

# WEEKDAY MASS SHEET

LENT WEEK 1

6 – 11 March 2017

## THE SCRIPTURES

“The readings from the gospels and the Old Testament were selected because they are related to each other. They treat various themes of the Lenten catechesis that are suited to the spiritual significance of the season.” (GIL 98)

## OUR PRAYERS THIS WEEK

Candidates for the Sacraments; the Needy and Hungry of the World; Penitents and Wanderers

## THE HOLY FATHER’S INTENTIONS

**MARCH: Support for Persecuted Christians.**

That persecuted Christians may be supported by the prayers and material help of the whole Church.

## SAINTS THIS WEEK

**Saints Perpetua and Felicity:** these two martyrs died in Carthage in 203, in the persecution under Septimus Severus; the account of their lives and martyrdom, partly written by the saints themselves and by eyewitnesses, survives.

**Saint John of God:** another saint, like Saint Francis of Assisi and Saint Ignatius of Loyola, who gave up a promising military career to serve God and the poor; Portuguese, John founded a hospital in Seville, where he was outstanding in his love for the sick and needy. He died in 1550.

**Saint Frances of Rome:** Frances was born in Rome in 1384, was married and had three children. She was known for her exemplary love of the sick, ministering to the victims of the frequent epidemics among the poor. She founded a Congregation in 1425 to continue this work and died in 1440.

*In Lent we do not sing or say “Alleluia”: before the Gospel there are a variety of sung acclamations, but one that may be used every day of*

*Lent, to the tune of the simple Alleluia is:*

**“Praise to you, Lord! Glory to you, Christ!  
You are the Word of God!”**

On some days some parishes may celebrate different feasts and memorials, for which there may be different texts than those printed here. Excerpts from the English translation of The Roman Missal © 2010, International Commission on English in the Liturgy Corporation. All rights reserved. Scripture quotations from The Jerusalem Bible © 1966 by Darton Longman & Todd and Doubleday and Company Ltd. Psalm responses are from The Psalms: A New Translation © The Grail (England) published by Harper Collins. Clipart © McCrimmons (used with permission—all rights reserved) and by Fr P. Philippus OFM Cap.

## MONDAY

### Lent Weekday

#### Entrance Antiphon

Like the eyes of slaves on the hand of their lords,  
so our eyes are on the Lord our God, till he show  
us his mercy. Have mercy on us, Lord, have mercy.

First Reading: Leviticus 19:1-2. 11-18: You must pass  
judgement on your neighbour according to justice.

#### Responsorial Psalm

Your words are spirit, Lord, and they are life.

#### Gospel Acclamation

Shake off all your sins - it is the Lord who speaks  
- and make yourselves a new heart and a new  
spirit.

Gospel: Matthew 25:31-46: In so far as you did this to one  
of the least of these brothers of mine you did it to me.

#### Communion Antiphon

Amen, I say to you: Whatever you did for one of  
the least of my brethren, you did it for me, says  
the Lord. Come, you blessed of my Father, receive  
the kingdom prepared for you from the  
foundation of the world.

## TUESDAY

### Lent Weekday *or* Saint Perpetua and Saint Felicity, Martyrs

[OPTIONAL COMMEMORATION]

#### Entrance Antiphon

O Lord, you have been our refuge, from  
generation to generation; from age to age, you are.

First Reading: Isaiah 55:10-11: My word shall succeed in  
what it was sent to do.

#### Response to the Psalm

The Lord rescues the just in all their distress.

#### Gospel Acclamation

Man does not live on bread alone, but on every

word that comes from the mouth of God.

Gospel: Matthew 6:7-15: You should pray like this.

Communion Antiphon

When I called, the God of justice gave me answer;  
from anguish you released me; have mercy, O  
Lord, and hear my prayer.

## WEDNESDAY

### Lent Weekday *or* Saint John of God, Religious

[OPTIONAL COMMEMORATION]

Entrance Antiphon

Remember your compassion, O Lord, and your  
merciful love, for they are from of old. Let not our  
enemies exult over us. Redeem us, O God of Israel,  
from all our distress.

First Reading: Jonah 3:1-10 The people of Nineveh  
renounced their evil behaviour.

Response to the Psalm

A humbled, contrite heart, O God, you will not  
spurn.

Gospel Acclamation

I take pleasure, not in the death of a wicked man  
– it is the Lord who speaks – but in the turning  
back of a wicked man who changes his ways to  
win life.

Gospel Luke 11:29-32 The only sign given to this  
generation is the sign of Jonah.

Communion Antiphon

All who take refuge in you shall be glad, O Lord,  
and ever cry out their joy, and you shall dwell  
among them.

## THURSDAY

### Lent Weekday *or* Saint Frances of Rome, Religious

[OPTIONAL COMMEMORATION]

Entrance Antiphon

To my words give ear, O Lord; give heed to my  
sighs. Attend to the sound of my cry, my King and  
my God.

First Reading: Esther 4:17 I have no helper but you, Lord.

Responsorial Psalm

On the day I called, you answered me, O Lord.

Gospel Acclamation

Now, now – it is the Lord who speaks – come  
back to me with all your heart, for I am all  
tenderness and compassion.

Gospel: Matthew 7:7-12 The one who asks always  
receives.

Communion Antiphon

Everyone who asks, receives; and the one who  
seeks, finds; and to the one who knocks, the door  
will be opened.

## FRIDAY

### Lent Weekday

Entrance Antiphon

Set me free from my distress, O Lord. See my  
lowliness and suffering, and take away all my  
sins.

First Reading: Ezekiel 18:21-28: Am I likely to take  
pleasure in the death of a wicked man and not prefer  
to see him renounce his wickedness and live.

Response to the Psalm

If you, O Lord, should mark our guilt, Lord, who  
would survive?

Gospel Acclamation

Seek good and not evil so that you may live, and  
that the Lord God of hosts may really be with you.

Gospel: Matthew 5:20-26: Go and be reconciled with  
your brother first.

Communion Antiphon

As I live, says the Lord, I do not desire the death  
of the sinner, but rather that he turn back and  
live.

## SATURDAY

### Lent Weekday

Entrance Antiphon

The law of the Lord is perfect; it revives the soul.  
The decrees of the Lord are steadfast; they give  
wisdom to the simple.

First Reading: Deuteronomy 26:16-19: You will be a  
people consecrated to the Lord God.

Response to the Psalm

They are happy who follow God's law!

Gospel Acclamation

Blessed are those who, with a noble and generous  
heart, take the word of God to themselves and  
yield a harvest through their perseverance.

Gospel: Matthew 5:43-48: Be perfect as your heavenly  
Father is perfect.

Communion Antiphon

Be perfect, as your heavenly Father is perfect, says  
the Lord.