

**ST. HELENA'S**  
**LENT CELEBRATION**  
**CYCLE C**  
**2<sup>nd</sup> 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:** In holy splendor the Lord will send forth your mighty scepter from Zion.

**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.



- (Is) 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.
- (Is) 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:** Almighty God, bring the kingdom of Christ, your anointed one, to  
its fullness. May the perfect offering of your Son, eternal priest of the  
New Jerusalem, be offered in every place to your name and make all  
Nations a holy people for you.

**All:** In holy splendor the Lord will send forth your mighty scepter from Zion.

### ANTIPHON 2

**Leader:** We worship the one true God who made heaven and earth.

- Response:** (rs) Not to us, Lord, not to us,  
but to your name give the glory  
for the sake of your love and your truth,  
lest the heathen say: "Where is their God?"
- (Is) But our God is in the heavens;  
he does whatever he wills.  
Their idols are silver and gold,  
the work of human hands.
- (rs) They have mouths but they cannot speak;  
they have eyes but they cannot see;  
they have ears but they cannot hear;  
they have nostrils but they cannot smell.
- (Is) With their hands they cannot feel;  
with their feet they cannot walk.  
No sound comes from their throats.  
Their makers will come to be like them  
and so will all who trust in them.



(rs) Sons of Israel, trust in the Lord;  
he is their help and their shield.  
Sons of Aaron, trust in the Lord;  
he is their help and their shield.

(ls) You who fear him, trust in the Lord;  
he is their help and their shield.  
He remembers us, and he will bless us;  
He will bless the sons of Israel.  
He will bless the sons of Aaron.

(rs) The Lord will bless those who fear him,  
the little no less than the great:  
to you may the Lord grant increase,  
to you and all your children.

(ls) May you be blessed by the Lord,  
the maker of heaven and earth.  
The heavens belong to the Lord  
but the earth has been given to men.

(rs) The dead shall not praise the Lord,  
nor those who go down into the silence.  
But we who live bless the Lord  
now and forever. Amen

(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, creator and ruler of heaven and earth, you made man in your likeness to subdue the earth and master it, and to recognize the work of your hands in created beauty. Grant that your children, thus surrounded on all sides by signs of your presence, may live continually in Christ, praising you through him and with him.

**All:** We worship the one true God who made heaven and earth.

### ANTIPHON 3

**Leader:** God did not spare his own Son but gave him up for us all.

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



- (Is) He did no wrong;  
no deceit was found in his mouth.  
When he was insulted  
he returned to 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.
- (Is) 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:** God did not spare his own Son but gave him up for us all.

#### **READING:**

**Reader:** A reading from The Book of Genesis:  
(Genesis 15:5-12, 17-18) ..... 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:** Tell no one about the vision you have seen until the Son of Man has risen from the dead.

**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:** Tell no one about the vision you have seen until the Son of Man has risen the dead.

## **INTERCESSIONS:**

**Celebrant:** Let us give thanks continually to Christ, our teacher and our head, who came to serve and to do good to all. In humility and confidence let us ask him



**Leader:** Lord, be present to the bishops and priests of your Church, who share your role as head and shepherd,

**All:** may they lead your people to the Father under your guidance.

**Leader:** May your angel be with all who travel,

**All:** to keep them safe in soul and body.

**Leader:** Teach us to us to serve the needs of others,

**All:** and to be like you, who came to serve, not to be served.

**Leader:** Grant that in the human family, brother may always help brother,

**All:** so that, with your assistance, it may be a city compact and strong.

**Leader:** Have mercy on the dead,

**All:** bring them to a vision of your glory.

**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 of light,  
in you is found no shadow of change  
but only the fullness of life and limitless truth.  
Open our hearts to the voice of your Word  
and free us from the original darkness that shadows our vision.  
Restore our sight that we may look upon your Son  
who calls us to repentance and a change of heart,  
for he lives and reigns with you 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!**