

THE COMMUNITY OF  
SAINT JOSEPH HOLY CROSS  
CATHEDRAL & CHURCH

FIRST SUNDAY OF LENT

Feb 18, 2024

INTROIT

Invocabit me

Mode 8

*Psalm 91: 15-16; Vs. 1*

Invocabit me, et ego exaudiam eum: eripiam eum, et glorificabo eum: longitudine dierum adimplebo eum. Vs. Qui habitat in adjutorio Altissimi, in protectione Dei caeli commorabitur.	When he calls to me, I will answer him; I will rescue him and honor him; with long life will I satisfy him. Vs. He who abides in the shelter Most High, shall remain under the protection of the God of Heaven.
---	--

HYMN

[12:30, 5: 15]

Again We Keep this Solemn Fast

*Erhalt uns Herr*



1.	A - gain	we	keep	this	sol - emn	fast,	A
2.	The	law	and	proph - ets	from	of	In
3.	More	spar - ing,	there - fore,	let	us	make	The
4.	Let	us	a - void	each	harm - ful	way	That
5.	We	pray,	O	bles - ed	Three	in	Our



gift of faith from a - ges past, This Lent which binds us  
 fig - ured ways this Lent fore - told, Which Christ, all a - ges'  
 words we speak, the food we take, Our sleep, our laugh - ter,  
 lures the care - less mind a - stray; By watch - ful prayer our  
 God while end - less a - ges run, That this, our Lent of



lov - ing - ly To faith and hope and char - i - ty.  
 Lord and Guide, In these last days has sanc - ti - fied.  
 ev - 'ry sense; Learn peace thru ho - ly pen - i - tence.  
 spir - its free From schem - ing of the En - e - my.  
 for - ty days, May bring us growth and give you praise.

KYRIE

[9:00, 10:30]

*from Mass for Two Voices*

Paul Ayres  
*(born 1970)*

## KYRIE

[12:30, 5:15]

from New Plainsong Mass

David Hurd  
(born 1950)

*congregation repeats after cantor/choir:*

Ky - ri - e e - le - i - son, Chri - ste e - le - i - son,  
Ky - ri - e e - le - i - son.

## COLLECT

# LITURGY OF THE WORD

## FIRST READING

Genesis 9: 8-15

*God's covenant with Noah  
when he was delivered from the flood.*

God said to Noah and to his sons with him:

“See, I am now establishing my covenant with you and your descendants after you and with every living creature that was with you: all the birds, and the various tame and wild animals that were with you and came out of the ark. I will establish my covenant with you, that never again shall all bodily creatures be destroyed by the waters of a flood; there shall not be another flood to devastate the earth.” God added: “This is the sign that I am giving for all ages to come, of the covenant between me and you and every living creature with you: I set my bow in the clouds to serve as a sign of the covenant between me and the earth. When I bring clouds over the earth, and the bow appears in the clouds, I will recall the covenant I have made between me and you and all living beings, so that the waters shall never again become a flood to destroy all mortal beings.”

## PSALM RESPONSE

Psalm 25: 4-5, 6-7, 8-9

Adam Bartlett

Your ways, O lord, are love and truth to those who keep your cov - e - nant.

1. Your ways, O LORD, make known to me; teach me your paths,  
Guide me in your truth and teach me, for you are God my savior
2. Remember that your compassion, O LORD,  
and your love are from of old.  
In your kindness remember me, because of your goodness, O LORD,
3. Good and upright is the LORD, thus he shows sinners the way.  
He guides the humble to justice, and he teaches the humble his way

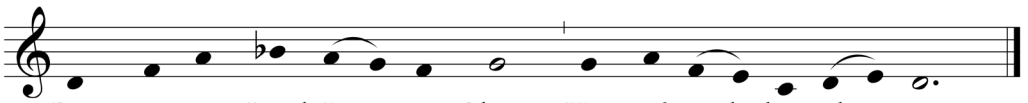
*The water of the flood prefigured baptism, which saves you now.*

Beloved:

Christ suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the Spirit. In it he also went to preach to the spirits in prison, who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through water. This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to him.

