

Please Stand

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

PRAYER TO ST. MICHAEL

Saint Michael the Archangel, defend us in the battle, be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray: and do thou, O prince of the heavenly host, by the power of God, thrust into Hell Satan and all the evil spirits who prowl about the world for the ruin of souls. Amen.

O GOD, OUR HELP IN AGES PAST

1. O God, our help in ag - es past, Our  
 2. Un - der the shad - ow of your throne Your  
 3. Be - fore the hills in or - der stood, Or  
 4. Your Word com - mands our flesh to dust, Re -  
 5. A thou - sand ag - es in your sight Are  
 6. The bus - y tribes of flesh and blood, With  
 7. Time, like an ev - er roll - ing stream, Bears  
 8. O God, our help in ag - es past, Our

1. hope for years to come, Our shel - ter from the  
 2. saints have dwelt se - cure; Suf - fi - cient is your  
 3. earth re - ceived her frame, From ev - er - last - ing  
 4. turn, you sons of men: All na - tions rose from  
 5. like an eve - ning gone; Short as the watch that  
 6. all their lives and cares, Are car - ried down - wards  
 7. all its sons a - way; They fly, for - got - ten,  
 8. hope for years to come, Be now our guard while

1. storm-y blast, And our e - ter - nal home.  
 2. arm a - lone, And our de - fense is sure.  
 3. you are God, To end - less years the same.  
 4. earth at first, And turn to earth a - gain.  
 5. ends the night Be - fore the ris - ing sun.  
 6. by the flood, And lost in fol - l'wing years.  
 7. as a dream Dies at the op - 'ning day.  
 8. trou - bles last, And our e - ter - nal home.

# First Sunday of Lent

March 06 2022



ENTRANCE ANTIPHON:

When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days. cf. Psalm 91:15-16

Welcome to St. Nicholas!

Please help us to preserve the sanctity of this time and space by maintaining a reverent **silence** before and after the liturgy.

LORD, WHO THROUGHOUT THESE FORTY DAYS

1. Lord, who through - out these for - ty days For  
 2. As you with Sa - tan did con - tend, And  
 3. As you did hun - ger bear, and thirst, So  
 4. And through these days of pen - i - tence, And  
 5. A - bide with us, that so, this life Of

1. us did fast and pray, Teach us with you to  
 2. did the vic - t'ry win, O give us strength in  
 3. teach us, gra - cious Lord, To die to self, and  
 4. through your pas - sion - tide, For ev - er - more, in  
 5. suf - f'ring o - ver past, An East - er of un -

1. mourn our sins And close by you to stay.  
 2. you to fight, In you to con - quer sin.  
 3. chief - ly live By your most ho - ly Word.  
 4. life and death, Je - sus, with us a - bide.  
 5. end - ing joy We may at - tain at last.

Please Stand

GREETING **R:** And with your Spirit.

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, (while striking ones chest 3x) 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

**R:** Lord, have mercy; Christ, have mercy; Lord, have mercy.

Please Sit

### LITURGY OF THE WORD

First Reading: Deuteronomy 26: 4-10 “..your God, you shall bow down in his presence.”

Responsorial:

Mode 2 *cf. Psalm 91*

Be with me, Lord, when I am in trou - ble.

Second Reading: Romans 10: 8-13 “..believe in your heart that God raised him from the dead..”

### GOSPEL

Mode 7 *Mt 4*

Praise to you, Lord Je - sus Christ, King of end - less glo - ry!

One does not live on bread alone,  
But on every word that comes forth from the mouth of God. Matthew 4

Luke 4: 1-13 “You shall worship the Lord, your God..”

### HOMILY

Please Sit

Please Stand

### THE PROFESSION OF FAITH

*Niceno-Constantinopolitan 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, 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,  
(bow) *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.

### UNIVERSAL PRAYER

**℟: Lord, hear our prayer.**

### LITURGY OF THE EUCHARIST

Please Sit

Preparation of the Altar

### FORTY DAYS AND FORTY NIGHTS

- |   |  |  |
|---|--|--|
| 1. Forty days and forty nights<br>You were fasting in the wild;<br>Forty days and forty nights<br>Tempted, and yet undefiled.           | 3. And if Satan, armed for war,<br>Flesh or spirit should assail,<br>You, his Vanquisher before,<br>Grant we may not faint or fail.          | 5. Keep, O keep us, Savior dear,<br>Ever constant by your side;<br>That with you we may appear<br>At the eternal Eastertide. |
| 2. Shall not we your sorrow share,<br>And from earthly joys abstain,<br>Fasting with unceasing prayer,<br>Glad with you to suffer pain? | 4. So shall we have peace divine,<br>Holier strength, and gladness true;<br>Round us, too, shall angels shine,<br>Such as ministered to you. |  |

Please Stand

### PRAYER OVER THE GIFTS

### SANCTUS

Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest

### EUCCHARISTIC PRAYER

Please Kneel

Priest: The Mystery of Faith  
All: Save us, Savior of the world, for by your Cross and Resurrection you have set us free.

Please Stand

### GREAT AMEN

### THE LORD’S PRAYER + SIGN OF PEACE

### AGNUS DEI

Lamb of God, you take away the sins of the world, have mercy on us  
Lamb of God, you take away the sins of the world, have mercy on us  
Lamb of God, you take away the sins of the world, grant us peace.

Please Kneel

At the Conclusion of Lamb of God please kneel

COMMUNION ANTIPHON:  
One does not live by bread alone,  
but by every word that comes forth from the mouth of God. Matthew 4: 4

### COMMUNION HYMN:

### LET ALL MORTAL FLESH KEEP SILENCE

After Receiving  
communion,  
Please  
**Kneel**  
or sit

- |  |  |
|--|--|
| 1. Let all mortal flesh keep silence,<br>And with fear and trembling stand;<br>Ponder nothing earthly minded,<br>For with blessing in his hand,<br>Christ our God to earth descendeth,<br>Our full homage to demand. | 2. King of kings, yet born of Mary,<br>As of old on earth he stood,<br>Lord of lords, in human vesture,<br>In the Body and the Blood;<br>He will give to all the faithful<br>His own self for heav’nly food. |
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