

**ST. HELENA'S**  
**LENTEN CELEBRATION**  
**CYCLE C**  
**3rd WEEK OF LENT**



## **EUCCHARIST EXPOSITION AND BENEDICTION WITH EVENING PRAYER**

**Presider:** 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 presider exposes the Blessed 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:** Lord, all-powerful King, free us for the sake of your name. Give us time to turn from our sins.

**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

**Presider:** 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:** Lord, all-powerful King, free us for the sake of your name. Give us time to turn  
from our sins.

## ANTIPHON 2

**Leader:** We have been redeemed by the precious blood of Christ, the lamb without  
blemish.

**Response:** (rs) I will thank the Lord with all my heart  
in the meeting of the just and their assembly.  
Great are the works of the Lord;  
to be pondered by all who love them.

(ls) Majestic and glorious his work,  
his justice stands firm for ever.  
He makes us remember his wonders.  
The Lord is compassion and love.

(rs) He give food to those who fear him;  
keeps his covenant ever in mind.  
He has shown his might to his people  
by giving them the lands of the nations.

(ls) His works are justice and truth:  
his precepts are all of them sure,  
standing firm for ever and ever:  
they are made in uprightness and truth.



(rs) He has sent deliverance to his people  
and established his covenant forever.  
Holy his name to be feared.

(ls) To fear the Lord is the first stage of wisdom;  
all who do so prove themselves wise.  
His praise shall last 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

**Presider:** Merciful and gentle Lord, you are the crowning glory of all the saints.  
Give us, your children, the gift of obedience which is the beginning of  
wisdom, so that we may do what you command and be filled with  
your mercy.

**All:** We have been redeemed by the precious blood of Christ, the lamb without  
blemish.

### ANTIPHON 3

**Leader:** Ours were the sufferings he bore; ours the torments he endured.

**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.

(rs) 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:** Ours were the sufferings he bore; ours the torments he endured.

**READING:**

**Reader:** A reading from the Book of Exodus:  
(Exodus 3:1-8, 13-15) ..... 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 petition

**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: Presider**

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

**CANTICLE OF MARY: (ALL STAND)**

**Leader:** Whoever drinks the water that I shall give will never be thirsty again, says the Lord.

**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:** Whoever drinks the water that I shall give will never be thirsty again, says the  
Lord.

#### **INTERCESSIONS:**

**Presider:** 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 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 all the departed,



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

**Presider:** 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

**Presider:** You have given them Bread from heaven.

**All:** Having all sweetness within it.

**Presider:** 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 presider then blesses the people with the Eucharist.

The presider 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, adorned and loved, with grateful affection  
at every moment, in all the tabernacles of the world,  
even to the end of time. Amen

**Presider:** Let us pray:

Father,  
you have taught us to overcome our sins  
by prayer, fasting and works of mercy.  
When we are discouraged by our weakness,  
give us confidence in your love.  
We ask this through Christ our Lord. 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 and may his presence be more and more  
apparent to you as we draw near to his feast.