

[TUESDAY, MARCH 11]

Prayer for the Morning

*Let us cry out to the Lord our God:
in mercy, he will hear us!*

Glory to the Father... Amen.

HYMN

Meter: 77 77

*This hymn can be sung to the tune used for
Forty Days and Forty Nights*

Cast your burden on the Lord,
Only lean upon his word;
You will soon have cause to bless
His eternal faithfulness.

He sustains you by his hand,
He enables you to stand;
Those whom Jesus once has loved
From his grace are never moved.

Human counsels come to naught;
That shall stand which God has wrought;
His compassion, love, and power
Are the same forevermore.

PSALM 33

1-9

My word shall not return to me void, / but shall do my will. (cf. Is 55:11)

Receiving God's word with a willing heart and returning it to him in prayer and praise is a work of Lenten transformation.

Ring out your joy to the Lord, O you just;
for praise is fitting for loyal hearts.

Give thanks to the Lord upon the lyre,
with a ten-stringed harp sing him songs.

O sing him a song that is new,
play loudly, with all your skill.

For 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.

By his word the heavens were made,
by the breath of his mouth all the stars.
He collects the waves of the ocean;
he stores up the depths of the sea.

Let all the earth fear the Lord,
all who live in the world revere him.
He spoke; and it came to be.
He commanded; it sprang into being.

Glory to the Father...

Word of God

1 Thessalonians 2:13

WE TOO GIVE thanks to
God unceasingly, that, in
receiving the word of God from hearing us, you re-
ceived not a human word but, as it truly is, the word of
God, which is now at work in you who believe.

*Faith comes from what is heard, and what is heard
comes through the word of Christ. (Rom 10:17)*

CANTICLE OF ZECHARIAH

(Text, back cover B)

In the beginning was the Word, / and the Word was with God, / and the Word was God. (Jn 1:1)

INTERCESSIONS

To God whose gift to us is the word of life, we pray:

R Your word, O Lord, is spirit and life!

For the word of creation, we praise you, O God:
– teach us to reverence all that your word has brought
into being. *R*

For the word of salvation, we praise you, O God:
– teach us to work for the salvation of all whom you
will to save. *R*

For the word of life, we praise you, O God:
– teach us to live according to your word. *R*

Personal intentions

Our Father...

God our Father, you have spoken into the chaos of sin
the one all-powerful Word of salvation, your Son, our
Lord Jesus Christ. Teach us to put our faith in the con-
stancy of your word and not in the multiplication of
our own. We ask this through the same Jesus Christ,
the Lord. Amen.

MASS

Tuesday of the First Week of Lent

*The Lord promises that the Word which comes from his mouth
will be like the rain and snow that come down from the heavens:
Our Father who art in heaven. God's fruitful Word gives bread to
the one who eats: Give us this day our daily bread. God's Word
shall do his will: Thy will be done. God's Word shall not return
to him void: Thy Kingdom come. We forgive those who tres-
pass against us. It will achieve the end for which God sends it:
Deliver us from evil.*

ENTRANCE ANTIPHON *Cf. Ps 90 (89):1-2*
O Lord, you have been our refuge, from generation to
generation; / from age to age, you are.

COLLECT

Look upon your family, Lord,
that, through the chastening effects of bodily discipline,

our minds may be radiant in your presence
with the strength of our yearning for you.
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.

● *My word will do whatever I will.* ●

**A reading from
the Book of the Prophet Isaiah**

55:10-11

THUS SAYS THE LORD: / Just
as from the heavens / the
rain and snow come down / And do not return there /
till they have watered the earth, / making it fertile and
fruitful, / Giving seed to the one who sows / and bread to
the one who eats, / So shall my word be / that goes forth
from my mouth, / It shall not return to me void, / but
shall do my will, / achieving the end for which I sent it.
The word of the Lord.

—• **PSALM 34** •—

R (18b) From all their distress God rescues the just.

Glorify the LORD with me,
let us together extol his name.
I sought the LORD, and he answered me
and delivered me from all my fears. *R*

Look to him that you may be radiant with joy,
and your faces may not blush with shame.
When the poor one called out, the LORD heard,
and from all his distress he saved him. *R*

The LORD has eyes for the just,
and ears for their cry.
The LORD confronts the evildoers,
to destroy remembrance of them from the earth. *R*

When the just cry out, the LORD hears them,
and from all their distress he rescues them.
The LORD is close to the brokenhearted;
and those who are crushed in spirit he saves. *R*

VERSE BEFORE THE GOSPEL

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

● *This is how you are to pray.* ●

A reading from the holy Gospel according to Matthew 6:7-15

JESUS SAID TO his disciples:
“In praying, do not babble
like the pagans, who think that they will be heard be-
cause of their many words. Do not be like them. Your
Father knows what you need before you ask him.

“This is how you are to pray:

Our Father who art in heaven,/ hallowed be thy
name,/ thy Kingdom come,/ thy will be done,/ on earth
as it is in heaven./ Give us this day our daily bread;/ and
forgive us our trespasses,/ as we forgive those who tres-
pass against us;/ and lead us not into temptation,/ but
deliver us from evil.

“If you forgive men their transgressions, your heaven-
ly Father will forgive you. But if you do not forgive men,
neither will your Father forgive your transgressions.”
The Gospel of the Lord.

