



**Saint Thomas More**  
CATHOLIC COMMUNITY

# First Sunday of Lent

FEBRUARY 26, 2023

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## REGARDING THE LITURGIES OF LENT

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The liturgical year tells the story of our salvation. The continual cycle of celebrations brings us from the remembrance of our parents' first fall and the first coming of Christ at Christmas, to our preparation for the second coming of Christ in the fullness of time. As we enter Lent, the liturgical year pivots in a particular way towards the height of the liturgical year, the celebration of the Resurrection of the Lord at Easter.

The liturgies of the Church present us with unique texts every time we gather for Mass. These texts, drawn from the passages we hear in Scripture, lead us to contemplate particular themes and help us with a more conscious participation in Mass.

During this Lenten season, these guides for Mass will highlight several texts: the Entrance Antiphon, the Responsorial Psalm response, the Gospel Acclamation verse, and the Communion Antiphon. These texts will be grouped together at the beginning of the guide. They will also be highlighted at their proper place in the Mass.

May these texts be an aid in your own Lenten journey "from ashes to the living font" as we walk with our catechumens and candidates to the celebration of the Sacraments of Initiation at Easter, as we accompany those who seek greater unity with Christ, and as we walk in the footsteps of those saints who have gone before us, both canonized and unknown.

**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.  
Cf. Psalm 91:15-16

**Responsorial Psalm**

Be merciful, O Lord, for we have sinned.  
Psalm 51:3a

**Gospel Acclamation**

One does not live on bread alone,  
but on every word that comes forth from the mouth of God.  
Matthew 4:4b

**Communion Antiphon**

One does not live on bread alone,  
but on every word that comes forth from the mouth of God.  
Matthew 4:4b

# THE INTRODUCTORY RITES

## Proclamation

## "Forty Days and Forty Nights"



1. For - ty days and for - ty nights You were fast - ing  
 2. Shall not we your sor - row share And from world - ly  
 3. Then, if Sa - tan on us press, Flesh or spir - it  
 4. So shall we have peace di - vine; Ho - lier glad - ness  
 5. Keep, O keep us, Sav - ior dear, Ev - er con - stant



in the wild; For - ty days and for - ty nights  
 joys ab - stain, Fast - ing with un - ceas - ing prayer,  
 to as - sail, Vic - tor in the wil - der - ness,  
 ours shall be. 'Round us, too, shall an - gels shine,  
 by your side, That with you we may ap - pear



Tempt - ed, and yet un - de - filed.  
 Strong with you to suf - fer pain?  
 Grant we may not faint nor fail!  
 Such as served you faith - ful - ly.  
 At the e - ter - nal East - er - tide.

Text: George H. Smyttan, 1822–1870, alt.

Tune: HEINLEIN, 7 7 7 7; attr. to Martin Herbst, 1654–1681, *Nürnbergisches Gesangbuch*, 1676

**See Entrance Antiphon on page 2.**

## Sign of the Cross & Greeting

## Penitential Act

I confess to almighty God,  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done, and in what I have failed to do,

### (Strike the breast)

through my fault, through my fault,  
through my most grievous fault;

therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

## Kyrie

Chant Mass XV, Mode III ("Kyrie of Atonement" by Peter Kolar)

Choral verses added at 10:30 a.m. only.

*Priest, Deacon, or Cantor* *All*

Ky-ri - e, e - le - i - son. Ky-ri - e, e - le - i - son.

*Choir:* Kyrie, eleison. Kyrie, eleison

*Priest, Deacon, or Cantor* *All*

Chri-ste, e - le - i - son. Chri-ste, e - le - i - son.

*Choir:* Christe, eleison. Christe, eleison.

*Priest, Deacon, or Cantor* *All*

Ky-ri - e, e - le - i - son. Ky-ri - e, e - le - i - son.

*Choir:* Kyrie, eleison. Kyrie, eleison

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## Collect

# THE LITURGY OF THE WORD

## First Reading

Genesis 2:7-9; 3:1-7

The creation of our first parents, and sin.

## Responsorial Psalm

Psalm 51



Text: Psalm 51:3-4, 5-6, 12-13, 14-15; Marty Haugen, © 1983, GIA Publications, Inc.; refrain trans., © 1969, ICEL  
Music: Marty Haugen, © 1983, GIA Publications, Inc.

