

EUCCHARISTIC PRAYER I - Roman Canon - see Mass book page 13
Acclamation after the consecration - see Mass book page 17 or 18
The Lord's Prayer - see Mass book page 20 or 21.
Agnus Dei is taken from the mass by Lasso

K COMMUNION ANTIPHON

Qui biberit aquam, quam ego dabo ei, *If anyone will drink the water which I shall*
 dicit Dominus (Samaritanae), fiet in eo *give, says the Lord, a fountain will spring*
 fons aquae salientis in vitam aeternam. *up within him bringing eternal life.*



Offertory Motet “Justitiae Domini rectae” by Palestrina”

“The justices of the Lord are right, rejoicing hearts, and His judgments are sweeter than honey and the honey-comb: for Thy servant keepeth them.”

L POST COMMUNION PRAYER

Sumentes pignus caelestis arcani, et in terra positi iam superno pane satiati, te, Domine, supplices deprecamur, ut, quod in nobis mysterio geritur, opere impleatur. Per Christum Dominum nostrum. Amen.

We who receive the pledge of the heavenly secret, and are satisfied by bread from heaven even while here on the earth, humbly pray Thee, O Lord, that what is done within us by Thy sacrament may be fulfilled in what we do.

After the Postcommunion Prayer, throughout the season of Lent, the Celebrant blesses the people with another prayer, after the Deacon invites us to:

Humiliate capita vestra Deo

Bow your heads to God

PRAYER OVER THE PEOPLE

Rege, Domine, quaesumus, tuorum corda fidelium, et servis tuis hanc gratiam largire propitius, ut in tui et proximi dilectione manentes plenitudinem mandatorum tuorum adimpleant. Per Christum Dominum nostrum. Amen

Rule, we beseech Thee, O Lord, the hearts of Thy faithful, and mercifully grant Thy servants this grace, that as they continue in love of Thee and of their neighbour, they may faithfully fulfil Thy commandments.

**YOU ARE REMINDED THAT VESPERS AND BENEDICTION
 WILL BE SUNG HERE TONIGHT AT 7.30 P.M.
 YOU ARE WELCOME TO TAKE THIS SHEET HOME
 PLEASE DO NOT REMOVE THE MASS BOOK**

THIRD SUNDAY OF LENT

A INTROIT

Oculi mei semper ad Dominum, quia ipse evellet de laqueo pedes meos: respice in me, et miserere mei, quoniam unicus et pauper sum ego. *Psalm.* Ad te Domine levavi animam meam: Deus meus, in te confido, non erubescam.



My eyes are ever towards the Lord: for He shall pluck my feet out of the snare: look Thou upon me, and have mercy on me; for I am alone and poor. Psalm. To Thee, O Lord, have I lifted up my soul in Thee, O my God, I put my trust, let me not be ashamed.

Introductory rite-see Mass book page 3.

Kyrie from Missa “Qual Donna” by Orlando di Lasso (1532-1594)

B COLLECT

Deus, omnium misericordiarum et totius bonitatis auctor, qui peccatorum remedia in ieiuniis, orationibus et eleemosynis demonstrasti, hanc humilitatis nostrae confessionem propitius intueri, ut, qui inclinamur conscientia nostra, tua semper misericordia sublevemur. Per Dominum nostrum Jesum Christum....Per omnia saecula saeculorum. Amen.

O God, the author of all mercies and of everything good, who hast shown us that fasting, prayer and almsgiving are the remedies for sin, favourably look upon this our humble confession, so that we who are bowed down by our consciousness of sin, may always be uplifted by Thy mercy.

C First Reading is taken from the book of Exodus.

Tormented by thirst, the people complained against Moses. Why did you bring us out of Egypt? they said. Was it so that I should die of thirst, my children too, and my cattle? Moses appealed to the Lord. How am I to deal with this people? he said. A little more and they will stone me! The Lord said to Moses, Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink. This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, Is the Lord with us, or not?
 Verbum Domini. **R. Deo gratias.**

D GRADUAL

Exsurge, Domine, non praevaleat hominibus iudicentur gentes in conspectu tuo. **V.** In convertendo inimicum meum retrorsum, infirmabuntur, et peribunt a facie tua.

Arise, O Lord, let no man be strengthened; let the nations be judged in Thy sight. V. When my enemy shall be turned back, they shall be weakened and perish before Thy face.

E Second Reading is taken from St. Paul's epistle to the Romans.

