lord, until you come a-gain.

When the Celebrant sings

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.

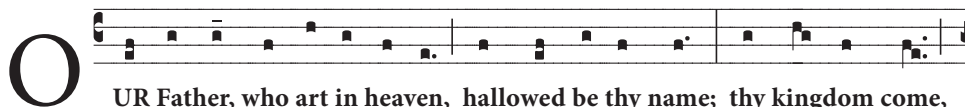
All respond



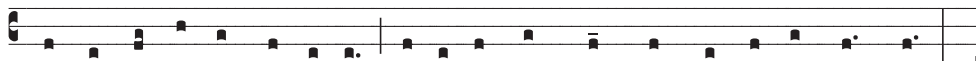
^{R:} **A-men.**

COMMUNION RITE

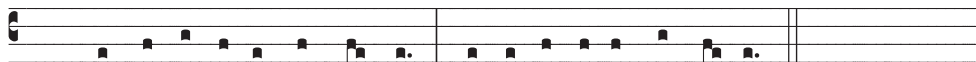
At the Saviour's command and formed by divine teaching, we dare to say:



thy will be done on earth as it is in heaven. Give us this day our dai-ly bread,

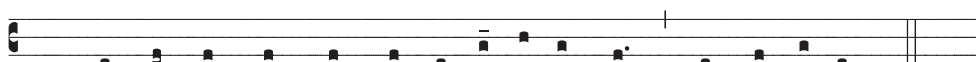


and forgive us our trespasses, as we for-give those who trespass a-gainst us;



and lead us not in-to temp-ta-tion, but de-liv-er us from e- vil.

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.



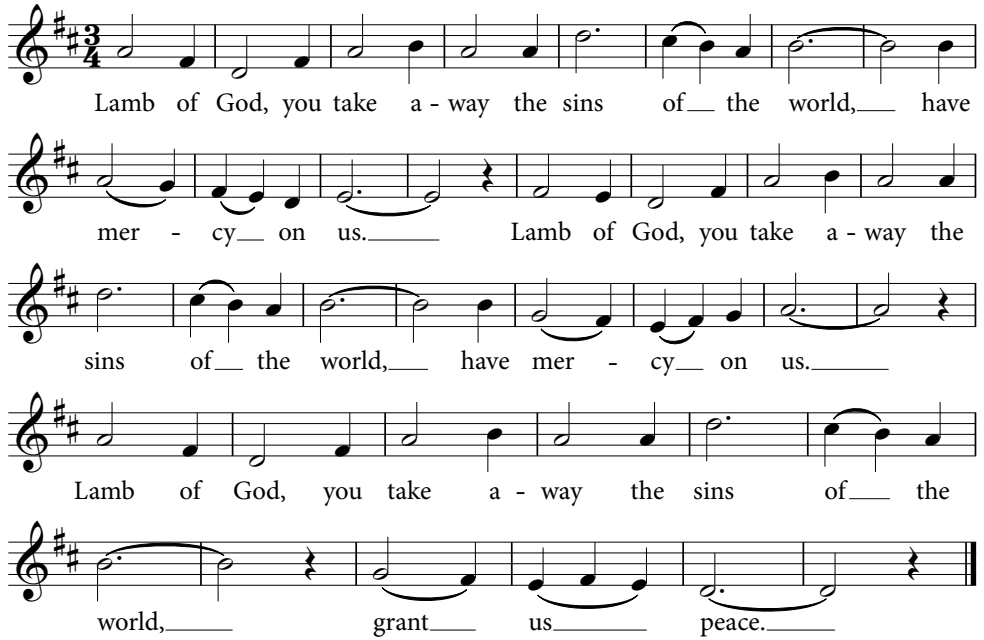
℟: **For the kingdom, the power and the glo-ry are yours now and for ev-er.**

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.

℟: **Amen.**

The peace of the Lord be with you always.

℟: **And with your spirit.**



Lamb of God, you take a - way the sins of the world, have
mer - cy on us. Lamb of God, you take a - way the
sins of the world, have mer - cy on us.
Lamb of God, you take a - way the sins of the
world, grant us peace.

