

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.

PENITENTIAL ACT

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, 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..... Amen.
 Lord, have mercy. Lord, have mercy.
 Christ, have mercy. Christ, have mercy.
 Lord, have mercy. Lord, have mercy.



LITURGY OF THE WORD

FIRST READING Genesis 22.1-2. 9-13. 15-18. A reading from the book of Genesis.

God put Abraham to the test. 'Abraham, Abraham' he called. 'Here I am' he replied. 'Take your son,' God said 'your only child Isaac, whom you love, and go to the land of Moriah. There you shall offer him as a burnt offering, on a mountain I will point out to you.' When they arrived at the place God had pointed out to him, Abraham built an altar there and arranged the wood. Then he stretched out his hand and seized the knife to kill his son. But the angel of the Lord called to him from heaven. 'Abraham, Abraham' he said. 'I am here' he replied. 'Do not raise your hand against the boy' the angel said. 'Do not harm him, for now I know you fear God. You have not refused me your son, your only son.' Then looking up, Abraham saw a ram caught by its horns in a bush. Abraham took the ram and offered it as a burnt-offering in place of his son. The angel of the Lord called Abraham a second time from heaven. 'I swear by my own self - it is the Lord who speaks - because you have done this, because you have not refused me your son, your only son, I will shower blessings on you, I will make your descendants as many as the stars of heaven and the grains of sand on the seashore. Your descendants shall gain possession of the gates of their enemies. All the nations of the earth shall bless themselves by your descendants, as a reward for your obedience.'

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM Ps. 115:10.15-19

R. I will walk in the presence of the Lord in the land of the living.

1. I trusted, even when I said:

- 'I am sorely afflicted.'
O precious in the eyes of the Lord is the death of his faithful. (R)
- 2. Your servant, Lord, your servant am I: you have loosened my bonds. A thanksgiving sacrifice I make: I will call on the Lord's name. (R)
- 3. My vows to the Lord I will fulfil before all his people, in the courts of the house of the Lord, in your midst, O Jerusalem. (R)

SECOND READING Romans 8.31-34

A reading from the letter of St. Paul to the Romans. With God on our side who can be against us? Since God did not spare his own Son, but gave him up to benefit us all, we may be certain, after such a gift, that he will not refuse anything he can give. Could anyone accuse those that God has chosen? When God acquits, could anyone condemn? Could Christ Jesus? No! He not only died for us - he rose from the dead, and there at God's right hand he stands and pleads for us.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

Glory and praise to you, O Christ! From the bright cloud the Father's voice was heard: 'This is my Son, the Beloved. Listen to him.' Glory and praise to you, O Christ!

GOSPEL Mark 9:2-10

A reading from the holy Gospel according to Mark Jesus took with him Peter and James and John and led them up a high mountain where they could be alone by themselves. There in their presence he was transfigured: his clothes became dazzlingly white, whiter than any earthly bleacher could make them. Elijah appeared to them with Moses; and they were talking with Jesus. Then Peter spoke to Jesus. 'Rabbi,' he said 'it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' He did not know what to say; they were so frightened. And a cloud came, covering them in shadow; and there came a voice from the cloud, 'This is my Son, the Beloved. Listen to him.' Then suddenly, when they looked round, they saw no one with them any more but only Jesus. As they came down from the mountain he warned them to tell no one what they had seen, until after the Son of Man had risen from the dead. They observed the warning faithfully, though among themselves they discussed what 'rising from the dead' could mean.

The Gospel of the Lord. Praise to you Lord Jesus Christ.

NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ,



focus on sunday

Jesus is glorified by his father and receives his mission from him. Jesus' transfiguration encourages us to be confident that we shall be with God eternally if we are faithful to him now.



the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven,

All bow for following three lines: and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

LITURGY OF THE EUCHARIST

PRAYER OVER THE OFFERINGS

May this sacrifice, O Lord, we pray, cleanse us of our faults and sanctify your faithful in body and mind for the celebration of the paschal festivities. Through Christ our Lord.

AFTER THE CONSECRATION

The mystery of faith. We proclaim your Death, O Lord, and profess your Resurrection until you come again.

COMMUNION ANTIPHON

This is my beloved Son, with whom I am well pleased; listen to him.



Her son had died a few months ago and her grief was obvious. She was praying as best she could, hoping for some acceptance of what had happened and for peace of mind. Although she was being helped by many, she knew she had a long journey to go to consolation and comfort. The mountain to climb was high and would be hard.

In the gospel of climbing the mountain today, I thought of her as someone at the foot of the mountain, knowing it was to be a long climb - but willing to believe in times of comfort and consolation along the way.

We face grief and anxiety in many forms - bereavement, illness of a parent or ourselves, worry about the children. Some people spend a lot of time at the foot of the mountain. In society also - the homeless, the neglected ones, the refugee. We can lose faith. We can fail exams, lose jobs. That's all on the journey. What keeps us going?

As we travel up the mountain, we have Jesus with us. And others. Can you remember times you were there? And who helped?

Jesus is the companion. He is always there - open to a bit of prayer. Others come at times and we would be lost without them. Thank God for them. Everyone here I would say has been a companion to someone else. In this time of impersonal communication, of being at the mercy of so much hardship outside our control, we need to have times of good listening and loving communication. We need time to switch off the social media, and listen to the voice of love within us and among us.

In Lent we can give time to the better things in life like prayer, friends, family, and what gives a sense of joy and peace in your life.

Donal Neary SJ., Editor Sacred Heart Messenger

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