

with Thrones and Dominions,
and with all the hosts and Powers of heaven,
we sing the hymn of your glory,
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.**

Communion Antiphon: John 12:24

**Amen, Amen I say to you:
Unless a grain of wheat falls to the ground and dies,
it remains a single grain.
But if it dies, it bears much fruit.**

REFLECTION A grain of wheat must die.
Each of us is like a grain of wheat planted by God. Just as a grain of wheat must die so as to produce a harvest, so we must die to self in order to bear the fruits of love. This dying to self is a gradual process and happens in little ways. Every act of humility involves dying to pride. Every act of courage involves dying to cowardice. Every act of kindness involves dying to cruelty. Every act of love involves dying to selfishness. Thus the false self dies, and the true self, made in God's image, is born and nurtured. It is by giving that we receive; it is by forgiving that we are forgiven; it is by dying that we are born to eternal life.

Prayer after Communion:

We pray, almighty God, that we may always be counted among the members of Christ, in whose Body and Blood we have communion. Who lives and reigns for ever and ever. **Amen.**

Final Blessing

The Lord be with you;
May almighty God bless you,
the Father, and the Son, and the Holy Spirit.
Go in peace, glorifying the Lord by your life.

And with your spirit.

Amen.

Thanks be to God.

Fifth Sunday in Lent 8



Entrance Antiphon:

Ps 42:1-2

**Give me justice, O God, and plead my cause
against a nation that is faithless. From the
deceitful and cunning rescue me, for you, O God,
are my strength.**

A grain of wheat has to die in order to bear fruit. We too have to die to ourselves in order to live more fully as human beings and children of God. This dying to self is a gradual thing and happens in very ordinary ways. The Lord, who died for us, gives us courage, strength and love.

God's Son gave himself up to death so that we might live. Let us confess our sins to the Lord.

Lord Jesus, you are the grain of wheat that dies: Lord, have mercy.

Lord Jesus, you are the Son of Man who is glorified: Christ, have mercy.

Lord Jesus, you were obedient to the Father's will: Lord, have mercy.

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

Let us pray:

By your help, we beseech you, Lord our God, may we walk eagerly in that same charity with which, out of love for the world, your son handed himself over to death. 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 Jeremiah.

Jeremiah 31:31-34

I will make a new covenant and never call their sin to mind.

See, the days are coming - it is the Lord who speaks - when I will make a new covenant with the House of Israel and the House of Judah, but not a covenant like the one I made with their ancestors on the day I took them by the hand to bring them out of the land of Egypt. They broke that covenant of mine, so I had to show them who was master. It is the Lord who speaks. No, this is the covenant I will make with the House of Israel when those days arrive - it is the Lord who speaks. Deep within them I will plant my Law, writing it on their hearts. Then I will be their God and they shall be my people. There will be no further need for neighbour to try to teach neighbour, or brother to say to brother: 'Learn to know the Lord!' No, they will all know me, the least no less than the greatest - it is the Lord who speaks - since I will forgive their iniquity and never call their sin to mind.

The word of the Lord.

Thanks be to God.

My God, desire of my heart, I want to follow you, at least to start, from morning to evening and all night long - to see your face and hear your song in all the people whose paths cross mine and learn to wonder, not to whine. My heart is right, my head is true, yet I often choose myself, not you. Implant in me a broader hope, a deeper trust, that your promises are truly gold, not rust. Do not save me from my hour of pain but let me know it is not loss, but gain. Amen.

RESPONSORIAL PSALM

Psalm 50

Response: A pure heart create for me, O God.

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.

Response

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.

Response

Give me again the joy of your help;
with a spirit of fervour sustain me,
that I may teach transgressors your ways
and sinners may return to you.

Response

SECOND READING

A reading from the letter to the Hebrews.

Hebrews 5:7-9

During his life on earth, Christ offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation.

The word of the Lord.

Thanks be to God.

**Glory to you, O Christ, you are the Word of God!
If a man serves me, says the Lord, he must follow me;
wherever I am, my servant will be there too.
Glory to you, O Christ, you are the Word of God!**

GOSPEL

John 12:20-33

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to John.

Glory to you Lord.

Among those who went up to worship at the festival were some Greeks. These approached Philip, who came from Bethsaida in Galilee, and put this request to him: 'Sir, we should like to see Jesus'. Philip went to tell Andrew, and Andrew and Philip together went to tell Jesus. Jesus replied to them: 'Now the hour has come for the Son of Man to be glorified. I tell you, most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest. Anyone who loves his life loses it; anyone who hates his life in this world will keep it for the eternal life. If a man serves me, he must follow me, wherever I am, my servant will be there too. If anyone serves me, my Father will honour him. Now my soul is troubled. What shall I say: Father, save me from this hour? But it was for this very reason that I have come to this hour. Father, glorify your name!' A voice came from heaven, 'I have glorified it, and I will glorify it again.'

People standing by, who heard this, said it was a clap of thunder; others said: 'It was an angel speaking to him.' Jesus answered: 'It was not for my sake that this voice came, but for yours. Now sentence is being passed on this world; now the prince of this world is to be overthrown. And when I am lifted up from the earth, I shall draw all to myself.'

By these words he indicated the kind of death he would die.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

The Apostles' Creed

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:

Hear us, almighty God, and, having instilled in your servants the teachings of the Christian faith, graciously purify them by the working of this sacrifice. Through Christ our Lord. **Amen.**

Preface:

The Lord be with you.

And with your spirit.

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.

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.

For by your gracious gift each year
your faithful await the sacred paschal feasts
with the joy of minds made pure,
so that, more eagerly intent on prayer
and on the works of charity,
and participating in the mysteries
by which they have been reborn,
they may be led to the fullness of grace
that you bestow on your sons and daughters.
And so, with the Angels and Archangels,