

## A Door into Lent 2017

**Prelude**                    **Let Him In (Paul McCartney)**

### **Introduction**

The image on our leaflet and the opening song encourage us to let Jesus enter into our lives this Lent – as you can see there is no handle on the outside of the door – only we can open it and let him in. We are also starting our journey to Lent from the other end – the joy of Easter Sunday when Alleluias will be sung out, people drenched with the new Easter water and candles lit all over the world. We will trace our steps back through the most sacred three days in the Christian year and pause there. We will highlight the three Sundays of Lent that support those who are journeying towards Christian Initiation at Easter. Finally we will explore the triple call of Jesus to be charitable, to pray and to fast in **secret**.

**Song**                        **Honduras Alleluia (arr. Rob Glover)**

**All sing:**                Alleluia, Alleluia! Alleluia, Alleluia! Alleluia, Alleluia!  
Alleluia, praise the Lord.

### **Trócaire 2017**

‘Honduras, which translates as **‘depths’** in Spanish, is a country in Central America with a population of over 8 million people. For the most marginalised and rural populations in Honduras, it has become increasingly difficult to farm what land they have due to the extreme erratic weather conditions caused by climate change. ‘ Honduras is the focus country for Trócaire’s Lenten campaign in 2017. We hope that the compassionate and practical support of the people of Ireland will give good reason for singing the Honduras Alleluia this Easter **with extra gusto**.

**All sing:**                Alleluia, Alleluia! ...

**Reflection**                **St. John Paul II – Christifideles Laici**  
***(The Lay Members of Christ Faithful People)***

**All say:**                With baptism  
we become children of God  
in his only begotten son, Jesus Christ.  
Rising from the waters of the baptismal font,  
every Christian hears again the voice that was once heard  
on the banks of the Jordan river:  
                                 ‘You are my beloved;  
                                 With you I am well pleased’.

**Song**                        **Wade In The Water (Spiritual)**

**All sing:**                Wade in the water, wade in the water, children,  
Wade in the water. Oh God’s goin’ a trouble the water.

**Reflection**            **Holy Saturday**

Holy Saturday is a quiet day –a time for gentle reflection. There is a long tradition of Mary keeping quiet vigil called *Ora della Madre*, the Hour of Mary. As we listen to one of the *Cantigas de Santa Maria* from the 13<sup>th</sup> c. let us remain in stillness and imagine ourselves at the tomb of sadness sitting by the unlocked door of hope.

**Instrumental**            ***Cantigas de Santa Maria* (13<sup>th</sup> c)**

**Song**                    **Be Still And Know (Anonymous)**

**All sing:**            Be still and know that I am God. Be still and know that I am God.  
Be still and know that I am God.

I am the Lord that healeth thee. I am the Lord that healeth thee.  
I am the Lord that healeth thee.

In Thee, O Lord, I put my trust. In Thee, O Lord, I put my trust.  
In Thee, O Lord, I put my trust.

**Reflection**            ***Sixteen Revelations of Divine Love* (Julian of Norwich 14<sup>th</sup>c.)**

“Is any pain like this? ...Of all pains that lead to salvation this is the most pain, to see your Love suffer. How might any pain be more to me than to see Him that is all my life, all my bliss, and all my joy, suffer? ... “Here saw I a great ONEING between Christ and us: for when He was in pain, we were in pain.”

**Song**                    **Above All (LeBlanc/Baloché)**

**Reading**            **Judgements from the Passion of St. John**

(S) Aren't you another of that man's disciples? ... Is that the way you answer the High Priest?... (F) then Annas sent him, bound, to Caiphas the high priest... take him yourselves and try him by your own law... I find no case against him... crucify him... take him yourselves and crucify him.

**Song**                    **Reproaches (Tom McGuinness S.J.)**

*My people what have I done to you...I will return...I will not leave you long alone*

**Reflection**            **St. Teresa of Avila (15<sup>th</sup>.C.)**

When we watch Jesus on his way into the garden we have to wonder how great his dread must have been to cause him, who was patience itself, not only to show it, but to speak it. Listen to him as he says: 'My soul is sorrowful unto death.'

Then ask yourself: If he admitted that his flesh was weak, how can we expect more of our flesh? So let us not trouble ourselves about our fears, nor lose heart at the sight of our frailty, but humbly remind ourselves that without the grace of God we are nothing. And then, distrusting our own strength, let us commit ourselves to his mercy.

**Song**                    **Jesus, All For Jesus (Atkinson/Mark)**  
**All sing:**            For it's only in Your will that I am free  
For it's only in Your will that I am free  
Jesus, all for Jesus. All I am and have and ever hope to be.

