

**ST. HELENA'S**  
**LENTEN CELEBRATION**  
**CYCLE C**  
**5th 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:** As the serpent was lifted up in the desert, so the Son of Man must be lifted up.

**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

**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:** As the serpent was lifted up in the desert, so the Son of Man must be lifted up.

### ANTIPHON 2

**Leader:** The Lord of hosts protects us and sets us free; he guides and saves his people.

- 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.
- (Is) 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?
- (Is) 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



**Presider:** 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:** The Lord of hosts protects us and sets us free; he guides and saves his people.

### ANTIPHON 3

**Leader:** He was pierced for our offenses and burdened with our sins. By his wounds we are healed.

**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:** He was pierced for our offenses and burdened with our sins. By his wounds we are healed.

### **READING:**

**Reader:** A reading from the Holy Gospel according to John:  
(John 8:1-11) ..... The Gospel of the Lord.



**All:** Praise to you Lord Jesus Christ.

**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: Presider**

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

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

**Leader:** When I am lifted up from the earth, I will draw all people to myself.

**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:** When I am lifted up from the earth, I will draw all people to myself.

### **INTERCESSIONS:**

**Presider:** All praise to God the Father who brought his chosen people to rebirth from imperishable seed through his eternal Word. Let us ask him as his children:

**Leader:** God of mercy, hear the prayers we offer for all your people,

**All:** may they hunger for your word more than for bodily food.

**Leader:** Give us a sincere and active love for our own nation and for all mankind,

**All:** may we always work to build a world of peace and goodness.

**Leader:** Look with love on all to be reborn in baptism,

**All:** that they may be living stones in your temple of the Spirit.

**Leader:** You moved Nineveh to repentance by the preaching of Jonah,

**All:** in your mercy touch the hearts of sinners by the preaching of your word.

**Leader:** May the dying go in hope to meet Christ their judge,

**All:** may they rejoice for ever in 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 your kingdom where you live with the Father and the Holy Spirit, one God, for ever 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, adored 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,  
help us to be like Christ your Son,  
who loved the world and died for our salvation.  
Inspire us by his love,  
guide us by his example,  
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 and may his presence be more and more  
apparent to you as we draw near to Holy Week.**