

FIRST SUNDAY OF LENT YEAR C

As we struggle to live the Christian life, we turn to the Father of Compassion and ask for forgiveness and grace

Lord Jesus, you raise us to new life:

Kyrie Eleison, Kyrie Eleison, Kyrie Eleison

Lord Jesus, you forgive us our sins:

Christe Eleison, Christe Eleison, Christe Eleison,

Lord Jesus, you feed us with your body and blood:

Kyrie Eleison, Kyrie Eleison, Kyrie Eleison

FIRST READING A reading from the book of Deuteronomy (26:4-10)

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with a mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

The word of the Lord.

R. Be with me, O Lord, in my distress.

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!' **R.**

Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways. **R.**

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. **R.**

His love he set on me, so I will rescue him;
protect him for he knows my name.
When he calls I shall answer: 'I am with you.'
I will save him in distress and give him glory. **R.**

SECOND READING A reading from the letter of St Paul to the Romans (10:8-13)

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask his help, for everyone who calls on the name of the Lord will be saved. The word of the Lord.



The Temptation of Jesus in the Wilderness – Daniel Bonnell

**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 A reading from the holy Gospel according to Luke (4:1-13)

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.'

But Jesus answered him, 'Scripture says:

You must worship the Lord your God,
and serve him alone.'

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Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said to him 'throw yourself down from here, for scripture says:

He will put his angels in charge of you
to guard you,

and again:

They will hold you up on their hands
in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said:

You must not put the Lord your God to the
test.'

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

The Gospel of the Lord.

The Apostles Creed

**I believe in God, the Father almighty,
Creator of heaven and earth,**

and in Jesus Christ, his only Son, our Lord

(All Bow until Mary)

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.



Help is urgently needed in Ukraine

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Within the span of a week, the brutal aggression and large-scale invasion of Ukraine by Russia has seen more than 1 million Ukrainians fleeing to neighbouring countries. Over 100,000 people are thought to be internally displaced because of Russian attacks. These numbers are growing rapidly.

The armed violence is causing widespread human suffering, displacement, civilian casualties and damage to civilian infrastructure.

During this turbulent time, there is an urgent need for:

- emergency food
- water
- safe accommodation
- hygiene kits
- transport
- child support services.

SCIAF is a member of Caritas Internationalis, the global network of Catholic Relief agencies, which is leading a global response to the conflict.

Caritas Ukraine is supporting people displaced by the conflict inside Ukraine, and our sister agencies Caritas Poland, Caritas Moldova and Caritas Romania are supporting refugees who have managed to find safety in neighbouring countries.

Your donation today will go towards Caritas Internationalis' response both in Ukraine and in neighbouring countries.

The situation in Ukraine reminds us of the injustice and human tragedy of conflict around the world. We must stand in solidarity with our brothers and sisters in Ukraine. Please pray with the SCIAF family and give as you are able..