**See Responsorial Psalm on page 2.**

## Second Reading

Romans 5:12-19

Where sin increased, there grace increased all the more.

## Gospel Acclamation



Text © 1969, 1981, 1997, ICEL

Paul M. French  
Music © 1994, WLP

**See Gospel Acclamation on page 2.**

## Gospel

Matthew 4:1-11

Jesus fasted for forty days and forty nights and was tempted.

## Homily

Rev. RJ Fichtinger, SJ

## **Profession of Faith**

The Apostles' Creed  
Omitted at 10:30 a.m.

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,

**(Bow during the following two lines.)**

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.

## **Rite of Sending Catechumens for Election & Candidates for Recognition by the Archbishop**

10:30 a.m.

## **Universal Prayer**

**R/.** Lord, hear our prayer.

St. Thomas More relies on the generosity of its beloved parishioners and many welcome guests. In addition to the collection basket, contributions may be made online by visiting [www.morecommunity.org/give](http://www.morecommunity.org/give). Thank you for your generosity.



A second collection will be taken to support the Catholic Services Appeal Foundation. Information and pledge cards may be found in your pew.

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## THE LITURGY OF THE EUCHARIST

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### Preparation of the Gifts

4:30 p.m. & 8 a.m., "Take, O Take Me As I Am"

Take, O take me as I am; sum - mon out what I shall

be; set your seal up-on my heart and live in me.

The musical score is written for two staves, Treble and Bass clef, in a key of three flats (B-flat, E-flat, A-flat) and common time (C). The melody is primarily in the Treble clef, with the Bass clef providing harmonic support. The lyrics are written below the notes.

Text: John L. Bell, b.1949  
Tune: John L. Bell, b.1949  
© 1995, Iona Community, GIA Publications, Inc., agent

10:30 a.m., "Ubi Caritas" by Becki Slagle Mayo

Ubi caritas, Ubi caritas, Deus ibi est.  
Where there is charity and love, God is there, God is there.  
Where there is charity and love, God is always there.

We have gathered in this place,  
joining hearts in love and praise,  
Giving thanks to God above,  
We go out to serve in love.

**Holy, Holy, Holy**

**Mass in Honor of Saint Ignatius**

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.

Heav - en and earth are full of your glo - ry.

Ho - san - na in the high - est. Bless - ed is he who

comes in the name of the Lord. Ho - san - na in the high - est.

Text: ICEL, © 2010  
Music: *Mass in Honor of St. Ignatius*, Russell Weismann, © 2012, GIA Publications, Inc.



**Memorial Acclamation**

Two staves of music in G major (one sharp). The first staff contains the lyrics "We pro - claim your Death, O Lord, and pro - fess your" with notes and rests. The second staff contains "Res - ur - rec - tion un - til you come a - gain." with notes and rests. The music is written in a simple, melodic style with a treble clef.

Text: © 2010, ICEL.  
Music: *Mass in Honor of St. Ignatius*, Russell Weissmann, © 2012, GIA Publications, Inc.

**Great Amen**

A single staff of music in G major (one sharp). The lyrics are "A - men, a - men, a - men." with notes and rests. The music is written in a simple, melodic style with a treble clef.

Music: *Mass in Honor of St. Ignatius*, Russell Weissmann, © 2012, GIA Publications, Inc.

**The Lord’s Prayer**

**Sign of Peace**

**Lamb of God**

Four staves of music in G major (one sharp). The lyrics are "Lamb of God, you take a - way the sins of the world, have mer - cy on us. Lamb of God, you take a - way the sins of the world, grant us peace." with notes and rests. The music is written in a simple, melodic style with a treble clef.

Music: *Mass in Honor of St. Ignatius*, Russell Weissmann, © 2012, GIA Publications, Inc.

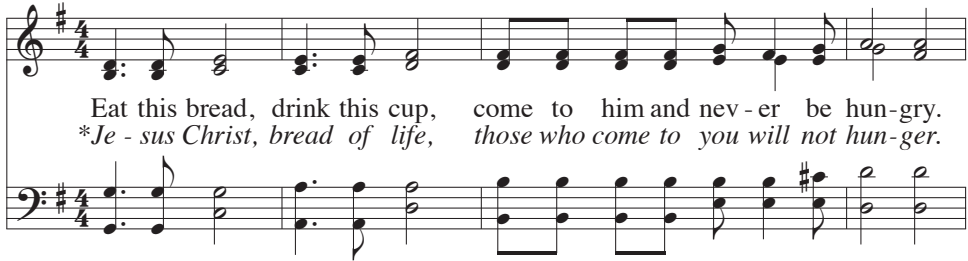
# Communion Antiphon

See Communion Antiphon on page 2.

