

# Benediction Hymns and Prayer

## O SAVING VICTIM

O saving victim, op'ning wide  
The gate of heav'n to us below.  
Our foes press on from ev'ry side,  
Thine aid supply, thy strength bestow.

All praise and thanks to thee ascend  
For evermore, blest One in Three;  
O grant us life that shall not end,  
In our true native land with thee.  
Amen.

## HYMN OF ADORATION

Down in adoration falling,  
This great sacrament we hail;  
Ancient types have long departed  
Newer rites of grace prevail  
Faith for all defects supplying  
Where the feeble senses fail.

Glory let us give and blessing  
To the Father and the Son,  
honour, might and praise addressing  
while eternal ages run;  
Equal praise to him confessing  
who proceeds from both as one.  
AMEN  
V. You have given them bread from heaven  
R. Having in itself all delight.

## SWEET SACRAMENT DIVINE

Sweet Sacrament Divine,  
hid in thy earthly home,  
Lo! Round thy lowly shrine,  
with suppliant hearts we come.  
Jesus, to thee our voice we raise  
in songs of love and heartfelt praise,  
Sweet Sacrament Divine.

Sweet Sacrament of Peace,  
dear home of every heart,  
where restless yearnings cease,  
and sorrows all depart.  
There in thine ear, all trustfully  
We tell our tale of misery  
Sweet Sacrament of Peace.

## PRAYER FOR PRIESTLY & RELIGIOUS VOCATIONS

**Celebrant:** At the sight of the crowds, Jesus' heart was moved.

**Response:** *For they were like sheep without a shepherd.*

**Celebrant:** Jesus said, "The harvest is ready."

**Response:** *But the labourers are few.*

**Celebrant:** Ask the Lord to send our labourers for the harvest.

**Response:** *O Lord, we pray for more young people to answer the call to become priests and religious in your harvest.*

**Celebrant:** And shepherd for your people.

**Response:** *Amen.*



## MONDAY 07 MARCH 2022

*Monday of the first week of Lent*

### ENTRANCE ANTIPHON:

Like the eyes of slaves on the hand of their lords,  
so our eyes are on the Lord our God, till he show us  
his mercy.

Have mercy on us, Lord, have mercy.

### FIRST READING:

Leviticus 19:1-2, 11-18 (JB)

### RESPONSORIAL PSALM:

*Ps 18:8-10, 15 (JB)*

**R.** Your words, Lord, are spirit and life.

The law of the Lord is perfect,  
it revives the soul.  
The rule of the Lord is to be trusted,  
it gives wisdom to the simple. **R.**

The precepts of the Lord are right,  
they gladden the heart.  
The command of the Lord is clear,  
it gives light to the eyes. **R.**

The fear of the Lord is holy,  
abiding for ever.  
The decrees of the Lord are truth  
and all of them just. **R.**

May the spoken words of my mouth,  
the thoughts of my heart,  
win favour in your sight, O Lord,  
my rescuer, my rock! **R.**

### GOSPEL ACCLAMATION:

Praise to you, Lord Jesus Christ, king of endless glory!  
This is the favourable time,  
this is the day of salvation.  
Praise to you, Lord Jesus Christ, king of endless glory!

**GOSPEL:** Matthew 25:31-46 (JB)

### COMMUNION ANTIPHON:

Amen, I say to you:  
Whatever you did for one of the least of my brethren,  
you did it for me, says the Lord.  
Come, you blessed of my Father,  
receive the kingdom prepared for you from the  
foundation of the world.

## WEEKDAY PRAYER SHEET

07 – 12 MARCH 2022  
FIRST SUNDAY OF LENT  
YEAR C

## TUESDAY 08 MARCH 2022

*Tuesday of the first week of Lent*

### ENTRANCE ANTIPHON:

O Lord, you have been our refuge,  
from generation to generation;  
from age to age, you are.

### FIRST READING:

Isaiah 55:10-11 (JB)

### RESPONSORIAL PSALM:

*Ps 33:4-7, 16-19 (JB)*

**R.** From all their afflictions God will deliver the just.

Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free. **R.**

Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress. **R.**

The Lord turns his face against the wicked  
to destroy their remembrance from the earth.  
The Lord turns his eyes to the just  
and his ears to their appeal. **R.**

They call and the Lord hears  
and rescues them in all their distress.  
The Lord is close to the broken-hearted;  
those whose spirit is crushed he will save. **R.**

### GOSPEL ACCLAMATION:

Praise and honour to you, Lord Jesus Christ!  
No one lives on bread alone,  
but on every word that comes from the mouth of  
God.  
Praise and honour to you, Lord Jesus Christ.

**GOSPEL:** Matthew 6:7-15 (JB)

### COMMUNION ANTIPHON:

When I called, the God of justice gave me answer;  
from anguish you released me;  
have mercy, O Lord, and hear my prayer!

**WEDNESDAY 09 MARCH 2022**

*Wednesday of the first week of Lent*

**ENTRANCE ANTIPHON:**

Remember your compassion, O Lord,  
and your merciful love, for they are from of old.  
Let not our enemies exult over us.  
Redeem us, O God of Israel, from all our distress.

