

THE PARISH CHURCH OF ALL SAINTS, UPPER TWICKENHAM

1<sup>ST</sup> SUNDAY



PARISH MASS

*[www.allsaintstwickenham.co.uk](http://www.allsaintstwickenham.co.uk)*

## LENT

The 40 days of Lent, which precedes Easter is based on two Biblical accounts: the 40 years of wilderness wandering by the Israelites and our Lord's 40 days in the wilderness at which point He was tempted by Satan.

Each year the Church observes Lent where we, like Israel and our Lord, are tested. We participate in abstinence, times of fasting, confession and acts of mercy to strengthen our faith and devotional disciplines. The goal of every Christian is to leave Lent a stronger and more vital person of faith than when we entered.

The Catechism of the Catholic Church states, "The seasons and days of penance in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies and pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works)." (CCC 1438).

**REMEMBER !** Sundays are always of the Resurrection, and so the fast does not apply on this day!

## SILENCE BEFORE MASS!

To emphasise the Stark character of Lent, please keep **ABSOLUTE SILENCE** in church when the Church Bell rings at **5 minutes** before the service.

## SOME PRAYERS TO USE BEFORE MASS

Receive, O Holy Trinity, One God, this Holy Sacrifice of the Body and Blood of our Lord Jesus Christ, which I, Your unworthy servant, desire now to offer to Your Divine Majesty by the hands of this Your minister, with all the Sacrifices which have ever been or will be offered to You, in union with that most Holy Sacrifice offered by the same Christ our Lord at the Last Supper, and on the Altar of the Cross.

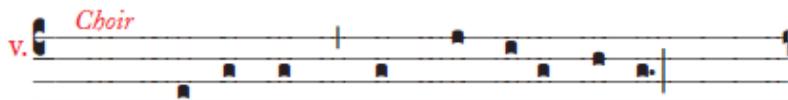
I offer it to You with the utmost affection of devotion, out of pure love for Your infinite goodness, and according to the most holy intention of the same Christ our Lord, and of our Holy Mother the Church.

O God, almighty and merciful, grant us through this Holy Sacrifice, joy and peace, a holier life, time to do penance, grace and consolation of the Holy Spirit, and perseverance in good works. Amen.

Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden;  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
so that we may truly love you  
and worthily praise your holy name;  
through our Saviour, Jesus Christ.  
Amen

INTROIT - PLEASE JOIN WITH THE ANTIPHON AND VERSES,  
IGNORE THE MARKINGS ABOUT CANTOR AND CHOIR

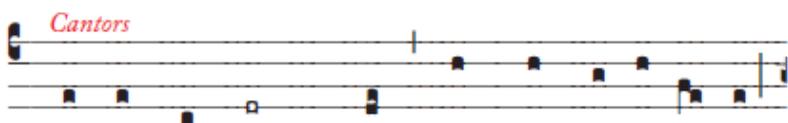
LENT PROSE *Attende, Dómine*



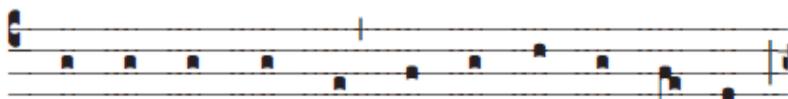
**H**EAR us, O LORD, \* have mer- cy up- on us:



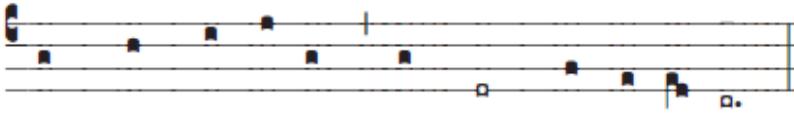
for we have sin- ned a- gainst thee. (*Repeat after each verse*)



