



The Catholic Archdiocese of  
Canberra and Goulburn

# Weekday Celebration of the Word and Communion - Lent

## INTRODUCTORY RITE

### GATHERING OF THE COMMUNITY

*[Welcome one another.*

*The leader of prayer (L) moves from the front pews to the presiding place.*

*The priest's chair is empty.*

*The community or assembly (A) is gathered]*

L and A: Make the SIGN OF THE CROSS

### LITURGICAL GREETING

(Lenten, p. 42, in Sunday Celebration of the Word and Hours, or from Mass of the day e.g.)

L: Blessed be Jesus Christ,  
who has shown the greatness of his love,  
by dying for us while we were still sinners.  
Bless the Father and the Son and Holy Spirit.

**A: Blessed be God forever.**

### INTRODUCTORY REMARKS (p. 206)

L: Today, we, the people of God,  
gather to hear and respond to God's word,  
to return praise and thanks,  
[and to share Christ's sacrament.]

Our community worships  
in union with the Church throughout the world,  
with N. our Pope, N. our bishop,  
our pastor, Father N., who is unable to be with us  
today  
Mass was celebrated here [last Sunday or ... ]  
and extra hosts were consecrated for us.  
in the celebration of the Lord's sacrifice and supper.

## OPENING RITE

(Lent: use Penitential Rite, p. 210, No Gloria)

L: As we prepare to listen to the Word of God,  
we confess that we are sinners  
and ask the Lord for pardon and strength.

(Brief pause)

A: I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
*And, striking their breast, they say:*  
through my fault, through my fault,  
through my most grievous fault;  
*Then they continue:*  
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.

L: May almighty God have mercy on us,  
forgive us our sins,  
and bring us to everlasting life.

**A: Amen**

(Normally the Gloria is not prayed on weekdays.)

## OPENING PRAYER

(Lent p. 46-55, Sunday Celebration of the Word and Hours or the Opening Prayer of the day. e.g.)

L: Let us pray.

L: Grant us, almighty God,  
that through this yearly observance of Lent  
we may enter more deeply into the mystery of Christ  
and draw upon its power in the conduct of our lives.  
We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy  
Spirit,  
God for ever and ever.

**A: Amen.**

## LITURGY OF THE WORD

### INVITATION

L: May the Word of God always be heard in this place,  
as it unfolds the mystery of Christ before us,  
and achieves our salvation within the Church. Sit

### FIRST READING

*The First Reading of the day from the Lectionary*

R: The Word of the Lord.

**A: Thanks be to God.** *Followed by silent reflection*

### RESPONSORIAL PSALM *(sung if possible)*

*The Responsorial Psalm of the day from the Lectionary*

### GOSPEL ACCLAMATION *(sung if possible)* Stand

*The Gospel Acclamation of the day from the Lectionary*

e.g.

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

No one lives on bread alone,

but on every word that comes from the mouth of God.

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

### GOSPEL

*The Gospel of the day from the Lectionary*

R: A reading from the holy Gospel according to  
(e.g., Mark)

**A: Glory to you, O Lord.**

R: The Gospel of the Lord.

**A: Praise to you, Lord Jesus Christ.** Sit

SHARED REFLECTION on the Readings followed by silence.

(No Creed. The Creed is prayed on major feasts only).

## GENERAL INTERCESSIONS

L: In response to God's Word proclaimed in our midst we  
pray to God for the needs of the Church and the World  
*(Lent, p. 309 Sunday Celebration of the Word and  
Hours or Intercessions from previous Sunday.)*

*A reader announces the intentions in the usual way.*

R: Lord hear us.

**A: Lord, hear our prayer.**

L: God of love, hear the prayers of your people  
and grant us today what we ask of you in faith.  
We ask this through Christ our Lord.

