

Second Sunday in Lent ^A



Entrance Antiphon: Of you my heart has spoken: Seek his face. It is your face, O Lord, that I seek; hide not your face from me Ps 26:8-9

Each year on the second Sunday of Lent the Church puts before us the transfiguration of Jesus. His face shone and his clothes became dazzlingly white. We too can experience transfiguration. Virtue transfigures us - sin disfigures us. Let us turn to the Lord for the help we need so that we can transfigure our lives by the practice of virtue.

Lord, you help us change hatred into love.

You help us change bitterness into forgiveness.

Lord, you help us change sorrow into joy.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Let us pray:

O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

FIRST READING:

A reading from the book of Genesis.

Genesis 12:1-4

The Lord said to Abram: "Leave your country, your family and your father's house, for the land I will show you. I will make you a great nation; I will bless you and make your name so famous that it will be used as a blessing. I will bless those who bless you. I will curse those who slight you. All the tribes of the earth shall bless themselves by you." So Abram went as the Lord told him.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Psalm 32: 4-5. 18-20. 22

**Response: May your love be upon us, O Lord,
as we place all our hope in you.**

The word of the Lord is faithful
and all his works to be trusted.

The Lord loves justice and right
and fills the earth with his love.

R/.

The Lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine.

R/.

Our soul is waiting for the Lord.
The Lord is our help and our shield.
May your love be upon us, O Lord,
as we place all our hope in you.

R/.

SECOND READING:

A reading from the second letter of St Paul to Timothy

2 Timothy 1:18-10

With me, bear the hardships for the sake of the Good News, relying on the power of God who has saved us and called us to be holy - not because of anything we ourselves have done but for his own purpose and by his own grace. This grace had already been granted to us, in Christ Jesus, before the beginning of time, but it has only been revealed by the appearing of our saviour Christ Jesus. He abolished death, and he has proclaimed life and immortality through the Good News.

The Word of the Lord.

Thanks be to God.

**Praise to you, O Christ, king of eternal glory!
From the bright cloud the Father's voice was heard:
'This is my Son, the Beloved. Listen to him.'
Praise to you, O Christ, king of eternal glory!**

GOSPEL

The Lord be with you.

A reading from the holy Gospel according to Matthew.

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said: 'This is my son, the Beloved; he enjoys my favour. Listen to him'. When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid'. And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Profession of Faith

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. 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.

Offertory:

Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

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:

May this sacrifice, O Lord, we pray, cleanse us of our faults and sanctify your faithful in body and mind for the celebration of the paschal festivities. Through Christ our Lord. **Amen.**

Preface:

The Lord be with you.

Lift up your hearts.

Let us give thanks to the Lord our God.

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,
through Christ our Lord.

For after he had told the disciples of his coming Death,
on the holy mountain he manifested to them his glory,

Matthew 17:1-9

And with your spirit.

Glory to you, Lord.

And with your spirit.

We lift them up to the Lord.

It is right and just.

to show, even by the testimony of the law and the prophets,
that the Passion leads to the glory of the Resurrection.
And so, with the Powers of heaven,
we worship you constantly on earth,
and before your majesty 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.

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

Communion Antiphon: **This is my beloved Son, with whom I am well pleased; listen to him.**

REFLECTION:

The Gospels clearly show that Peter was a man of action; he always needed to be doing something. So on Mount Tabor, instead of contemplating in silence and wonder the glory of his Lord, he wanted to build three tents.

There is a time for stillness, for contemplation, for wonder, for adoration in the presence of God. A time to heed the words of the psalmist: 'Be still, and know that I am God.'

Sometimes we are too busy. We would be better to be silent, to be listening, to be wondering, to be adoring in the presence of God.

Prayer after Communion:

As we receive these glorious mysteries, we make thanksgiving to you, O Lord, for allowing us while still on earth, to be partakers even now of the things of heaven. Through Christ our Lord. **Amen.**

Final Blessing:

Bless your faithful, we pray, O Lord, with a blessing that endures for ever,
and keep them faithful to the Gospel of your only Begotten Son,
so that they may always desire and at last attain
that glory whose beauty he showed in his own Body,
to the amazement of his Apostles.

The Lord be with you
May almighty God bless you,
the Father, and the Son and the Holy Spirit.
Go forth, the Mass is ended.

**Amen
And with your spirit.**

**Amen.
Thanks be to God.**

To Work for Change

God who weeps at injustice and oppression, genocide and crucifixion: we grieve the state of our world ... so much brokenness and violence, so much pain and unfairness. God who aches for a different way, a peaceable respect, a community of equals and a realm of love: we ask for hope in order to work for change; we ask for courage to resist in the face of opposition; we ask for faith to believe in the possibility of peace.

Lives that are effective are not always those that attract attention. They are never those of the proud who storm against obstacles which cannot be removed. Lives lived humbly, under the eyes of God, illumined by his grace and radiant with love for others are always effective.

A Prayer ...

Dear God, there are so many things I fear in life. So much triggers my desire to stay put, to remain in my own comfortable spot - spiritually, physically, and psychologically. I want to climb mountains and go into deep valleys with you, but I am afraid of the pain that might be involved in leave-taking. I believe that you are with me, blessing me as I go. Yet I stay stuck in my fear that the bright cloud of your presence will cast a shadow over my life. Touch me with your love and help me to rise from those fears. This I ask in the name of your beloved Son, my brother and saviour, Jesus the Christ. Amen.