

ST. HELENA'S
LENTEN CELEBRATION
CYCLE C
1st WEEK OF LENT

EUCCHARIST EXPOSITION AND BENEDICTION WITH EVENING PRAYER

Celebrant: O God, come to my assistance.

Congregation: O Lord, make haste to help us.

All: Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and will be forever. Amen

EXPOSITION: The following is sung as the celebrant exposes the Holy Sacrament.

1. **O saving Victim, open wide
The gate of heav'n to us below
Our foes press on from ev'ry side;
Your aid supply, your strength bestow.**
2. **To your great name be endless praise,
Immortal Godhead, One in Three;
Grant us, for endless length of days,
In our true native land to be. Amen**

After exposition, the sacrament is incensed.

Hymn: The Glory of These Forty Days

EVENING PRAYER: The responses will be antiphonal. The first response will be on the right side of the church and will alternate thereafter.

ANTIPHON 1

Leader: Worship your Lord and God; serve him alone.

Response: (right side) The Lord's revelation to my Master:
"Sit on my right:
your foes I will put beneath my feet."

(left side) The Lord will wield from Zion
your scepter of power:
rule in the midst of all your foes.

(rs) A prince from the day of your birth
on the holy mountains;
from the womb before the dawn I begot you.

- (ls) The Lord has sworn an oath he will not change.
"You are a priest for ever,
a priest like Melchizedek of old."
- (rs) The Master standing at your right hand
will shatter kings in the day of his great wrath.
- (ls) He shall drink from the stream by the wayside
and therefore he shall lift up his head.
- (all) Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now and will be forever. Amen

Celebrant: Father, we ask you to give us victory and peace. In Jesus Christ, our Lord and King, we are already seated at your right hand. We look forward to praising you in the fellowship of all your saints in our heavenly homeland.

All: Worship your Lord and God; serve him alone.

ANTIPHON 2

Leader: This is the time when you can win God's favor, the day when you can be saved.

- Response:** (rs) When Israel came forth from Egypt,
Jacob's sons from an alien people,
Judah became the Lord's temple,
Israel became his kingdom.
- (ls) The sea fled at the sight:
the Jordan turned back on its course,
the mountains leapt like rams
and the hills like yearling sheep.
- (rs) Why was it, sea, that you fled,
that you turned back, Jordan, on your course?
Mountains, that you leapt like rams,
hills, like yearling sheep?
- (ls) Tremble, O earth, before the Lord,
in the presence of the God of Jacob,
who turns the rock into a pool
and flint into a spring of water.

(all) Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now and will be forever. Amen

Celebrant: Almighty God, ever-living mystery of unity and trinity, you gave life to the new Israel by birth from water and the Spirit, and made it a chosen race, a royal priesthood, a people set apart as your eternal possession. May all those you have called to walk in the splendor of the new light render you fitting service and adoration.

All: This is the time when you can win God's favor, the day when you can be saved.

ANTIPHON 3

Leader: Now we must go up to Jerusalem where all that has been written about the Son of Man will be fulfilled.

Response: (rs) Christ suffered for you,
and left you an example
to have you follow in his footsteps.

(ls) He did no wrong;
no deceit was found in his mouth.
When he was insulted
he returned no insult.

(rs) When he was made to suffer,
he did not counter with threats.
Instead he delivered himself up
to the One who judges justly.

(ls) In his own body
he brought your sins to the cross,
so that all of us, dead to sin,
could live in accord with God's will.
By his wounds you were healed.

(all) Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now and will be forever. Amen

All: Now we must go up to Jerusalem where all that has been written about the Son of Man will be fulfilled.

READING:

Reader: A reading from The Book of Deuteronomy:
(Deuteronomy 26:4-10) The Word of the Lord.

All: Thanks be to God.

RESPONSORY:

Leader: Listen to us, O Lord, and have mercy, for we have sinned
against you.

All: Listen to us, O Lord, and have mercy, for we have sinned
against you.

Leader: Christ Jesus, hear our humble petitions,

All: for we have sinned against you.

Leader: Glory to the Father, and to the Son, and to the Holy Spirit,

All: Listen to us, O Lord, and have mercy, for we have sinned
against you.

HOMILY: Celebrant

ADORATION: (There will be a period of silent adoration before the Blessed Sacrament)

CANTICLE OF MARY: (ALL STAND)

Leader: Man cannot live on bread alone, but by every word that comes from the mouth
of God.

All: My soul proclaims the greatness of the Lord,
My spirit rejoices in God my Savior
For he has looked with favor on his lowly servant.

From this day all generations will call be blessed:
The Almighty has done great things for me,
And holy is his Name.

He has mercy on those who fear him
In every generation.

He has shown the strength of his arm,
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
And has lifted up the lowly.

He has filled the hungry with good things,
And the rich he has sent away empty.

He has come to the help of his servant Israel
For he has remembered his promise of mercy,
The promise he made to our fathers,
To Abraham and his children for ever.

All: Glory to the Father, and to the Son, and to the Holy Spirit,
As it was in the beginning, is now and will be forever. Amen

All: Man cannot live on bread alone but by every word that comes from the mouth
of God.

INTERCESSIONS:

Celebrant: Let us give glory to Christ the Lord, who became our teacher and example
and our brother. Let us pray to him saying:

All: Lord, fill your people with your life.

Leader: Lord Jesus, you became like us in all things but sin; teach us how to share
with others their joy and sorrow.

All: that our love may grow deeper every day. .

Leader: Help us to feed you in feeding the hungry,

All: and to give you drink in giving drink to the thirsty.

Leader: You raised Lazarus from the sleep of death,

All: grant that those who have died the death of sin may rise again through faith
and repentance..

Leader: Inspire many to follow you with greater zeal and perfection,

All: through the example of the blessed Virgin Mary and the saints.

Leader: Let the dead rise in your glory

All: to enjoy your love forever.

Celebrant: Let us pray to the Father in the Words that Jesus gave us:

All: 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. Amen.

BENEDICTION: (All kneel)

1. Down in adoration falling,
This great Sacrament we hail;
Over ancient forms of worship
Newer rites of grace prevail;
Faith will tell us Christ is present,
When our human senses fail.
2. To the everlasting Father,
And the Son who made us free,
And the Spirit, God proceeding
From them Each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen

Celebrant: You have given them Bread from heaven.

All: Having all sweetness within it.

Celebrant: Lord Jesus Christ, you gave us the eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood, help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God, forever and ever. Amen.

The celebrant then blesses the people with the Eucharist.

The celebrant then reposes the blessed sacrament in the tabernacle and genuflects. The following is said during this time;

All: Blessed be God.

Blessed be his Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

**May the heart of Jesus, in the most Blessed Sacrament
be praised, adored and loved, with grateful affection
at every moment, in all the tabernacles of the world
even to the end of time. Amen.**

Celebrant: Let us pray:

Father, through observance of Lent,
help us to understand the meaning
of your Son's death and resurrection,
and teach us to reflect it in our lives,
grant this through our Lord, Jesus Christ,
who lives and reigns with you, and the
Holy Spirit, one God, for ever and ever.
Amen.

**All: Holy God, we praise thy name;
Lord of all, we bow before thee;
All on earth thy scepter claim,
All in heaven above adore thee.
Infinite thy vast domain,
Everlasting is thy reign!**

**Infinite thy vast domain,
Everlasting is thy reign!**

Thank you for taking time to share Evening Prayer with us. May God's blessing go with you throughout this coming week!