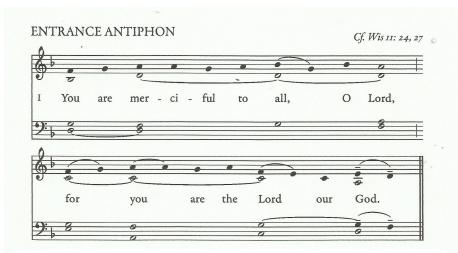
Gathering



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First Reading - Genesis 9:8-15

God said to Noah and to his sons with him: "See, I am now establishing my covenant with you and your descendants after you and with every living creature that was with you: all the birds, and the various tame and wild animals that were with you and came out of the ark. I will establish my covenant with you, that never again shall all bodily creatures be destroyed by the waters of a flood; there shall not be another flood to devastate the earth." God added: "This is the sign that I am giving for all ages to come, of the covenant between me and you and every living creature with you: I set my bow in the clouds to serve as a sign of the covenant between me and the earth. When I bring clouds over the earth, and the bow appears in the clouds, I will recall the covenant I have made between me and you and all living beings, so that the waters shall never again become a flood to destroy all mortal beings."

<u>Psalm</u>



Second Reading - 1 Peter 3:18-22

Beloved: Christ suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the Spirit. In it he also went to preach to the spirits in prison, who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through water. This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to him.



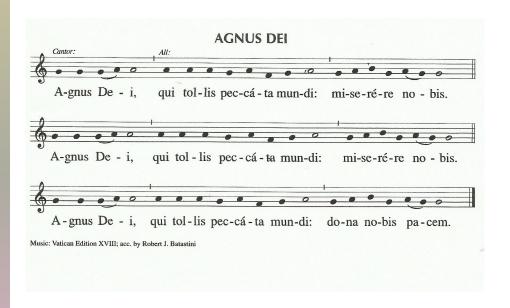
Gospel - Mark 1:12-15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

Preparation of Gifts and Altar

Instrumental



Communion



An Act of Spiritual Communion

My Jesus,
I believe that You are present
in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You. Amen

Communion

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The Cross of Jesus





St. Michael the Archangel Prayer

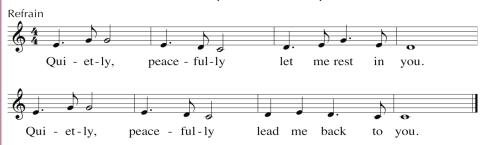
St. Michael the Archangel, defend us in battle.

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 hosts,
by the power of God, cast into hell Satan,
and all the evil spirits who prowl about the world
seeking the ruin of souls. Amen

Sending Forth

Quietly, Peacefully



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Lent Prayer

"Receive, Lord, my entire freedom. Accept the whole of my memory, my intellect, and my will. Whatever I have or possess, it was You who gave it to me; I restore it to You in full, and I surrender it completely to the guidance of Your will. Give me only love of You together with Your grace, and I am rich enough and ask for nothing more. Amen." (Saint Ignatius of Loyola)