

First Sunday of Lent

21st February 2021



OPENING HYMN

Forty days and forty nights Thou wast fasting in the wild;
Forty days and forty nights, tempted still, yet unbeguiled.

Sunbeams scorching all the day, chilly dew-drops nightly shed;
Prowling beasts about Thy way, stones Thy pillow, earth Thy bed.

Let us Thy endurance share and from earthly greed abstain,
With Thee watching unto prayer, with Thee strong to suffer pain.

Then, if evil on us press, flesh or spirit to assail,
Victor in the wilderness, help us not to swerve or fail!

So shall peace divine be ours, holier gladness ours shall be.
Come to us, angelic powers, such as ministered to Thee.

Keep, O keep us, Saviour dear, ever constant by Thy side,
That with Thee we may appear at th'eternal Eastertide.

FIRST READING: Genesis 9:8-15

God's covenant with Noah after He had saved him from the waters of the flood.

PSALM RESPONSE:

Your ways, Lord, are faithfulness and love for those who keep Your covenant.

SECOND READING: 1 Peter 3:18-22

That water is a type of the baptism which saves you now.

GOSPEL ACCLAMATION:

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: Mark 1:12-15

Jesus was tempted by Satan, and the angels looked after Him.

NICENE CREED

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, (*as we say the words in italics, we bow*) **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.**

ACT OF SPIRITUAL COMMUNION

For those who are unable to attend Mass, and for those physically present who are not receiving Holy Communion, we pray a prayer of spiritual communion:

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

RECESSIONAL HYMN

Now let us all with one accord,
In fellowship with ages past,
Keep vigil with our heavenly Lord
In His temptation and His fast.

The covenant so long revealed
To faithful men in former time,
Christ by His own example sealed;
The Lord of love, in love sublime.

Remember, Lord, though frail we be,
By Your own kind hand were we made;
And help us, lest our frailty
Cause Your great name to be betrayed.

Hear us, O Trinity sublime
And undivided unity;
So let this consecrated time
Bring forth its fruit abundantly.