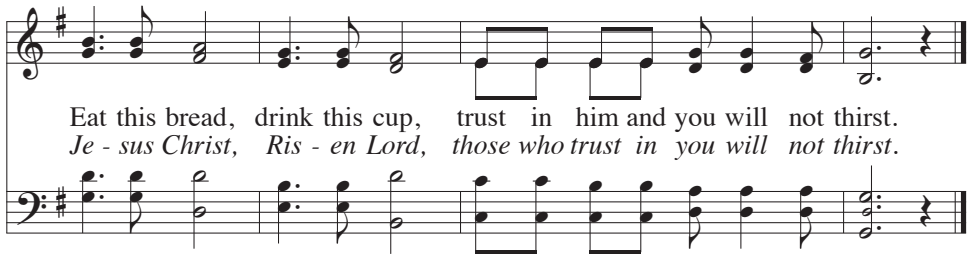
## Communion Song

“Eat This Bread”

Refrain



Eat this bread, drink this cup, come to him and nev-er be hun-gry.  
\*Je - sus Christ, bread of life, those who come to you will not hun-ger.



Eat this bread, drink this cup, trust in him and you will not thirst.  
Je - sus Christ, Ris - en Lord, those who trust in you will not thirst.

\*Alternate Refrain

Text: John 6; adapt. by Robert J. Batastini, b.1942  
Tune: Jacques Berthier, 1923–1994  
© 1984, 2005, Les Presses de Taizé, GIA Publications, Inc., agent

1. Christ is the bread of life, the true bread sent from the Father.
2. Our ancestors ate manna in the desert, but this is the bread come down from heaven.
3. Eat his flesh and drink his blood, and Christ will raise you up on the last day.
4. Anyone who eats this bread, will live forever.
5. If we believe and eat this bread, we will have eternal life.

## Reflection

“Create in Me” by Michael Larkin  
Psalm 51:10-12

Create in me a clean heart, O God,  
and renew a right spirit within me.  
Cast me not away from your presence,  
and take not your Holy Spirit from me.  
Restore to me the joy of your salvation,  
and uphold me with your free spirit. Amen.

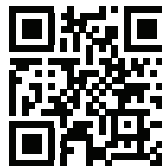
## Prayer after Communion

————— THE CONCLUDING RITES —————

## Blessing & Dismissal

## Recessional


“Led by the Spirit”  
The music may be found on the following page.



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to view our weekly  
newsletter!**




1. Led by the Spir - it of our God, We  
 2. Led by the Spir - it, we con - front Temp -  
 3. Led by the Spir - it, now draw near The  
 4. Led by the Spir - it, now sing praise To



go to fast and pray With Christ in - to the  
 ta - tion face to face, And know full well we  
 wa - ters of re - birth With hearts that long to  
 God the Trin - i - ty: The Source of Life, the



wil - der - ness; We join his pas - chal way. "Rend  
 must re - ly On God's re - deem - ing grace. On  
 wor - ship God In spir - it and in truth. "Who -  
 liv - ing Word Made flesh to set us free, The



not your gar - ments, rend your hearts. Turn  
 bread a - lone we can - not live, But  
 ev - er drinks the drink I give Shall  
 Spir - it blow - ing where it will To



back your lives to me." Thus says our kind and  
 nour - ished by the Word We seek the will of  
 nev - er thirst a - gain." Thus says the Lord who  
 make us friends of God: This mys - t'ry far be -



gra - cious God, Whose reign is lib - er - ty.  
 God to do: This is our drink and food.  
 died for us, Our Sav - ior, kin, and friend.  
 yond our reach, Yet near in heal - ing love.

Text: Bob Hurd, b.1950, © 1996, Bob Hurd. Published by OCP.  
 Tune: KINGSFOLD, CMD; English traditional; harm. by Ralph Vaughan Williams, 1872–1958