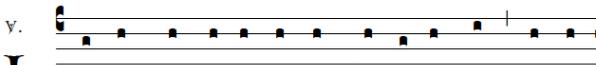
1. To thee, Re- deem- er, on thy throne of glo- ry:
2. O Thou chief Cor- ner- stone, Right Hand of the Fa- ther:
3. God, we im- plore thee, in thy glo- ry sea- ted:
4. Sins oft com- mit- ted now we lay be- fore thee:
5. In- no- cent, cap- tive, ta- ken un- re- sis- ting:



lift we our weep- ing eyes in ho- ly plead- ings:  
Way of Sal- va- tion, Gate of Life Ce- les- tial:  
bow down and hear- ken to thy weep- ing chil- dren:  
with true con- tri- tion, now no more we veil them:  
false- ly ac- cused, and for us sin- ners sen- tenced,



lis- ten O Je- su, to our sup- pli- ca- tions.  
 cleanse thou our sin- ful souls from all de- file- ment.  
 pi- ty and par- don all our griev- ous tres- pas- ses.  
 grant us, Re- dee- mer, lov- ing ab- so- lu- tion.  
 save us, we pray thee, Je- su our Re- dee- mer.



**I**N the name of the Fa-ther, and of the Son, and of

the Ho-ly Spir- it. *R.* A-men. *V.* The Lord be with you.

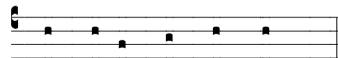
*R.* And with your spir- it.

### PENTENTIAL PROCESSION

*The Celebrant introduces the celebration, please follow behind the Altar party for the procession.*

### THE LITANY

God the Father,



have mer- cy up - on us.

God the Son,

have mercy upon us.

God the Holy Spirit,

have mercy upon us.

Holy, blessed and glorious Trinity,

have mercy upon us.

From all evil and mischief;  
from pride, vanity and hypocrisy;  
from envy, hatred and malice;

and from all evil intent,



**Good Lord, de-liver us.**

From sloth, worldliness and love of money;  
from hardness of heart  
and contempt for your word and your laws,

**Good Lord, deliver us.**

From sins of body and mind;  
from the deceits of the world, the flesh and the devil,

**Good Lord, deliver us.**

In all times of sorrow;  
in all times of joy;  
in the hour of death,  
and at the day of judgement,

**Good Lord, deliver us.**

Govern and direct your holy Church;  
fill it with love and truth;  
and grant it that unity which is your will.

**Hear us, good Lord.**

Give us boldness to preach the gospel in all the world,  
and to make disciples of all the nations.

**Hear us, good Lord.**

Enlighten JONATHAN our Bishop and all who minister  
with knowledge and understanding,  
that by their teaching and their lives they may proclaim your word.

**Hear us, good Lord.**

Give your people grace to hear and receive your word,  
and to bring forth the fruit of the Spirit.

**Hear us, good Lord.**

Bring into the way of truth all who have erred  
and are deceived.

**Hear us, good Lord.**

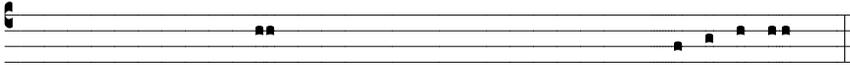
Strengthen those who stand;  
comfort and help the faint-hearted;  
raise up the fallen;

and finally beat down Satan under our feet.



**Hear us, good Lord.**

Give us true repentance;  
forgive us our sins of negligence and ignorance  
and our deliberate sins;  
and grant us the grace of your Holy Spirit  
to amend our lives according to your holy word.



Holy God, holy and strong, holy and immortal, have mercy upon us.

*THE COLLECT*

**G**rant, 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.**

## THE LITURGY OF THE WORD

*SIT*

**First reading**

*Genesis 9, 8-15*

The Word of the Lord

**Thanks be to God.**

RESPONSORIAL PSALM

Second reading

1 Peter 3:18-22

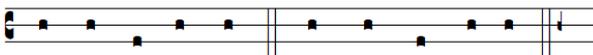
The Word of the Lord  
Thanks be to God.

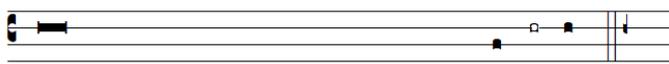
GOSPEL ACCLAMATION  
*STAND*

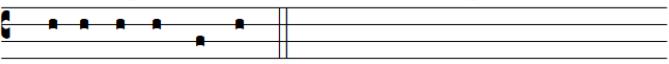
**P**raise to you, O Christ our Saviour,  
Word of the Father calling us to Life.  
Son of God, who leads us to Freedom  
Glory to you, Lord Jesus Christ.