### GOSPEL ACCLAMATION

Matthew 4: 4



Praise to you, Lord Je - sus Christ, King of end - less glo - ry.

One does not live on bread alone,  
but on every word that comes forth from the mouth of God.

### HOLY GOSPEL

Mark 1: 12-15

*Jesus was tempted by Satan, and the angels ministered to him.*

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him. After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

### HOMILY

### 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,

*[all bow during the following 2 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.

## UNIVERSAL PRAYER

## COLLECTION OF OFFERINGS

*Your offering at this Mass supports the work and operations of Saint Joseph Cathedral and Holy Cross Church, including daily meals for the needy, our music and education programs, and all other aspects of our community outreach. Please be generous in your support of these important endeavors. Scan the QR code or click/tap anywhere inside this box to contribute by credit card or via PayPal.*



# LITURGY OF THE EUCHARIST

## OFFERTORY ANTIPHON

[9:00, 10:30]

Scapulis suis

Mode 7

*Psalm 91: 4-5*

Scapulis suis obumbrabit tibi Dominus, et sub pennis ejus sperabis. Scuto circumdabit te veritas ejus.	The Lord will overshadow you with his pinions, and you will find refuge under his wings. His faithfulness will encompass you with a shield.
1. Salvum me fac, Deus, quoniam venerunt aquae usque ad guttur meum. Scapulis suis ...	Save me, O God, for the waters have risen to my neck. The Lord will overshadow ...
2. Infixus sum in limo profundi, et non est substantia; veni in profunda aquarum, et fluctus demersit me. Scapulis suis ...	I have sunk into the mud of the deep, where there is no foothold. I have entered the waters of the deep, where the flood overwhelms me. The Lord will overshadow ...
3. Laboravi clamans, raucae factae sunt fauces meae; defecerunt oculi mei, dum spero in Deum meum. Scapulis suis ...	I am wearied with crying aloud; my throat is parched. My eyes are wasted away with waiting for my God. The Lord will overshadow ...

## OFFERTORY ANTIPHON

[12:30, 5:15]

Scapulis suis

Mode 8

VIII  
U N-der his wings you shall find hope.



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

*All* 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.

## PREFACE DIALOGUE

*Priest* The Lord be with you.

*All* And with your spirit.

*Priest* Lift up your hearts.

*All* We lift them up to the Lord.

*Priest* Let us give thanks to the Lord our God.

*All* It is right and just.

## SANCTUS

from Missa Primitiva

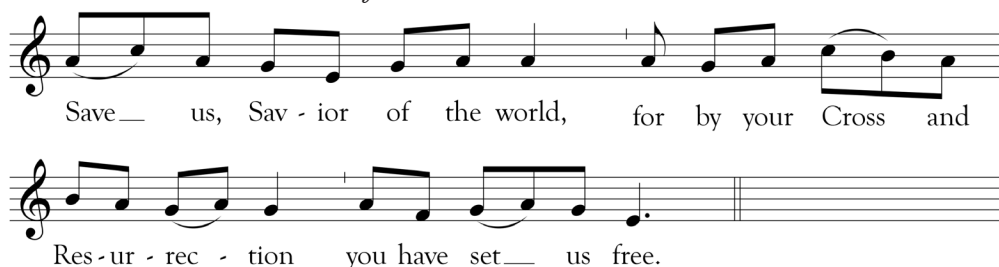
S Anctus, \* Sanctus, Sanctus Dóminus De-us Sá-  
ba-oth. Ple-ni sunt caeli et terra gló-ri- a tu- a. Ho-sánna  
in excélsis. Be-ne-díctus qui ve-nit in nómine Dómi-ni.  
Ho-sánna in excélsis



## MYSTERIUM FIDEI

from Missa Primitiva

Save\_\_ us, Sav - ior of the world, for by your Cross and  
Res - ur - rec - tion you have set\_\_ us free.