Through our Lord Jesus Christ by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. This hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man - though of course for someone really worthy, a man might be prepared to die - but what proves that God loves us is that Christ died for us while we were still sinners.
 Verbum Domini. **R. Deo gratias.**

TRACT

Ad te levavi oculos meos, qui habitas in caelis. Ecce sicut oculi servorum in manibus dominorum suorum: Et sicut oculi ancillae in manibus dominae suae: Ita oculi nostri Domini Deum nostrum, donec miseretur nostri. Miserere nobis Domine, miserere nobis.

To Thee have I lifted up my eyes, who dwellest in heaven. Behold as the eyes of servants are on the hands of their masters. And as the eyes of the handmaid are on the hands of her mistress: so are our eyes unto the Lord our God, until He have mercy on us. Have mercy on us, O Lord, have mercy on us.

GOSPEL—A reading from the Holy Gospel according to St. John.

At that time: Jesus came to a city of Samar'ia, called Sy'char, near the field that Jacob gave to his son Joseph. Jacob's well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour. There came a woman of Samar'ia to draw water. Jesus said to her, "Give me a drink." For his disciples had gone away into the city to buy food. The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samar'ia?" For Jews have no dealings with Samaritans. Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Every one who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, that I may not thirst, nor come here to draw." Jesus said to her, "Go, call your husband, and come here." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and he whom you now have is not your husband; this you said truly." The woman said to him, "Sir, I perceive that you are a prophet. Our fathers worshipped on this mountain; and you say that in Jerusalem is the place where men ought to worship." Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshippers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming (he who is called Christ); when he comes, he will show us all things." Jesus said to her, "I who speak to you am he." Just then his disciples came. They marvelled that he was talking with a woman, but none said, "What do you wish?" or, "Why are you talking with her?" So the woman left her water jar, and went away into the city, and said to the people, "Come, see a man who told me all that I ever did. Can this be the Christ?" They went out of the city and were coming to him. Meanwhile the disciples besought him, saying, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Has any one brought him food?" Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work. Do you not say, 'There are yet four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are already white for harvest. He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labour; others have laboured, and you have entered into their labour." Many Samaritans from that city believed in him because of the woman's testimony, "He told me all that I ever did." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of your words that we believe, for we have heard for ourselves, and we know that this is indeed the Saviour of the world."

Verbum Domini. **R. Laus tibi Christe.**

CREDO I—see Mass book page 25 or 26.

At the end of the Bidding Prayers we sing this prayer to Our Lady (see next page)

We fly to thy protection, O holy Mother of God. Despise not our petitions in our necessities, but deliver us from all dangers, O ever glorious and blessed Virgin.

Offertory motet:
"Peccantem me" by
Giovanni Pierluigi da

Palestrina (1525-1594) *As I continue sinning each day, and not repenting, the fear of death disturbs me. Since there is no redemption in hell, O God, have mercy on me. and save me.*

PRAYER OVER THE GIFTS

His sacrificiis, Domine, concede placatus, ut, qui propriis oramus absolvi delictis, fraterna dimittere studeamus.

Graciously grant us, we beseech Thee, O Lord, that we who pray to be set free from our own sins, may strive to forgive our brethren.

PREFACE

Vere dignum et iustum est, aequum et salutare, nos tibi semper et ubique gratias agere: Domine, sancte Pater, omnipotens aeternae Deus: per Christum Dominum nostrum. Qui dum aquae sibi petit potum a Samaritana praeberi, iam in ea fidei donum ipse creaverat, et ita eius fidem sitire dignatus est, ut ignem in illa divini amoris accenderet. Unde et nos tibi gratias agimus, et tuas virtutes cum Angelis praedicamus, dicentes:

It is truly meet and right and incumbent upon us for our salvation that we should always and everywhere give thanks unto Thee, O Lord, holy Father, Almighty everlasting God, through Christ Our Lord. When He asked the Samaritan woman to give Him water to drink, He had already created within her the gift of faith, and such was His thirst for her faith that He set her on fire with divine love. Wherefore, we also give Thee thanks, and together with the angels proclaim Thy powerful deeds as we say:

Sanctus
from
plainsong
Mass
XVII

San- ctus, * San- ctus, San- ctus Dóminus De- us Sá- ba- oth. Ple- ni sunt cœ- li et ter- ra gló- ri- a tu- a. Ho- sánna in excél- sis. Bene- díctus qui ve- nit in nó- mi- ne Dómini. Ho- sánna in excél- sis.