



## SATURDAY MORNING

### HYMNS & PRAYER

24<sup>th</sup> February 2024

#### PROCESSIONAL HYMN

The glory of these forty days  
we celebrate with songs of praise;  
for Christ, by whom all things were made,  
himself has fasted and has prayed.

Alone and fasting Moses saw  
the loving God who gave the law;  
and to Elijah, fasting, came  
the steeds and chariots of flame.

Then grant us, Lord, like them to be  
by prayer and fast from sin set free;  
our spirits strengthen with your grace,  
and give us joy to see your face.

#### Responsorial Psalm

*R. Happy are they who follow the law of the Lord!*

#### COMMUNION RELECTION

"Take up your cross", the Saviour said, "if you would my disciple be;  
take up your cross, deny yourself, and humbly follow after me. "

Take up your cross, heed not the shame, and let your foolish heart be still;  
the Lord for you accepted death upon a cross, on Calv'ry's hill.

Take up your cross, and follow Christ, nor think till death to lay it down;  
for only those who bear the cross may hope to wear the glorious crown.

## RECESSIONAL HYMN

I'll sing a hymn to Mary, the Mother of my God,  
The Virgin of all virgins, of David's royal blood.  
O teach me, Holy Mary, a loving song to frame,  
When wicked men blaspheme thee, to love and bless thy name.

O Lily of the Valley, O Mystic Rose, what tree,  
Or flower, e'en the fairest, is half so fair as thee?  
O let me, tho' so lowly, recite my Mother's fame;  
When wicked men blaspheme thee, I'll love and bless thy name.

But in the crown of Mary, there lies a wondrous gem,  
As Queen of all the Angels, which Mary shares with them.  
"No sin hath e'er defiled thee," so doth our faith proclaim;  
When wicked men blaspheme thee, I'll love and bless thy name.

## PRAYER FOR CHRISTIAN UNITY

Mary, Virgin most pure, your greatness began  
at the first instant of your existence  
with the privilege of your Immaculate Conception.

It was fitting that you should be adorned  
with the greatest purity ever possible to a creature.

You are the Immaculate Virgin  
To whom God the Father decreed to give his only Son.

You are the Immaculate Virgin  
Whom the Holy Spirit willed to make his bride  
and in whom he would work

The tremendous miracle of the incarnation.

Help me to imitate your sinlessness  
by keeping my soul free from wilful sin  
through the faithful observance of God's commandments.

Let me imitate your fullness of grace  
by frequent reception of the sacrament of penance,  
the Holy Eucharist, and heartfelt prayer,  
which will make my soul holy  
and give me the grace I need to practice virtue.

O my Lady,  
transform me into a living image of Jesus Christ just as you were.

Amen.

### **Acknowledgements:**

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