

ENTRANCE ANTIPHON

Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.

GREETING

In the name of the Father**Amen.**
The Lord be with you. **And with your spirit.**

PENITENTIAL ACT

Have mercy on us, O Lord.

For we have sinned against you.

Show us, O Lord, your mercy.

And grant us your salvation.

May almighty God have mercy on us....

Amen.

Lord, have mercy. **Lord, have mercy.**
Christ, have mercy. **Christ, have mercy.**
Lord, have mercy. **Lord, have mercy.**

OPENING PRAYER

O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come. 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.

LITURGY OF THE WORD**FIRST READING**

2 Chronicles 36:14-16. 19-23

A reading from the 2nd book of Chronicles.

All the heads of the priesthood, and the people too, added infidelity to infidelity, copying all the shameful practices of the nations and defiling the Temple that the Lord had consecrated for himself in Jerusalem. The Lord, the God of their ancestors, tirelessly sent them messenger after messenger, since he wished to spare his people and his house. But they ridiculed the messengers of God, they despised his words, they laughed at his prophets, until at last the wrath of the Lord rose so high against his people that there was no further remedy.

Their enemies burned down the Temple of God, demolished the walls of Jerusalem, set fire to all its palaces, and destroyed everything of value in it. The survivors were deported by Nebuchadnezzar to Babylon; they were to serve him and his sons until the kingdom of Persia came to power. This is how the word of the Lord was fulfilled that he spoke through Jeremiah, 'Until this land has enjoyed its sabbath rest, until seventy years have gone by, it will keep sabbath throughout the days of its desolation.'

And in the first year of Cyrus king of Persia, to fulfil the word of the Lord that was spoken through Jeremiah, the Lord roused the spirit of Cyrus king of Persia to issue a proclamation and to have it publicly displayed throughout his

kingdom: 'Thus speaks Cyrus king of Persia, "The Lord, the God of heaven, has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up." '

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM Ps. 136:1-6

R. O let my tongue cleave to my mouth if I remember you not!

1. By the rivers of Babylon there we sat and wept, remembering Zion;
on the poplars that grew there we hung up our harps. **(R)**

2. For it was there that they asked us, our captors, for songs, our oppressors, for joy. 'Sing to us,' they said, 'one of Zion's songs.' **(R)**

3. O how could we sing the song of the Lord on alien soil?
If I forget you, Jerusalem, let my right hand wither **(R)**

4. O let my tongue cleave to my mouth if I remember you not, if I prize not Jerusalem above all my joys! **(R)**

**SECOND READING Ephesians 2:4-10**

A reading from the letter of St. Paul to the Ephesians

God loved us with so much love that he was generous with his mercy: when we were dead through our sins, he brought us to life with Christ - it is through grace that you have been saved - and raised us up with him and gave us a place with him in heaven, in Christ Jesus.

This was to show for all ages to come, through his goodness towards us in Christ Jesus, how infinitely rich he is in grace. Because it is by grace that you have been saved, through faith; not by anything of your own, but by a gift from God; not by anything that you have done, so that nobody can claim the credit. We are God's work of art, created in Christ Jesus to live the good life as from the beginning he had meant us to live it.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Glory and praise to you, O Christ! God loved the world so much that he gave his only Son; everyone who believes in him has eternal life. Glory and praise to you, O Christ!

GOSPEL John 3:14-21

A reading from the holy Gospel according to John

Jesus said to Nicodemus: 'The Son of Man must be lifted up as Moses lifted

up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.

For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.

No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son.

On these grounds is sentence pronounced: that though the light has come into the world men have shown they prefer darkness to the light because their deeds were evil.

And indeed, everybody who does wrong hates the light and avoids it, for fear his actions should be exposed; but the man who lives by the truth comes out into the light, so that it may be plainly seen that what he does is done in God. '

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 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.



(Laetare Sunday)

Jesus offers a message of hope and salvation to the whole world.



Moses lifted up the serpent in the desert



A Christian should never look like someone who has just come back from a funeral! We traditionally think of Lent as a time of penance, fasting and prayer and can't wait for it to end. We rarely see it as a time of joy. But Lent is based on our belief that

we live, every moment of our lives, in the knowledge that we are loved, infinitely and unconditionally, by God. Gratitude is the only foundation on which we can build an authentic relationship with God. And so, like Jesus, who spent forty days in the desert, discerning God's will for him and rejecting the temptations which would divert him from doing God's will, we too, in gratitude for being loved by God, reflect during Lent on God's will for us. Like Jesus, we are all surrounded by many temptations, which can, subtly and unsuspectingly, divert us from doing God's will. *"Whenever our interior life becomes caught up in its own interests and concerns, there is no longer room for others, no place for the poor. God's voice is no longer heard, the quiet joy of his love is no longer felt, and the desire to do good fades."* (The Joy of the Gospel, Ch 1 v 2). Laetare (meaning: rejoice) Sunday is a reminder that our penance, fasting and prayer, in the search for God's will, is always a time of rejoicing, as we allow the Spirit to challenge us and lead us to a closer relationship with God.

Fr. Peter McVerry

Jesus' Story

Fr. Liam Hickey

Jesus tells us today that God The Father loves our world with all its beauty, the stars, the sea, the mountains, the rivers and all animals and fish that live there. We, God's Children, are His greatest creation. Sometimes we forget God and we begin to fight with each other and disrespect our world. When we talk to Jesus His Spirit always helps us to notice God's gifts, like family, friends and the people that keep roads and parks tidy and bright.

PRAYER OVER THE OFFERINGS

We place before you with joy these offerings, which bring eternal remedy, O Lord, praying that we may both faithfully revere them and present them to you, as is fitting, for the salvation of all the world. Through Christ our Lord.

EUCCHARISTIC PRAYER

The Lord be with you. **And with your spirit.**
Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right and just.

AFTER THE CONSECRATION

The mystery of faith.

Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

THE SIGN OF PEACE

The peace of the Lord be with you always.

And with your spirit.

INVITATION TO HOLY COMMUNION

Behold the Lamb of God,

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

COMMUNION ANTIPHON

Jerusalem is built as a city bonded as one together. It is there that the tribes go up, the tribes of the Lord, to praise the name of the Lord.

PRAYER AFTER COMMUNION

O God, who enlighten everyone who comes into this world, illuminate our hearts, we pray, with the splendour of your grace, that we may always ponder what is worthy and pleasing to your majesty and love you in all sincerity. Through Christ our Lord.

PRAYER OVER THE PEOPLE

Look upon those who call to you, O Lord, and sustain the weak; give life by your unfailing light to those who walk in the shadow of death, and bring those rescued by your mercy from every evil to reach the highest good. Through Christ our Lord.

CONCLUDING RITE

The Lord be with you. **And with your spirit.**

May the blessing of almighty God, the Father, and the Son, ✠ and the Holy Spirit, come down on you and remain with you for ever. **Amen.**

Go in peace. **Thanks be to God.**