

# THE JERUSALEM MASS SHEET

4TH SUNDAY OF LENT (B) 10th March 2024

## THE INTRODUCTORY RITES

Entrance Antiphon or a hymn. *Stand*  
Cf. Is 66: 10-11

**Rejoice, Jerusalem, and all who love her.  
Be joyful, all who were in mourning;  
exult and be satisfied at her consoling  
breast.**

*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.**

## The Collect

O God, who through your Word  
reconcile the human race to yourself in a  
wonderful way,  
grant, we pray,  
that with prompt devotion and eager faith  
the Christian people may hasten  
toward the solemn celebrations to come.  
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 second book of Chronicles  
36:14-16. 19-23

All the heads of the priesthood, and the people  
too, added infidelity to infidelity, copying all the  
shameful practices of the nations and defiling  
the Temple that the Lord had consecrated for  
himself in Jerusalem. The Lord, the God of  
their ancestors, tirelessly sent them messenger  
after messenger, since he wished to spare his  
people and his house. But they ridiculed the

messengers of God, they despised his words,  
they laughed at his prophets, until at last the  
wrath of the Lord rose so high against his people  
that there was no further remedy.

Their enemies burned down the Temple of  
God, demolished the walls of Jerusalem, set fire  
to all its palaces, and destroyed everything of  
value in it. The survivors were deported by  
Nebuchadnezzar to Babylon; they were to serve  
him and his sons until the kingdom of Persia  
came to power. This is how the word of the Lord  
was fulfilled that he spoke through Jeremiah,  
'Until this land has enjoyed its sabbath rest, until  
seventy years have gone by, it will keep sabbath  
throughout the days of its desolation.'

And in the first year of Cyrus king of Persia, to  
fulfil the word of the Lord that was spoken  
through Jeremiah, the Lord roused the spirit of  
Cyrus king of Persia to issue a proclamation and  
to have it publicly displayed throughout his  
kingdom: 'Thus speaks Cyrus king of Persia,  
'The Lord, the God of heaven, has given me all  
the kingdoms of the earth; he has ordered me to  
build him a Temple in Jerusalem, in Judah.  
Whoever there is among you of all his people,  
may his God be with him! Let him go up.''

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

## Psalm

Ps 136. R. V6

**R) O let my tongue  
cleave to my mouth  
if I remember you not!**

By the rivers of Babylon  
there we sat and wept,  
remembering Zion;  
on the poplars that grew there  
we hung up our harps. **(R)**

For it was there that they asked us,  
our captors, for songs,  
our oppressors, for joy.  
'Sing to us,' they said,  
'one of Zion's songs.' **(R)**

O how could we sing  
the song of the Lord  
on alien soil?  
If I forget you, Jerusalem,  
let my right hand wither! **(R)**

O let my tongue  
cleave to my mouth  
if I remember you not,  
if I prize not Jerusalem  
above all my joys! **(R)**



## Second Reading

A reading from the letter of St Paul to the  
Ephesians 2:4-10

God loved us with so much love that he was generous with his mercy: when we were dead through our sins, he brought us to life with Christ - it is through grace that you have been saved - and raised us up with him and gave us a place with him in heaven, in Christ Jesus.

This was to show for all ages to come, through his goodness towards us in Christ Jesus, how infinitely rich he is in grace. Because it is by grace that you have been saved, through faith; not by anything of your own, but by a gift from God; not by anything that you have done, so that nobody can claim the credit. We are God's work of art, created in Christ Jesus to live the good life as from the beginning he had meant us to live it.

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

## Gospel Acclamation

*Stand*  
Jn 3:16

**Glory and praise to you, O Christ!**  
**God loved the world so much that he gave**  
**his only Son;**  
**everyone who believes in him has eternal life.**  
**Glory and praise to you, O Christ!**

## Gospel

John 3:14-21

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

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

Jesus said to Nicodemus:

'The Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him.

Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost

but may have eternal life.

For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already,

because he has refused to believe in the name of God's only Son.

On these grounds is sentence pronounced: that though the light has come into the world men have shown they prefer darkness to the light

because their deeds were evil.

And indeed, everybody who does wrong hates the light and avoids it, for fear his actions should be exposed; but the man who lives by the truth comes out into the light, so that it may be plainly seen that what he does is done in God.'