**Reflection**            **God In An Apron (Macrina Wiederkehr)**

*(F) 'And then suddenly  
the One-Who-Loved startled us all.  
He got up from the table  
and put on an apron.  
Can you imagine how we felt?  
GOD IN AN APRON!'*

*(M) 'Tenderness encircled us  
as He bowed before us.  
He knelt and said,  
"I choose to wash your feet  
because I love you."*

*(C) 'Then He handed me the towel  
and said,  
"As I have done,  
so you must do."  
Learn to bow.  
Learn to kneel.'*

**Song**                    **A New Commandment (Ephrem Feeley)**  
**All sing:**            This is a new commandment to love one another,  
just as I have loved you, just as I have loved you.

### **Commentary**

As we step back from **'Those Three Days'** we move our focus on to the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Sundays of Lent which offer us wonderful images of water, light and new life. They point to the joy that comes from truly **'knowing'** Jesus Christ in his cross, death and resurrection. We journey backwards from the proclamation of faith in the resurrection at the tomb of Bethany, through the eye-opening miracle of healing on the road, to the life-giving well of Sychar where springs of compassion, inclusion and non-judgement meet in this one-to-one encounter.

**Refrain**                **Take The Stone Away (David Haas)**  
**All sing:**            Take the stone away come out, come out.  
Take the stone away come out.

**Scripture****5<sup>th</sup> Sunday of Lent John 11:1-45**

'I know that he will rise again at the resurrection on the last day'

**All sing:** Take the stone away come out, come out  
Take the stone away come out.

**"Unbind him". Fr Tim Carroll SMA**

A neighbour goes into the tomb and unties him. Lazarus sits up, he does not know where he is. He yawns, rubs his eyes, is helped to his feet, and staggers out into the light. He is barely out of the tomb, when two women are hanging round his neck, crying, this time for joy. When the confusion and commotion dies down, Martha and Mary take him home from the graveyard. He is still a bit wobbly on the legs. This is no ordinary funeral. It is not every day that the meal after the funeral is attended by the dead man, back from the grave. Inside the house I would love to ask Lazarus a few questions, but there is no chance with the crowd pushing and shoving. I would like to ask him, "were you in heaven?" "Are you glad or sad to be back?" "What is it like beyond the grave?" However we must move on. As we leave Lazarus, Martha and Mary, the celebrations go on all night.

**All sing:** Take the stone away come out, come out  
Take the stone away come out.

**Intercessions**

That we may be unbound from sin and grow in the holiness that leads to eternal life, let us pray to the Lord: **Lord, hear our prayer.**

That God may unbound us from the power of the spirit of evil, so that we may bear witness to our life in the risen Christ which we renew at Easter.

let us pray to the Lord: **Lord, hear our prayer.**

**Commentary**

It is during the fifth week of Lent that the Elect, on their way to Initiation at Easter, formally receive the Lord's Prayer, the pattern of all prayer. Let us pray as one family in the words of Jesus - **Our Father...**

**Song****Amazing Grace (Spiritual)**

**All sing:** Amazing grace, how sweet the sound,  
That saved a wretch like me.  
I once was lost, but now I'm found  
Was blind, but now I see.

'Twas grace that taught my heart to fear  
And grace my fears relieved.  
How precious did that grace appear  
The hour I first believed.

**Scripture**                    **4<sup>th</sup> Sunday of Lent John 9:1-41**  
I only **know** that I was blind and now I can see

**Reflection 2**                **Peter Knott SJ**

The grace and teachings of Jesus help us to see in a deeper way by shifting our eyes away from:

seeing through familiarity to seeing through wonder.

seeing through jealousy to seeing through admiration.

seeing through bitterness to seeing through eyes purified and softened by grief. **(F)**

seeing through fantasy to seeing through appreciation and prayer.

seeing through relevance to seeing through contemplation.

seeing through anger to seeing through forgiveness.

seeing through longing and hunger to seeing through.

The most grateful person has the best eyesight. Seeing straight has more dimensions than we might imagine.

**Song**                            **The Servant Song (Richard Gillard)**

**All sing:** Will you let me be your servant,  
let me be as Christ to you,  
pray that I may have the grace  
to let you be my servant too.

I will hold the Christ-light for you,  
in the night-time of your fear,  
I will hold my hand out to you,  
speak the peace you long to hear.

**Prayer**                        **Saint Francis of Assisi**

**All say:** Most High, glorious God, enlighten the darkness of my heart,  
and give me right faith, certain hope, and perfect charity,  
wisdom and understanding, Lord, that I may carry out your holy  
and true command. Amen.

**Scripture**                    **3<sup>rd</sup> Sunday of Lent (John 4:5-42)**  
If you only **knew** what God was offering you.