THE HOLY GOSPEL

Mark 1 12-15

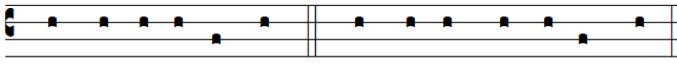
v.   
**T** He Lord be with you. R. And with your spir- it.



v. A reading from the holy Gospel according to N. 

R. Glo-ry to you, O Lord.

At the end the reader sings or says:



v. The Gos-pel of the Lord. R. Praise to you, Lord Je- sus Christ.

THE PROFESSION OF FAITH

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  
he came down from heaven,  
*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.

## THE PRAYER OF THE FAITHFUL

Lord, hear us

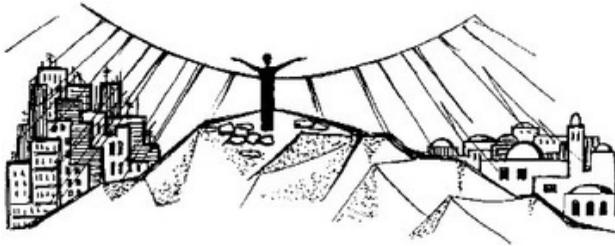
OR

Lord, in your mercy.

**Lord, graciously hear us.**

**Hear our prayer.**

Be pleased to hear us,  
**Lord, we ask you, hear our prayer.**



## THE LITURGY OF THE EUCHARIST

### THE PREPARATION OF THE ALTAR AND THE GIFTS

Saviour, when in dust to thee  
low we bow the adoring knee,  
when, repentant, to the skies  
scarce we lift our weeping eyes,  
O by all the pains and woes  
suffered once for man below,  
bending from thy throne on high,  
hear our solemn litany.

2. By thy helpless infant years,  
by thy life of want and tears,  
by thy days of sore distress  
in the savage wilderness,  
by the dread mysterious hour  
of the insulting tempter's power,  
turn, O turn a favoring eye,  
hear our solemn litany.

3. By the sacred griefs that wept  
o'er the grave where Lazarus slept,  
by the boding tears that flowed  
over Salem's loved abode,  
by the anguished sigh that told  
treachery lurked within thy fold,  
from thy seat above the sky,  
hear our solemn litany.

4. By thine hour of dire despair,  
by thine agony of prayer,  
by the cross, the nail, the thorn,  
piercing spear, and torturing scorn,  
by the gloom that veiled the skies  
o'er the dreadful sacrifice,  
listen to our humble cry,  
hear our solemn litany.

By thy deep expiring groan,  
by the sad sepulchral stone,  
by the vault whose dark abode  
held in vain the rising God,  
O from earth to heaven restored,  
mighty, re-ascended Lord,  
listen, listen to the cry  
of our solemn litany.

Pray, my brothers and sisters, that this, 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.**

### THE PRAYER OVER THE OFFERINGS

#### PREFACE DIALOGUE

∿.

**T** He Lord be with you. R. And with your spir-it. ∿. Lift

up your hearts. R. We lift them up to the Lord. ∿. Let us give

thanks to the Lord our God. R. It is right and just.



*The priest continues with the preface until we sing:*

SANCTUS

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.

Blessed is he who comes in the name of the Lord.

Ho - san - na in the high - est. Ho - san - na in the high - est.

We all **KNEEL** as the Celebrant continues with the Eucharistic Prayer. After the Lord's words are said over the bread and the cup we use the following response:

**T** He mys-ter-y of faith.

**R.** We pro-claim your death, O Lord, and pro-fess your Res-ur-  
rec-tion un-til you come a-gain.

At the end of prayer we all sing:  
**Amen.**

THE LORD'S PRAYER  
STAND

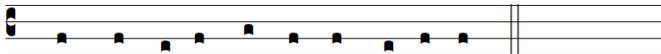
At the Saviour's command and formed by divine teaching, we dare to say:

**Our Father, Who art in heaven  
Hallowed be Thy Name;  
Thy kingdom come,  
Thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**

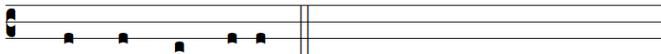
Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour Jesus Christ.

