

Friday, 3 March - Friday of the 1st Week of Lent  
Autumn Ember Day - *special day of Prayer & Penance*

**Entrance Antiphon:**

Set me free from my distress, O Lord.  
See my lowliness and suffering, and take away all my sins.

**Responsorial Psalm:** (4 Verses)

**(R.)** If you, O Lord, laid bare our guilt, who would endure it?

**The Gospel Acclamation & Verse:**

**Praise to you, Lord Jesus Christ, King of endless glory!**

Rid yourselves of all your sins  
and make a new heart and a new spirit.

**Praise to you, Lord Jesus Christ, King of endless glory!**

**Communion Antiphon:**

“As I live;” says the Lord, “I do not desire the death of the sinner,  
but rather that he turn back and live.”

Saturday, 4 March - Saturday of the 1st Week of Lent  
Saint Casimir

**Entrance Antiphon:**

The law of the Lord is perfect; it revives the soul.  
The decrees of the Lord are steadfast; they give wisdom to the simple.

**Responsorial Psalm:** (3 Verses)

**(R.)** Happy are they who follow the law of the Lord!

**The Gospel Acclamation & Verse:**

**Praise and honour to you, Lord Jesus Christ !**

This is the favourable time,  
this is the day of salvation.

**Praise and honour to you, Lord Jesus Christ !**

**Communion Antiphon:**

“Be perfect, as your heavenly Father is perfect;” says the Lord.

## St Catherine Labouré Gymea Parish



**The Confiteor**

I confess to Almighty God,  
and to you,  
my brothers and sisters,  
that I have greatly sinned.  
In what I have done,  
and in what I have failed to do.  
✱ Through my fault,  
✱ through my fault,  
✱ through my most grievous fault:  
Therefore, I ask Blessed Mary,  
ever Virgin,  
all the Angels and Saints;  
and you my brothers and sisters;  
to pray for me  
to the Lord our God.

***May Almighty God  
have mercy on us;  
forgive us our sins  
and bring us to everlasting life.***

Amen.

***The 3rd Mystery of Faith:***

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

**The Gloria** (not during Lent)

*Glory to God in the Highest.  
And on earth, peace to people  
of good will.*

*We praise you: We bless you:  
We adore you: We glorify you:  
We give you thanks  
for your great glory.*

*Lord God, Heavenly King,  
O God, Almighty Father.*

*Lord Jesus Christ,  
only Begotten Son:  
Lord God, Lamb of God  
Son of the Father:*

*You take away  
the sins of the world;  
Have mercy on us.*

*You take away  
the sins of the world;  
Receive our prayer.*

*You are seated at the right hand  
of the Father; Have mercy on us.  
For you alone are the Holy One.*

*You alone are the Lord.  
You alone are the Most High  
Jesus Christ.*

*With the Holy Spirit,  
in the Glory of God the Father.  
Amen.*

**Monday, 27 February 2023 - Monday of the 1st Week of Lent**  
**Saint Gregory of Narek (*abbot, doctor*)**

**Entrance Antiphon:**

Like the eyes of slaves on the hand of their lords,  
so our eyes are on the Lord our God, till He show us His mercy.  
Have mercy on us, Lord, have mercy.

**Responsorial Psalm:** *(4 Verses)*

**(R.)** Your words, Lord, are spirit and life.

**The Gospel Acclamation & Verse:**

**Praise to you, Lord Jesus Christ, King of endless glory!**  
This is the favourable time, this is the day of salvation.  
**Praise to you, Lord Jesus Christ, King of endless glory!**

**Communion Antiphon:**

“Amen, I say to you:  
Whatever you did for one of the least of my brethren, you did it for me;”  
says the Lord. “Come, you blessed of my Father, receive the kingdom  
prepared for you from the foundation of the world.”

**Tuesday, 28 February 2023 - Tuesday of the 1st Week of Lent**

**Entrance Antiphon:**

O Lord, you have been our refuge, from generation to generation;  
from age to age, you are.

**Responsorial Psalm:** *(4 Verses)*

**(R.)** From all their afflictions God will deliver the just.

**The Gospel Acclamation & Verse:**

**Praise and honour to you, Lord Jesus Christ !**  
No one lives on bread alone,  
but on every word that comes from the mouth of God.  
**Praise and honour to you, Lord Jesus Christ !**

**Communion Antiphon:**

When I called, the God of justice gave me answer;  
from anguish you released me; have mercy, O Lord, and hear my prayer!

**Wednesday, 1 March - Wednesday of the 1st Week of Lent**

**Entrance Antiphon:**

Remember your compassion, O Lord,  
and your merciful love, for they are from of old.  
Let not our enemies exult over us.  
Redeem us, O God of Israel, from all our distress.

**Responsorial Psalm:** *(3 Verses)*

**(R.)** A broken, humbled heart, O God, you will not scorn.

**The Gospel Acclamation & Verse:**

**Glory and praise to you, Lord Jesus Christ!**  
With all your heart turn to me,  
for I am tender and compassionate.  
**Glory and praise to you, Lord Jesus Christ!**

**Communion Antiphon:**

All who take refuge in you shall be glad, O Lord,  
and ever cry out their joy, and you shall dwell among them.

**Thursday, 2 March - Thursday of the 1st Week of Lent**

**Entrance Antiphon:**

To my words give ear, O Lord; give heed to my sighs.  
Attend to the sound of my cry, my King and my God.

**Responsorial Psalm:** *(3 Verses)*

**(R.)** Lord, on the day I called for help, you answered me..

**The Gospel Acclamation & Verse:**

**Glory to you, Word of God, Lord Jesus Christ!**  
Create a clean heart in me, O God;  
give back to me the joy of your salvation.  
**Glory to you, Word of God, Lord Jesus Christ!**

**Communion Antiphon:**

Everyone who asks, receives; and the one who seeks, finds;  
and to the one who knocks, the door will be opened.