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.**



## The 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 Priest completes additional personal  
preparatory rites, and the people rise as he 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

We place before you with joy these offerings,  
which bring eternal remedy, O Lord,  
praying that we may both faithfully revere them  
and present them to you, as is fitting,  
for the salvation of all the world.  
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.**

## Preface II of Lent

*(Preface 1 of Lent may be used.)*

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
Lord, holy Father, almighty and eternal God.

For you have given your children a sacred time  
for the renewing and purifying of their hearts,  
that, freed from disordered affections,  
they may so deal with the things of this  
passing world  
as to hold rather to the things that eternally  
endure.

And so, with all the Angels and Saints,  
we praise you, as without end we acclaim:  
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*

## Eucharistic Prayer II

You are indeed Holy, O Lord,  
the fount of all holiness.

Make holy, therefore, these gifts, we pray,  
by sending down your Spirit upon them  
like the dewfall,

so that they may become for us  
the Body and  $\times$  Blood of our Lord, Jesus Christ.

At the time he was betrayed  
and entered willingly into his Passion,  
he took bread and, giving thanks, broke it,  
and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,  
FOR THIS IS MY BODY,  
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended,  
he took the chalice  
and, once more giving thanks,  
he gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,  
FOR THIS IS THE CHALICE OF MY BLOOD,  
THE BLOOD OF THE NEW AND ETERNAL COVENANT,  
WHICH WILL BE POURED OUT FOR YOU AND FOR MANY  
FOR THE FORGIVENESS OF SINS.

DO THIS IN MEMORY OF ME.

The mystery of faith.

*The people continue, acclaiming:*

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

Therefore, as we celebrate  
the memorial of his Death and Resurrection,  
we offer you, Lord,  
the Bread of life and the Chalice of salvation,  
giving thanks that you have held us worthy  
to be in your presence and minister to you.

Humbly we pray  
that, partaking of the Body and Blood of Christ,  
we may be gathered into one by the Holy Spirit.

Remember, Lord, your Church,  
spread throughout the world,  
and bring her to the fullness of charity,  
together with N. our Pope and N. our Bishop  
and all the clergy.

Remember also our brothers and sisters  
who have fallen asleep

in the hope of the resurrection,  
and all who have died in your mercy:  
welcome them into the light of your face.  
Have mercy on us all, we pray,  
that with the Blessed Virgin Mary, Mother of God,  
with blessed Joseph, her Spouse,



with the blessed Apostles,  
and all the Saints who have pleased you  
throughout the ages,  
we may merit to be coheirs to eternal life,  
and may praise and glorify you  
through your Son, Jesus Christ.

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, ...

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

*The Priest says:*

Lord Jesus Christ... **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. Ps 121: 3-4*

**Jerusalem is built as a city bonded as one  
together.**

**It is there that the tribes go up, the tribes  
of the Lord,  
to praise the name of the Lord.**

*After the distribution of Holy Communion a  
sacred silence may be observed or a psalm,  
hymn or canticle of praise may be sung.*

#### **Prayer after Communion**

*Stand*

O God, who enlighten everyone who comes  
into this world,  
illuminate our hearts, we pray,  
with the splendour of your grace,  
that we may always ponder  
what is worthy and pleasing to your majesty  
and love you in all sincerity.  
Through Christ our Lord.  
**Amen.**

#### **THE CONCLUDING RITES**

*Announcements may be made.*

*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.

*Then 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 upon 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.**



THE  
CATHOLIC  
PRINTING

COMPANY OF FARNWORTH®

www.catholicprint.co.uk

0161 873 7457

Excerpts from the English translation of  
The Roman Missal © 2010 International  
Commission on English in the Liturgy  
Corporation. All rights reserved.  
The Psalms: A new Translation © 1963  
The Grail (England) published by Harper Collins.  
Excerpt from THE JERUSALEM BIBLE,  
copyright © 1966 by Darton, Longman & Todd,  
Ltd. and Doubleday, a division of Random  
House, Inc. Reprinted by Permission.  
Concordat cum originali: Jane Porter.  
Imprimatur: Anthony J Kay, VG, Salford  
10th January 2012.  
Permission granted for distribution in Scotland.