**Song**                            **The soul that is glad to know God (Ronan McDonagh/P. Stotter)**

**All sing:** I will give you living water, no more shall you thirst  
I will give you living water springing up within you.

**A Thought**                **C. Spring/C. Garfield**

‘By compassion we mean the deep feeling that comes when we recognize our soul's reflection in another person, when that other person's pain or joy becomes our own.’

**All sing:** I will give you living water, no more shall you thirst  
I will give you living water springing up within you.

**A Thought**                      **Desmond Tutu**

"Compassion is not just feeling with someone, but seeking to change the situation. Frequently people think compassion and love are merely sentimental. No! They are very demanding. If you are going to be compassionate, be prepared for action!"

**All sing:** I will give you living water, no more shall you thirst  
I will give you living water springing up within you.

**A Thought**                      **Matthew Fox**

'Compassion is not sentiment but is making justice and doing works of mercy. Compassion is not a moral commandment but a flow and overflow of the fullest human and divine energies.'

**Commentary**                      **A Fresh Look at Lent 2017**

The Gospel of Ash Wednesday – Matthew 6.1-6.16-18 – sets the tone for the season of Lent. It offers us a trio of ideas – Almsgiving, Praying and Fasting. However, we're asked to do them **in secret**. How can we integrate this call to be charitable, to pray and to fast, **in private**, into our celebration of Lent this year. Here are some ways to support each other through the public weekly (or daily) celebration of the Eucharist while holding on to our privacy, our secret room?

**1. 'Giving a dig out' (Almsgiving)**

As people enter the church on the First Sunday of Lent (or on Ash Wednesday) they are invited to take a card on which there are three suggestions for practical charitable activity during the week. One card could have the following choices for example:

- (a) Write a letter to support those working with people who are homelessness,
- (b) Help reduce climate change by recycling more of your waste
- (c) Support Friends of the Elderly by a contribution or volunteer.

People choose the action to which they feel drawn to and try to do it before the next Sunday. Put a tick beside the one you have done and on the following Sunday, keeping your card close to your chest, place it in the basket with your usual contribution. Let the baskets sit before the altar as a silent offering. At the end of Mass you can take on another task as you leave the Church when the cards are 'recycled'. It's a private way of 'giving a dig out' with community support.

**Song**                                      **Ubi Caritas (Taizé)**

**All sing:** Ubi caritas et amor, ubi caritas Deus ibi est.

## 2. 'Taking time out with God' (Praying)

Many people find it difficult to put aside time for prayer. Sixty seconds of quiet would be a good start, from time to time, during the day. The Angelus Bell on RTÉ might trigger this quiet time or a gentle alarm on the mobile phone, like a prayer gong, to signal the beginning and end of this moment. Now one else needs to know. This practice could be reinforced at the Eucharist by having one minute of **announced** complete silence after the homily and similarly before the Prayer after Communion. Once people know that someone hasn't fallen asleep or that it's not a mistake they will get into the rhythm of the silence. Peace will reign.

**Song**                      **Dona Nobis Pacem (Anonymous)**

### 1. 'Doing Without' (Fasting)

One of the aids to fasting during Lent is the psychological support of centuries of tradition and the company of others as we do without sugar, salt or whatever. How can we fast today in secret? What about fasting from making judgements – by letting go of that unkind thought, buttoning the lip and holding the tongue. If we can keep it up for one second, one hour, one day and build on that during Lent it could change our lives and the lives of those around us.

**Penitential Song**    **Kyrie (Seán Ó Riada)**

You call us to heal and to forgive without judgement – A Thiarna déan trócaire  
You invite us to share tirelessly in your work of mercy – A Chríost déan trócaire  
You show us boundless compassion - A Thiarna déan trócaire

**Prayer**

**Irish Traditional**

Tá mé ag filleadh arís ort,  
**I come back to you again**  
Is a Rí gheal ná daor sinn;  
**and, bright King, do not condemn us;**  
Tabhair dom deoch as tobar na daonnacht',  
**give me a drink from the well of your humanity**  
Nó braon den uisce úd do shil as do thaobh deas,  
**or a drop of water that flowed from your right side,**  
A dhéanfadh sinn a ghlanadh, a ghealadh is a shaoradh,  
**which will be enough to clean us and wash us and free us,**  
Is go rachaidh ár n-anam go Flaithis i d'fhéachaint.  
**and may our souls rise up to Heaven in your sight.**

**Song**

**Come Home (Thompson/Tate)**

**All sing:**

Come home, come home. You who are weary come home;  
Earnestly, tenderly, Jesus is calling  
Calling, 'O sinner', come home!

**PRIVATE**



**ONE  
MINUTE**   
*of silence*



**NON-JUDGEMENT  
DAY IS NEAR**