**A: Amen.**

## PROCLAMATION OF PRAISE

L Let us praise the Lord.  
*(Brief pause)*

Left hand side: Blessed are you,  
God and Father of our Lord Jesus Christ,  
for you have blessed us in him  
with every spiritual blessing of heaven.  
Before the foundation of the world,  
you chose us in him,  
to be holy and blameless before you.  
For such marvellous deeds, O God,  
we voice our praise and sing/say:  
**We praise you, O God.**  
**We are blessed to be your children.**

Right hand side: In love you destined us  
for adoption as your children  
through Jesus Christ,  
according to the good pleasure of your will:  
how worthy of praise is your glorious grace,  
that you freely bestowed on us in your Beloved.  
In him we have redemption through his blood,  
and the forgiveness of our trespasses:  
such are the riches of your grace  
that you lavished on us.  
For such marvellous deeds, O God,  
we voice our praise and sing/say:  
**We praise you, O God.**  
**We are blessed to be your children.**

Left hand side: With all wisdom and insight, gracious God, you have made known to us the mystery of your will,  
 according to your good pleasure that you set forth in Christ as a plan for the fullness of time: to gather up all things in him, things in heaven and things on earth. In Christ, we obtained an inheritance, having been destined according to your purpose, so that we, who were the first to set our hope on Christ, might live for the praise of your glory. We acclaim you, glorious God, as we voice our praise and sing/say:  
**We praise you, O God.**  
**We are blessed to be your children.**

Right hand side: In Christ we heard the word of truth, the gospel of our salvation, and believed in him. Through Christ we were marked with the seal of the promised Spirit, who is the pledge of our inheritance until we come into its possession, to the praise of your glory. And so, O God, our strength, we voice our praise and sing/say:  
**We praise you, O God.**  
**We are blessed to be your children.**

#### SIGN OF PEACE

L: Let us seal our prayer with a sign of unity and reconciliation as we offer one another a sign of peace.

[The leader of prayer returns to the body of the Church.]

[The Extraordinary Minister of Holy Communion (EM) prepares for Communion.]

## COMMUNION RITE

Kneel

BRINGING OF THE BLESSED SACRAMENT TO THE ALTAR  
 [by Extraordinary Ministers of Holy Communion.]

THE LORD'S PRAYER

Stand

EM: Taught by our Saviour's command and formed by the Word of God, we dare to say/sing:

A: **Our Father...**  
**...now and forever. Amen.**

INVITATION TO COMMUNION

Kneel

EM: Behold the Lamb of God,  
 behold him who takes away the sins of the world.  
 Blessed are those called to the supper of the Lamb.

A: **Lord, I am not worthy  
 that you should enter under my roof,  
 but only say the word  
 and my soul shall be healed.**

*The distribution of Communion takes place in the usual way.*

REPOSITION OF THE BLESSED SACRAMENT

PERIOD OF SILENCE

Sit

PRAYER AFTER COMMUNION  
 (e.g. Lent p. 261)

Stand

EM: Let us pray.  
*(Silent prayer)*

Lord,  
 You have renewed us with the heavenly bread that enlivens our faith, inspires our hope and strengthens our charity.  
 Teach us to hunger for Christ, the true and living bread, and to live by every word that proceeds from your mouth.  
 We ask this through Jesus Christ our Lord.

A: **Amen.**

[The Extraordinary Minister of Holy Communion returns to his/her place.]  
 [The leader of prayer returns to the sanctuary.]

## CONCLUDING RITE

BLESSING (p. 268-269)

Stand

L: May God the Father  
with the Son and the Holy Spirit,  
who has shown us such great mercy,  
be praised and  
*(make the Sign of the Cross)*  
blessed forever and ever.

**A: Amen.**

DISMISSAL

L: Let us go in peace, glorifying the Lord by our life.

**A: Thanks be to God.**

### **Acknowledgement**

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### **Other Useful Resources:**

Archdiocese of Brisbane. *Lay Leaders of Liturgy with Sample Rites for Sundays, Weekdays and Funerals*. Brisbane: The Liturgical Commission, 2004.

Chase, A. *Remaining Faithful: Sundays without the Eucharist*. Brisbane: The Liturgical Commission, 2004.

National Liturgical Commission. *Pastoral Handbook for the Dioceses of Australia: Sunday Celebration of the Word, Sunday Celebration of the Hours*. Brisbane: The Liturgical Commission, 2004.

