

ENTRANCE ANTIPHON

O Lord, I trust in your merciful love. My heart will rejoice in your salvation. I will sing to the Lord who has been bountiful with me.

PENITENTIAL ACT

Lord Jesus, you came to reconcile us to one another and to the Father:

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

Lord Jesus, you heal the wounds of sin and division: Christ, have mercy. **Christ, have mercy.**

Lord Jesus, you intercede for us with your Father: Lord, have mercy. **Lord, have mercy.**

May almighty God have mercy on us..... Amen.

THE GLORIA

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world,

have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.



OPENING PRAYER

Grant, we pray, almighty God, that, always pondering spiritual things, we may carry out in both word and deed that which is pleasing to you. Through our Lord Jesus Christ.....

LITURGY OF THE WORD

FIRST READING *Leviticus 19: 1 - 2. 17 - 18*

A reading from the book of Leviticus

The Lord spoke to Moses; he said: 'Speak to the whole community of the sons of Israel and say to them: "Be holy, for I, the Lord your God, am holy. "You must not bear hatred for your brother in your heart. You must openly tell him, your neighbour, of his offence; this way you will not take a sin upon yourself. You must not exact vengeance, nor must you bear a grudge against the children of your people. You must love your neighbour as yourself. I am the Lord."'

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM *Ps. 102:1-4.8.10.12-13*

R. The Lord is compassion and love.

1. My soul, give thanks to the Lord, all my being, bless his holy name. My soul, give thanks to the Lord and never forget all his blessings.

(R)

2. It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. (R)

3. The Lord is compassion and love, slow to anger and rich in mercy. He does not treat us according to our sins nor repay us according to our faults. (R)

4. As far as the east is from the west so far does he remove our sins. As a father has compassion on his sons, the Lord has pity on those who fear him. (R)

SECOND READING *1 Corinthians 3:16 - 23*

A reading from the first letter of St. Paul to the Corinthians

Didn't you realise that you were God's temple and that the Spirit of God was living among you? If anybody should destroy the temple of God, God will destroy him, because the temple of God is sacred; and you are that temple.

Make no mistake about it; if any one of you thinks of himself as wise, in the ordinary sense of the word, then he must learn to be a fool before he really can be wise. Why? Because the wisdom of this world is foolishness to God. As scripture says: The Lord knows wise men's thoughts: he knows how useless they are, or again: God is not convinced by the arguments of the wise. So there is nothing to boast about in anything human: Paul, Apollos, Cephas, the world, life and death, the present and the future, are all your servants; but you belong to Christ and Christ belongs to God.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia! If anyone loves me he will keep my word, and my Father will love him, and we shall come to him. Alleluia!

GOSPEL *Matthew 5: 38-48*

A reading from the holy Gospel according to Matthew
Jesus said to his disciples:

'You have learnt how it was said: Eye for eye and tooth for tooth. But I say this to you: offer the wicked man no resistance. On the contrary, if anyone hits you on the right cheek, offer him the other as well; if a man takes you to law and would have your tunic, let him have your cloak as well. And if anyone orders you to go one mile, go two miles with him. Give to anyone who asks, and if anyone wants to borrow, do not turn away.

'You have learnt how it was said: You must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you; in this way you will be sons of your Father in heaven, for he causes his sun to rise on bad men as well as good, and his rain to fall on honest and dishonest men alike. For if you love those who love you, what right have you to claim any credit? Even the tax collectors do as much, do they not? And if you save your greetings for your brothers, are you doing anything exceptional? Even the pagans do as much, do they not? You must therefore be perfect just as your heavenly Father is perfect.

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



focus on sunday

SEVENTH SUNDAY IN ORDINARY TIME 19th February 2023

(Day of Prayer for Temperance)

It is hard to forgive and forget, but Jesus asks us to go one step further: we must love those who offend us - be forgiving and tolerant of our enemies. If we strive to achieve this Jesus favours us with his compassion and love.

Forgive



Temperance has been described as "the seatbelt for the decision-making parts of our minds". Perhaps this is why we have a Sunday for Temperance just before Lent as we repair our "just one more" lack of control on

Shrove Tuesday!

Some of you may be familiar with the damage which has been caused by lack of control and by intemperance at other times of the year. They are saying the Serenity Prayer every day as they cope with a trail of broken promises, shattered trust, and dashed hopes. They and their families need - and they deserve - our spiritual support. The Gospel today is about forgiveness and acceptance, part of the journey to recovery is about asking for forgiveness and learning to forgive. The staff in Cuan Mhuire and in other addiction treatment centres also need our spiritual support. Their skills address the problems of addiction for each individual who is humble and honest enough to admit that they are out of control. Treatment and counselling leads individuals who are living with addiction and their families towards decisions which will be fruitful once they return home.

While Pioneers have always prayed for people who are struggling with addiction we would also like the help of others along this journey of spiritual support. Can I invite you to consider "taking the pledge for Lent" or to become a "spiritual sponsor" for a resident of Cuan Mhuire this Temperance Sunday?

Just drop a line to me at Fr Robert, PTAA, PO Box 13492, Dublin 7 or visit www.pioneers.ie/pray.

Fr. Robert McCabe, PTAA Spiritual Director

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, 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

As we celebrate your mysteries, O Lord, with the observance that is your due, we humbly ask you, that what we offer to the honour of your majesty may profit us for salvation.

Through Christ our Lord.

AFTER THE CONSECRATION

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

PRAYER AFTER COMMUNION

Grant, we pray, almighty God, that we may experience the effects of the salvation which is pledged to us by these mysteries. Through Christ our Lord.