

Communion Antiphon:

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

REFLECTION

Lent: Springtime of the Spirit
Each year the trees give us a lesson in renewal. First the bud, then the blossom, and finally the shoot. Spring dresses the trees in a new robe, and makes them young again. But this is possible only because in autumn they let go of their old leaves, and in between endured a period of nakedness. Lent is the springtime of the spirit. Lord, help us not to be afraid to let go of old habits, and to face our spiritual poverty, in order that you may renew us, and so at Easter we will feel young again in our discipleship.

Prayer after Communion:

Let us pray:

Renewed now with heavenly bread, by which faith is nourished, hope increased, and charity strengthened, we pray, O Lord, that we may learn to hunger for Christ, the true and living Bread, and strive to live by every word which proceeds from your mouth. Through Christ our Lord. **Amen.**

Final Blessing:

The Lord be with you.

May Almighty God bless you:

the Father, the Son and the Holy Spirit.

Go forth, the Mass is ended.

And with your spirit.

Amen.

Thanks be to God.

Dear God, so often I forget who I am, whose I am, and where I am going. I get stuck in those clouds of forgetfulness and do not see the rainbow that dwells in the midst of that fogginess, the rainbow that comes when I allow your Son to shine through my life. Help me to become aware of that bowed beauty. Let me remember that we are together in this vision. Let me deepen my belief that you will never flood me with more than I can bear. You will only place rainbows of remembrance in the skies of my faithfulness and find joy in the sight. I am grateful that you are my God and you have chosen to live your life in me. Amen.

Lent coincides with springtime and the word itself probably comes from the Old English *lencten*, meaning the lengthening of the days that occurs in spring. And indeed spring is not a bad image for Lent. Spring is the time of new life when the long nights of winter become a thing of the past. It is a time when the hearts of many people lift. Lent offers the possibility to renew and reawaken the life of the spirit and so is a season of joy.

First Sunday in Lent B



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.**

We are all involved in a constant battle against temptation. Jesus too was tempted. Hence, he understands our weakness in the face of temptation. And because he was victorious over temptation, he can help us. Let us then approach him with confidence, asking for his help to overcome our temptations.

Lord Jesus, you strengthen us when we are weak. Lord, have mercy.

You lift us up when we fall. Christ, have mercy.

You seek us out when we are lost. Lord, have mercy.

Let us pray:

Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

FIRST READING:

A reading from the book of Genesis

Genesis 9: 8-15

God spoke to Noah and his sons: "See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again."

God said: "Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh."

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Psalms 24

**Response: Your ways, Lord, are faithfulness and love
for those who keep your covenant.**

Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth,

and teach me: for you are God my saviour.

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

Remember your mercy, Lord,
and the love you have shown from of old.
In your love remember me,
because of your goodness, O Lord.

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

The Lord is good and upright.
He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor.

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

SECOND READING

A reading from the first letter of St Peter
Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

1 Peter 3: 18-22

The word of the Lord.

Thanks be to God.

**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

The Lord be with you.

And with your spirit.

A reading from the Holy Gospel according to Mark.
The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

Glory to you Lord.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. "The time has come", he said "and the kingdom of God is close at hand. Repent, and believe the Good News."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

The profession of faith:

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.

Offertory:

Pray, 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 Gifts:

Give us the right dispositions, O Lord, we pray, to make these offerings, for with them we celebrate the beginning of this venerable and sacred time. Through Christ our Lord. **Amen.**

Preface:

The Lord be with you.

Lift up your hearts.

Let us give thanks to the Lord our God.

And with your spirit.

We lift them up to the Lord.

It is right and just.

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God,
through Christ our Lord.
By abstaining forty long days from earthly food,
he consecrated through his fast
the pattern of our Lenten observance
and, by overturning all the snares of the ancient serpent,
taught us to cast out the leaven of malice,
so that, celebrating worthily the Paschal Mystery,
we might pass over at last to the eternal paschal feast.
And so, with the company of Angels and Saints,
we sing the hymn of your praise,
as without end we acclaim:

Holy, holy, holy Lord, God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

The mystery of faith.

**When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord,
until you come again.**