**FIRST READING:** Jonah 3:1-10 (JB)

**RESPONSORIAL PSALM:**

*Ps 50:3-4, 12-13, 18-19 (JB)*

**R.** A broken, humbled heart, O God, you will not scorn.

Have mercy on me, God, in your kindness.  
In your compassion blot out my offence.  
O wash me more and more from my guilt  
and cleanse me from my sin. **R.**

A pure heart create for me, O God,  
put a steadfast spirit within me.

Do not cast me away from your presence,  
nor deprive me of your holy spirit. **R.**

For in sacrifice you take no delight,  
burnt offering from me you would refuse,  
my sacrifice a contrite spirit.  
A humbled, contrite heart you will not spurn **R.**

**GOSPEL ACCLAMATION:**

Glory and praise to you, Lord Jesus Christ!  
With all your heart turn to me,  
for I am tender and compassionate.  
Glory and praise to you, Lord Jesus Christ!

**GOSPEL:** Luke 11:29-32 (JB)

**COMMUNION ANTIPHON:**

All who take refuge in you shall be glad, O Lord,  
and ever cry out their joy, and you shall dwell  
among them.

**THURSDAY 10 MARCH 2022**

*Thursday of the first week of Lent*

**ENTRANCE ANTIPHON:**

To my words give ear, O Lord; give heed to my  
sighs.  
Attend to the sound of my cry, my King and my  
God.

**FIRST READING:**  
Esther 14:1, 3-5, 12-14 (JB)

**RESPONSORIAL PSALM:**  
*Ps 137:1-3, 7-8 (JB)*

**R.** Lord, on the day I called for help, you  
answered me.

I thank you, Lord, with all my heart,  
you have heard the words of my mouth.  
Before the angels I will bless you.  
I will adore before your holy temple. **R.**

I thank you for your faithfulness and love  
which excel all we ever knew of you.  
On the day I called, you answered;  
you increased the strength of my soul. **R.**

You stretch out your hand and save me,  
your hand will do all things for me.  
Your love, O Lord, is eternal,  
discard not the work of your hands. **R.**

**GOSPEL ACCLAMATION:**

Glory to you, Word of God, Lord Jesus Christ!  
Create a clean heart in me, O God;  
give back to me the joy of your salvation.  
Glory to you, Word of God, Lord Jesus Christ!

**GOSPEL:** Matthew 7:7-12 (JB)

**COMMUNION ANTIPHON:**

Everyone who asks, receives; and the one who  
seeks, finds;  
and to the one who knocks, the door will be  
opened.

**FRIDAY 11 MARCH 2022**

*Friday of the first week of Lent*

**ENTRANCE ANTIPHON:**

Set me free from my distress, O Lord.  
See my lowliness and suffering,  
and take away all my sins.

**FIRST READING:** Ezekiel 18:21-28 (JB)

**RESPONSORIAL PSALM:**  
*Ps 129 (JB)*

**R.** If you, O Lord, laid bare our guilt,  
who would endure it?

Out of the depths I cry to you, O Lord,  
Lord, hear my voice!  
O let your ears be attentive  
to the voice of my pleading. **R.**

If you, O Lord, should mark our guilt,  
Lord, who would survive?  
But with you is found forgiveness:  
for this we revere you. **R.**

My soul is waiting for the Lord,  
I count on his word.  
My soul is longing for the Lord  
more than watchman for daybreak.  
Let the watchman count on daybreak  
and Israel on the Lord. **R.**

Because with the Lord there is mercy  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity. **R.**

**GOSPEL ACCLAMATION:**

Praise to you, Lord Jesus Christ, king of endless  
glory!  
Rid yourselves of all your sins  
and make a new heart and a new spirit.  
Praise to you, Lord Jesus Christ, king of endless  
glory!

**GOSPEL:** Matthew 5:20-26 (JB)

**COMMUNION ANTIPHON:**

As I live, says the Lord, I do not desire the death of  
the sinner,  
but rather that he turn back and live.

**SATURDAY 12 MARCH 2022**

*Saturday of the first week of Lent*

**ENTRANCE ANTIPHON:**

The law of the Lord is perfect; it revives the  
soul.  
The decrees of the Lord are steadfast; they  
give wisdom to the simple.

**FIRST READING:**  
Deuteronomy 26:16-19 (JB)

**RESPONSORIAL PSALM:**  
*Ps 118:1-2, 4-5, 7-8 (JB)*

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

They are happy whose life is blameless,  
who follow God's law!  
They are happy those who do his will,  
seeking him with all their hearts. **R.**

You have laid down your precepts  
to be obeyed with care.  
May my footsteps be firm  
to obey your statutes. **R.**

I will thank you with an upright heart  
as I learn your decrees.  
I will obey your statutes;  
do not forsake me. **R.**

**GOSPEL ACCLAMATION:**

Praise and honour to you, Lord Jesus Christ!  
This is the favourable time,  
this is the day of salvation.  
Praise and honour to you, Lord Jesus Christ!

**GOSPEL:** Matthew 5:43-48 (JB)

**COMMUNION ANTIPHON:**

Be perfect, as your heavenly Father is perfect,  
says the Lord.

*At our week day Masses we have a retiring  
collection to allow weekday parishioners  
to support the Cathedral.  
Thank you for your contribution.*

*At our Masses on Friday we have  
a collection to allow weekday parishioners  
to support the Cathedral.  
Thank you for your contribution.*