

# THE CATHOLIC MASS SHEET

ENGLISH STANDARD VERSION

5th Sunday of Lent (A)

22nd March 2026

## THE INTRODUCTORY RITES

Entrance Antiphon or a hymn *Stand*

Cf. Ps 42: 1-2

**Give me justice, O God,  
and plead my cause against a nation that is  
faithless.**

**From the deceitful and cunning rescue me,  
for you, O God, are my strength.**

*All make the Sign of the Cross as the Priest says:*

In the name of the Father, and of the Son,  
and of the Holy Spirit. **Amen.**

*The Priest greets everyone present.*

*The people respond: **And with your spirit.***

*The Mass of the day may be introduced.*

## Penitential Act

*The Priest invites the people to repentance  
using one of the Penitential Acts.*

Have mercy on us, O Lord.

**For we have sinned against you.**

Show us, O Lord, your mercy.

**And grant us your salvation.**

*The Priest says the absolution. All reply: **Amen.***

Lord, have mercy. **Lord, have mercy.**

Christ, have mercy. **Christ, have mercy.**

Lord, have mercy. **Lord, have mercy.**

## Collect

By your help, we beseech you, Lord our God,  
may we walk eagerly in that same charity  
with which, out of love for the world,  
your Son handed himself over to death.  
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.

**Amen.**

*Sit*

## THE LITURGY OF THE WORD

### First Reading

A reading from the Prophet Ezekiel.

Ezekiel 37:12-14

Thus says the Lord God: Behold, I will open  
your graves and raise you from your graves, O  
my people. And I will bring you into the land of  
Israel. And you shall know that I am the LORD,  
when I open your graves, and raise you from  
your graves, O my people. And I will put my  
Spirit within you, and you shall live, and I will  
place you in your own land. Then you shall  
know that I am the LORD; I have spoken, and I  
will do it, declares the LORD.

The word of the Lord.

**Thanks be to God.**

**Psalm** Psalm 130(129):1-2. 3-4. 5-6b. 6c-8. R.7bc

**R. With the LORD there is mercy,  
in him is plentiful redemption.**

Out of the depths I cry to you, O LORD;  
Lord, hear my voice!

O let your ears be attentive  
to the sound of my pleadings.

**R.**

If you, O LORD, should mark iniquities,  
Lord, who could stand?

But with you is found forgiveness,  
that you may be revered.

**R.**

I long for you, O LORD,  
my soul longs for his word.  
My soul awaits the Lord  
more than watchmen for daybreak.

**R.**

More than watchmen for daybreak,  
let Israel hope for the LORD.

For with the LORD there is mercy,  
in him is plentiful redemption.

It is he who will redeem Israel  
from all its iniquities.

**R.**

## Second Reading

A reading from the Letter of Saint Paul to the  
Romans. Romans 8:8-11

Brothers and sisters: Those who are in the flesh cannot please God. You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

The word of the Lord.  
**Thanks be to God.**

**Acclamation before the Gospel** *Stand*  
John 11:25a, 26

**Glory to you, O Christ, Son of the living God.  
I am the resurrection and the life, says the Lord.  
Everyone who believes in me shall never die.  
Glory to you, O Christ, Son of the living God.**

**Gospel** John 11:1-45

The Lord be with you.  
**And with your spirit.**

A reading from the holy Gospel according to John.  
**Glory to you, O Lord.**

At that time: The sisters of Lazarus sent to Jesus, saying, 'Lord, he whom you love is ill.' But when Jesus heard it he said, 'This illness does not lead to death. It is for the glory of God, so that the Son of God may be glorified through it.'

Now Jesus loved Martha and her sister and Lazarus. So, when he heard that Lazarus was ill, he stayed two days longer in the place where he was. Then after this he said to the disciples, 'Let us go to Judea again.'

Now when Jesus came, he found that Lazarus had already been in the tomb four days. So when Martha heard that Jesus was coming, she went and met him, but Mary remained seated in the house. Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask from God, God will give you.' Jesus said to her, 'Your brother will rise again.' Martha said to him, 'I know that he will rise again in the resurrection on the last day.' Jesus said to her, 'I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die. Do you believe this?' She said to him, 'Yes, Lord; I believe that you are the Christ, the Son of God, who is coming into the world.' Jesus was deeply moved in his spirit and greatly troubled. And he said, 'Where

have you laid him?' They said to him, 'Lord, come and see.' Jesus wept. So the Jews said, 'See how he loved him!' But some of them said, 'Could not he who opened the eyes of the blind man also have kept this man from dying?'

Then Jesus, deeply moved again, came to the tomb. It was a cave, and a stone lay against it. Jesus said, 'Take away the stone.' Martha, the sister of the dead man, said to him, 'Lord, by this time there will be a smell, for he has been dead four days.' Jesus said to her, 'Did I not tell you that if you believed you would see the glory of God?' So they took away the stone. And Jesus lifted up his eyes and said, 'Father, I thank you that you have heard me. I knew that you always hear me, but I said this on account of the people standing around, that they may believe that you sent me.' When he had said these things, he cried out with a loud voice, 'Lazarus, come out.' The man who had died came out, his hands and feet bound with linen strips, and his face wrapped with a cloth. Jesus said to them, 'Unbind him, and let him go.'

