

focus on sunday

FIRST SUNDAY OF LENT 6th March 2022

Although we are strongly drawn to follow Jesus, we will experience strong conflicts and temptations to follow "other gospels". If we stay with Jesus in prayer and friendship we can overcome such conflicts.



It may be true to say that life at times is like being in the wilderness. Covid-19 and its effects have made our lives uncertain and fearful. For Jesus the wilderness was a place apart, lonely, dangerous, it was also a place to find God and his mission in life. It's something like that. Our wilderness now – is a place we are driven to, just as Jesus was by the spirit. However, we have been driven to our wilderness by restrictions, by changes in our life, by fear, frustration, boredom. But maybe we can see that there are also good things in this wilderness.

The wilderness was a place of joy for Jesus: The Angels looked after him. It's hard in the middle of covid and its effects. It's the same in other 'wilderness experiences' like the loss of love, of home, of a job, of money. We wonder will things ever change. And it can be hard to find the joy in bad times. It can be - but not always - found in deeper love, in care and in allowing ourselves to be cared for, in a renewal of faith in God. WE should ask ourselves - what is my wilderness at the moment? What do I find joy in? In his time, the wilderness engaged Jesus and he grew there in love and mission.

Donal Neary SJ (Editor, Sacred Heart Messenger)



he came down from heaven, All bow for following three lines: 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.

LITURGY OF THE EUCHARIST

Pray brothers and sisters,
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 OFFERINGS
 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.

AFTER THE CONSECRATION
The mystery of faith.
We proclaim your Death, O Lord, and profess your Resurrection until you come again.

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

PRAYER AFTER COMMUNION
 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.

SECOND READING *Romans 10: 8-13*

A reading from the letter of St Paul to the Romans
 Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

The word of the Lord. Thanks be to God.

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 *Luke 4:1-13*

A reading from the holy Gospel according to Luke.
 Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.' Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says:

You must worship the Lord your God and serve him alone.'
 Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says:

He will put his angels in charge of you to guard you, and again: They will hold you up on their hands in case you hurt your foot against a stone.'
 But Jesus answered him, 'It has been said: You must not put the Lord your God to the test.' Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

The Gospel of the Lord. Praise to you, Lord Jesus Christ
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

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.

PENITENTIAL ACT

You raise the dead to life in the Spirit:
 Lord, have mercy. **Lord, have mercy.**
 You bring pardon and peace to the sinner:
 Christ, have mercy. **Christ, have mercy.**
 You bring light to those in darkness:
 Lord, have mercy. **Lord, have mercy.**
 May almighty God have mercy on us.**Amen.**



OPENING PRAYER

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.

LITURGY OF THE WORD

FIRST READING *Deuteronomy 26:4-10*

A reading from the Book of Deuteronomy.
 Moses said to the people: 'The priest shall take the pannier from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and out-stretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM *Ps 90:1-2.10-15*

R. Be with me, O Lord, in my distress.

1. He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: 'My refuge, my stronghold, my God in whom I trust!' **[R]**
2. Upon you no evil shall fall no plague approach where you dwell. For you has he commanded his angels, to keep you in all your ways. **[R]**
3. They shall bear you upon their hands lest you strike your foot against a stone. On the lion and the viper you will tread and trample the young lion and the dragon. **[R]**
4. His love he set on me, so I will rescue him; protect him for he knows my name. When he calls I shall answer: 'I am with you.' I will save him in distress and give him glory. **[R]**

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