

# Our Lady of Loretto and St Michael

## FIRST SUNDAY OF LENT

(YEAR A)



### Penitential Rite

You raise the dead to life in the Spirit:

Kyrie Eleison

**All Kyrie Eleison, Kyrie Eleison**

You bring pardon and peace to the broken in heart:

Christe Eleison

**All Christe Eleison, Christe Eleison**

You make one by your Spirit the torn and divided:

Kyrie Eleison

**All Kyrie Eleison, Kyrie Eleison**

**FIRST READING** A reading from the book of Genesis (2:7-9, 3:1-7)

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being.

The Lord God planted a garden in Eden which is in the east, and there he put the man he fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden.

The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death." Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the

eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

**The word of the Lord.**

**RESPONSORIAL PSALM (Ps50:3-6,12-14,17. R. Cf. v.3)**

**R. Have mercy on us, O Lord, for we have sinned.**

Have mercy on me, God, in your kindness.  
In your compassion blot out my offence.  
O wash me more and more from my guilt  
and cleanse me from my sin. **R.**

My offences truly I know them;  
my sin is always before me.  
Against you, you alone, have I sinned;  
what is evil in your sight I have done. **R.**

A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit. **R.**

Give me again the joy of your help;  
with a spirit of fervour sustain me.  
O Lord, open my lips  
and my mouth shall declare your praise. **R.**

**SECOND READING** A reading from the letter of St Paul to the Romans (5:12-19)

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls come grace with its verdict of acquittal. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous. **The word of the Lord.**

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### Gospel Acclamation (Mt 4:4)

**R. 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.

**R. Praise to you, O Christ, king of eternal glory!**

### GOSPEL A reading from the holy Gospel according to Matthew (4:1-11)

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

*Man does not live on bread alone  
but on every word that comes from the mouth of God.'*

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God' he said 'throw yourself down; for scripture says:

*He will put you in his angels' charge,  
and they will support you on their hands  
in case you hurt your foot against a stone.'*

Jesus said to him, 'Scripture also says:

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

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these' he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

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

Then the devil left him, and angels appeared and looked after him. **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.**

## The 3 Pillars of Lent



PRAYER



FASTING



ALMSGIVING

**Prayer, fasting and almsgiving:** The three traditional pillars of Lenten observance are prayer, fasting and almsgiving. The key to renewed appropriation of these practices is to see their link to baptismal renewal.

**Prayer:** More time given to prayer during Lent should draw us closer to the Lord. We might pray especially for the grace to live out our baptismal promises more fully. We might pray for the elect who will be baptized at Easter and support their conversion journey by our prayer. We might pray for all those who will celebrate the sacrament of reconciliation with us during Lent that they will be truly renewed in their baptismal commitment.

**Fasting** is one of the most ancient practices linked to Lent. In fact, the paschal fast predates Lent as we know it. The early Church fasted intensely for two days before the celebration of the Easter Vigil. This fast was later extended and became a 40-day period of fasting leading up to Easter. Vatican II called us to renew the observance of the ancient paschal fast: "...let the paschal fast be kept sacred. Let it be celebrated everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, so that the joys of the Sunday of the Resurrection may be attained with uplifted and clear mind" (Liturgy, # 110).

**Almsgiving:** It should be obvious at this point that almsgiving, the third traditional pillar, is linked to our baptismal commitment in the same way. It is a sign of our care for those in need and an expression of our gratitude for all that God has given to us. Works of charity and the promotion of justice are integral elements of the Christian way of life we began when we were baptised.