Many of the Jews therefore, who had come with Mary and had seen what he did, believed in him.

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

**The Homily** *Sit*

**The Nicene Creed** *Stand*  
**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,  
and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.** *All bow*

**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.**

*Or:*

**The Apostles' Creed  
I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the *All bow*  
Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God  
the Father almighty;  
from there he will come to judge the  
living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.**

**Prayer of the Faithful**

*Response example:* Lord, in your mercy.  
**Hear our prayer.**

*After the concluding prayer all say:* **Amen. Sit**

**THE LITURGY OF THE EUCHARIST**

*The offerings are brought to the altar.  
A hymn may be sung. If the Priest says the two  
prayers of offering aloud, the response both times is:*  
**Blessed be God for ever.**

*The people rise as the Priest says:*  
Pray, brethren (brothers and sisters),  
that my sacrifice and yours  
may be acceptable to God,  
the almighty Father.

*The people reply:*

**May the Lord accept the sacrifice  
at your hands  
for the praise and glory of his name,  
for our good  
and the good of all his holy Church.**

**Prayer over the Offerings**

Hear us, almighty God,  
and, having instilled in your servants  
the teachings of the Christian faith,  
graciously purify them  
by the working of this sacrifice.  
Through Christ our Lord.  
**Amen.**

**The Eucharistic Prayer**

The Lord be with you.  
**And with your spirit.**  
Lift up your hearts.  
**We lift them up to the Lord.**  
Let us give thanks to the Lord our God.  
**It is right and just.**

*The Priest continues with the Preface and  
concludes with the people, singing or saying aloud:*

**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. *Kneel***

*The Eucharistic Prayer continues until the Priest says:*

The mystery of faith.  
*And the people continue, acclaiming one of the  
following:*

**We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

*Or:*

**When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.**

*Or:*

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

*The Priest concludes the Eucharistic Prayer  
saying alone:*

Through him, and with him, and in him,  
O God, almighty Father,  
in the unity of the Holy Spirit,  
all glory and honour is yours,  
for ever and ever.

*The people acclaim: Amen.*

## The Communion Rite

*Stand*

*The Priest invites all to join in the Lord's Prayer:*

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**

*The Priest continues alone:*

Deliver us, Lord, we pray, from every evil,  
graciously grant peace in our days,  
that, by the help of your mercy,  
we may be always free from sin  
and safe from all distress,  
as we await the blessed hope  
and the coming of our Saviour, Jesus Christ.

**For the kingdom,  
the power and the glory are yours  
now and for ever.**

*The Priest says:*

Lord Jesus Christ,  
who said to your Apostles:  
Peace I leave you, my peace I give you,  
look not on our sins,  
but on the faith of your Church,  
and graciously grant her peace and unity  
in accordance with your will.  
Who live and reign for ever and ever.  
**Amen.**

The peace of the Lord be with you always.  
**And with your spirit.**

*The Deacon, or the Priest, adds:*

Let us offer each other the sign of peace.

*The Priest takes the host and breaks it.*

*Meanwhile the people say or sing:*

**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.** *Kneel*

*The Priest shows the host to the people and says:*

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

*The Priest or other minister says to each  
communicant:*

The Body [Blood] of Christ.

*Each communicant answers:* **Amen.**

## Communion Antiphon

Cf. Jn 11, 26

**Everyone who lives and believe in me  
will not die for ever, says the Lord.**

## Prayer after Communion

*Stand*

We pray, almighty God,  
that we may always be counted among the  
members of Christ,  
in whose Body and Blood we have communion.  
Who lives and reigns for ever and ever.  
**Amen.**

## THE CONCLUDING RITES

*Announcements may be made.*

*Then:*

## Blessing and Dismissal

*Priest:* The Lord be with you.

*All:* And with your spirit.

## Prayer over the People

*The Deacon, or the Priest, says:*

Bow down for the Blessing.

*The Priest continues:*

Look upon those who call to you, O Lord,  
and sustain the weak;  
give life by your unfailing light  
to those who walk in the shadow of death,  
and bring those rescued by your mercy from every evil  
to reach the highest good.  
Through Christ our Lord.

**Amen.**

And may the blessing of almighty God,  
the Father, and the Son, ✠ and the Holy Spirit,  
come down on you and remain with you for ever.  
**Amen.**

*Then the Deacon, or the Priest, says:*

Go forth, the Mass is ended.

*Or:*

Go and announce the Gospel of the Lord.

*Or:*

Go in peace, glorifying the Lord by your life.

*Or:*

Go in peace.

**Thanks be to God.**



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