**For the Kingdom, the power and the glory are yours now and for ever.**

Lord Jesus Christ, who said to your apostles: peace I leave you, my peace I give you. Look not on our sins but on the faith of your Church and graciously grant her peace and unity in accordance with your will, who live and reign for ever and ever. **Amen.**

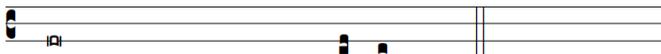


∇. The peace of the Lord be with you always.



℞. And with your spirit.

*Then, if appropriate, the Deacon, or the Priest, adds:*



∇. Let us offer each other the sign of peace.

AGNUS DEI

Lamb of God, \* you take a - way the sins of the world,  
have\_\_ mer - cy on us. have\_\_ mer - cy on us.\_\_\_\_

Lamb of God, \* you take a - way the sins of the world,  
have\_\_ mer - cy on us. have\_\_ mer - cy on us.\_\_\_\_

Lamb of God, \* you take a - way the sins of the world,  
grant\_\_ us\_\_ peace. grant\_\_ us\_\_ peace.\_\_\_\_

COMMUNION

Behold the Lamb of God, behold him who takes away the sin of the world.  
Blessed are those who are called to the supper of the lamb.

**Lord, I am not worthy that you should enter under my roof, but  
only say the word and my soul shall be healed.**

*When offered the Host and the Chalice or when given a blessing the response is always:*  
**Amen.**

DURING HOLY COMMUNION

Lord Jesus, think on me,  
and purge away my sin;  
from earth-born passions set me free,  
and make me pure within.

2. Lord Jesus, think on me,  
with care and woe oppressed;  
let me thy loving servant be,  
and taste thy promised rest.

3. Lord Jesus, think on me,  
nor let me go astray;  
through darkness and perplexity  
point thou the heavenly way.

4. Lord Jesus, think on me,  
that, when the flood is passed,  
I may the eternal brightness see,  
and share thy joy at last.

5. Lord Jesus, think on me,  
that I may sing above  
to Father, Holy Ghost and thee  
the songs of praise and love.

PRAYER AFTER COMMUNION

THE CONCLUDING RITE

BLESSING

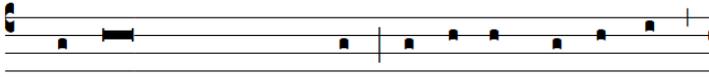


**T** He Lord be with you. R. And with your spir- it.

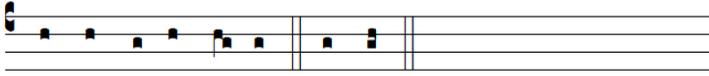
Pour out a spirit of compunction, O God,  
on those who bow before your majesty,  
and by your mercy may they merit the rewards you promise to those who do  
penance.

Through Christ our Lord.

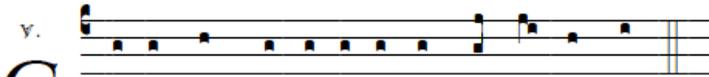
**Amen.**



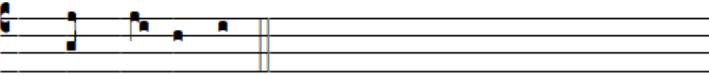
v. May almighty God bless you, the Fa-ther, and the Son, ✠



and the Ho-ly Spir-it. R. A-men.



**G** O in peace, glo-ri-fy-ing the Lord by your life.



R. Thanks be to God.

FINAL HYMN

**F**orty days and forty nights  
thou wast fasting in the wild;  
forty days and forty nights  
tempted, and yet undefiled.

Should not we thy sorrow share  
and from worldly joys abstain,  
fasting with unceasing prayer,  
strong with thee to suffer pain?

And if Satan vexing sore.  
Jesus, Saviour, hear our call!  
Victor in the wilderness,  
grant we may not faint or fall!

So shall we have peace divine:  
holier gladness ours shall be;  
round us, too, shall angels shine,  
such as ministered to thee.

Keep, O keep us, Saviour dear,  
ever constant by thy side;  
that we thee we may appear  
at the eternal Eastertide.