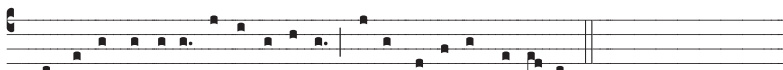
Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

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

Catholics who have made the proper spiritual and sacramental preparation may come forward in the procession to receive Holy Communion.

The sacred host must be consumed in the presence of the communion minister.

All sing the COMMUNION ANTIPHON



℟: **At-tén-de Dómine, et mi-se-ré-re, qui-a peccá-vi-mus tí-bi.**

Hear us, O Lord, and have mercy upon us, for we have sinned against you.

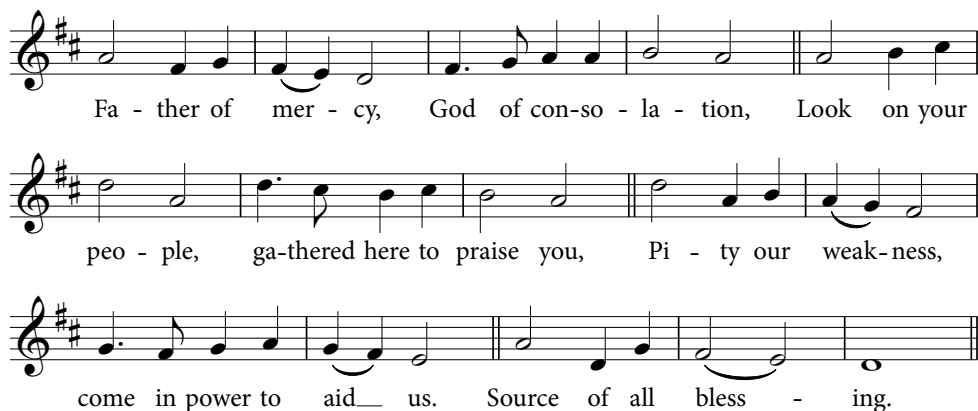
He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: My refuge, my stronghold, my God in whom I trust! ℟

It is he who will free you from the snare of the fowler who seeks to destroy you; He will conceal you with his pinions and under his wings you will find refuge. ℟

For you has he commanded his angels, to keep you in all your ways. They shall bear you upon their hands lest you strike your foot against a stone. ℟

On the lion and the viper you will tread and trample the young lion and the dragon. Since he clings to me in love, I will free him; protect you for he knows my name. ℟

All sing the Post COMMUNION HYMN



Fa - ther of mer - cy, God of con - so - la - tion, Look on your
peo - ple, ga - thered here to praise you, Pi - ty our weak - ness,
come in power to aid us. Source of all bless - ing.

**Son of the Father, Lord of all creation,
Come as our Saviour, Jesus, friend of sinners,
Grant us forgiveness, lift our downcast spirit,
Heal us and save us.**

**Life-giving Spirit, be our light in darkness,
Come to befriend us, help us bear our burdens,
Give us true courage, breathe your peace around us,
Stay with us always.**

**God in Three Persons, Father, Son, and Spirit,
Come to renew us, fill your Church with glory,
Grant us your healing, pledge of resurrection,
Foretaste of heaven.**

*Christe sanctorum
Paris Antiphonale (1681)*

James Quinn SJ (1919–2010)

PRAYER AFTER COMMUNION

℟: **Amen.**

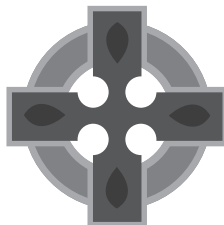
THE CONCLUDING RITES

The Lord be with you.

℟: **And with your spirit.**

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

St Mary's Cathedral
St Mary's Road
Sydney NSW 2000
www.stmaryscathedral.org.au



General enquiries
Tel: (02) 9220 0400
Fax: (02) 9223 5208
Email: info@stmaryscathedral.org.au



St Mary's Cathedral Training Choir is launching from February 2024 for Boys and Girls in Years 1-3

This group will be the foundation choir for the main Cathedral Choir, rehearsing every Thursday from 4:15pm to 5:30pm in the Cathedral Song School. Run by experienced vocal specialist Anna Sandström, this free-to-access ensemble is available to any child with an interest in singing.

To register your interest, please scan the QR code and complete the online form.