## THE LORD'S PRAYER

## AGNUS DEI

[9:00, 10:30]

from Mass for Two Voices

Ayres

[12:30, 5:15]

from Missa Primitiva

Mode 7

**A** -gnus De- i, \* qui tol- lis peccá- ta mundi: mi- se- ré-  
re no- bis. Agnus De- i, \* qui tol- lis peccá- ta mundi: mi-  
se- ré- re no- bis. Agnus De- i, \* qui tol- lis peccá- ta mun-  
di: do- na no- bis pa- cem.

## COMMUNION RITE

*Priest* Behold the Lamb of God,  
behold him who takes away the sins of the world.  
Blessed are those called to the supper of the Lamb.

*All* Lord, I am not worthy  
that you should enter under my roof,  
but only say the word and my soul shall be healed.

## COMMUNION ANTIPHON

[9:00, 10:30]

Scapulis suis

Mode 3

*Psalm 91: 4-5*

Scapulis suis	He will overshadow you
obumbrabit tibi,	with his pinions,
et sub pennis ejus sperabis:	and you will find refuge under his wings.
scuto circumdabit	His faithfulness will encompass you
te veritas ejus.	with a shield.
Vs. Qui habitat in protectione	Vs. He that dwells in the aid
Altissimi,	of the most High,
sub umbra omnipotenti	shall abide under the protection of the
commorabitur.	God of Jacob.

[12:30, 5:15]

Scapulis suis

Mode 3

For you, O Lord, are my re- fuge.

- ✠ For Catholics who are receiving Holy Communion, please bow your head before receiving Communion as a sign of reverence for the Real Presence of Christ.
- ✠ We welcome non-Catholics to this celebration of the Eucharist but because we believe that the Eucharist is a sign of the oneness of faith, life and worship, members of other churches with whom we are not fully united are ordinarily not admitted to Holy Communion. We ask for you to remain seated during the Communion rite and join us in prayer for Christian unity and peace for the human family.

## THANKSGIVING

[10:30]

Ave Regina coelorum

Menegali  
*(Italian, ca. 1700)*

Ave Regina coelorum:	Hail, O Queen of Heaven enthroned.
Ave Domina Angelorum:	Hail by angels mistress owned.
Salve radix, salve porta ex qua mundo lux est orta.	Root of Jesse, gate of morn whence the world's true light was born.
Gaude Virgo gloriosa, super omnes speciosa:	Glorious Virgin, joy to thee, loveliest whom in heaven they see;
Vale, O valde decora, et pro nobis Christum exora.	Fairest thou, where all are fair, plead with Christ our souls to spare.

## PRAYER AFTER COMMUNION

### BLESSING AND DISMISSAL

*Please respect our custom of remaining in place  
and singing the recessional hymn.*

### HYMN

Forty Days and Forty Nights

*Aus der Tiefe rufe ich*

unison 1. For - ty days and for - ty nights You were fast - ing in the wild;  
 satb 2. Shall not we your sor - row share And from world - ly joys ab - stain,  
 satb 3. Then if Sa - tan on us press, Flesh or Spir - it to as - sail,  
 satb 4. So shall we have peace di - vine: Ho - lier glad - ness ours shall be;  
 unison 5. Keep, O keep us, Sa - viour dear, Ev - er con - stant by your side;

For - ty days and for - ty nights Tempt - ed, and yet un - de - filed.  
 Fast - ing with un - ceas - ing prayer, Strong with you to suf - fer pain?  
 Vic - tor in the wild - er - ness, Grant we may not faint nor fail!  
 Round us, too, shall an - gels shine, Such as served you faith - ful - ly.  
 That with you we may ap - pear At the e - ter - nal Eas - ter - tide.

# SAINT JOSEPH CATHEDRAL CONCERTS

## STATIONS OF THE CROSS

featuring improvised musical meditations by

**DR. RICHARD K. FITZGERALD**

Director of Music and Organist of Saint Joseph Cathedral.

**SUNDAY, MARCH 17, 2024 ♦ 3:00 P.M.**

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