PRAYER OVER THE OFFERINGS

Receive, O Creator, almighty God,
what we bring from your bountiful goodness,
and be pleased to transform
this temporal sustenance you have given us,
that it may bring us eternal life.
Through Christ our Lord.

PREFACE I-IV OF LENT ————— pages 220 to 222

COMMUNION ANTIPHON

Cf. Ps 4:2

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

PRAYER AFTER COMMUNION

Grant us through these mysteries, Lord,
that by moderating earthly desires
we may learn to love the things of heaven.
Through Christ our Lord.

PRAYER OVER THE PEOPLE (for optional use)

May your faithful be strengthened,
O God, by your blessing:
in grief, may you be their consolation,
in tribulation, their power to endure,
and in peril, their protection.
Through Christ our Lord.

MEDITATION OF THE DAY

Our Father

One of the most terrifying weapons in the hands of
ruthless authority is enforced solitary confinement. It
is still so even now we are all condemned to the same
sentence and only await its execution. We never see
each other—the whispered words of fellow-sufferers
and friends are denied us on this last painful journey.
We have come to the end of all things where we are
utterly on our own. And the old truism, it is not good
for man to be alone, applies especially to this situation
and this dark hour.

I would so love to shout across to another cliff where
a friend sits equally isolated. But the words do not car-
ry—they are caught up in this thin air where sounds
do not travel.

But then—*our* Father—and all at once the chasm is spanned. Suddenly we see the truth that in God, through God, we have always possessed the shortest route to reach our neighbor. Humanity knows itself to be at one with all who pray and believe and love. The common center, the personal God who speaks to us, and to whom we speak, makes humankind human and the community a genuine whole.

FATHER ALFRED DELP, S.J.

Father Delp († 1945) was a German Jesuit priest condemned to death by the Nazis in Berlin, Germany.

Prayer for the Evening

*Let us pray to our Father in heaven:
he will hear his children.*

Glory to the Father... Amen.

HYMN

Meter: CM
This hymn can be sung to the tune used for
We Walk by Faith

Lord, teach us how to pray aright
With reverence and fear;
Though dust and ashes in thy sight,
We may, we must draw near.
Give deep humility; the sense
Of godly sorrow give;
A strong, desiring confidence
To hear thy voice and live;—
Faith in the only sacrifice
That can for sin atone;
To cast our hopes, to fix our eyes,
On Christ, on Christ alone;—
Patience to watch, and wait, and weep,
Though mercy long delay;

Courage, our fainting souls to keep,
And trust thee though thou slay.

Give these, and then thy will be done;
Thus, strengthened with all might,
We, through thy Spirit and thy Son,
Shall pray, and pray aright.

PSALM 34

12-23

So now, O children, listen to me, / go not astray from the words of my mouth. (Prv 5:7)

Let us listen to the Lord as he teaches us to pray to our Father, who in turn listens to us.

Come, children, and hear me
that I may teach you the fear of the Lord.
Who is he who longs for life
and many days, to enjoy his prosperity?

Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace.

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.

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.

Many are the trials of the just man
but from them all the Lord will rescue him.
He will keep guard over all his bones,
not one of his bones shall be broken.

Evil brings death to the wicked;
 those who hate the good are doomed.
 The Lord ransoms the souls of his servants.
 Those who hide in him shall not be condemned.
 Glory to the Father...

Word of God

1 John 5:14-15

WE HAVE this confidence in him, that if we ask anything according to his will, he hears us. And if we know that he hears us in regard to whatever we ask, we know that what we have asked him for is ours.

*Look down, then, from heaven, your holy abode,
 and bless your people. (Dt 26:15)*

CANTICLE OF MARY

(Text, back cover A)

The hungry he has filled with good things. (Lk 1:53)

INTERCESSIONS

Grant us, Father, these our petitions:

℟ Hear our prayer.

That we may honor your name. ℟

That we may live in anticipation of your kingdom. ℟

That we may seek to know and do your will. ℟

That we may trust in you for our daily bread. ℟

That we may forgive others as you have forgiven us. ℟

Personal intentions

Our Father...

May the blessing of almighty God, Father, Son, and Holy Spirit, descend upon us and remain with us for ever. Amen.

MARIAN ANTIPHON

(page 11 or 13)

SAINT WHO?

Saints Who Were Artists

Saint Luke

Evangelist, Painter, and Iconographer († 1st century)

Luke, the presumed author of both the Gospel that bears his name and the Acts of the Apostles, was from Antioch in Syria. A tradition that goes back at least to the sixth century holds that Luke painted portraits of the Blessed Mother and of Peter and Paul. Several well-known icons in the Eastern Church have been attributed to Luke. The late medieval Guilds of Saint Luke in Italy and the Low Countries provided protection and encouragement for artists and sculptors by maintaining consistent artistic standards and by regulating competition.

In his writings, Luke draws on a rich Greek vocabulary to “paint with words.” The Mother of the Lord is frequently the object of his deft strokes. In Luke’s Gospel alone we have the full portrait of Mary at the Annunciation, the Visitation, and the Nativity. Through Luke’s writings we are drawn as well into the heart of the theological drama of sin and forgiveness. Think of the parable of the prodigal son (Lk 15:11-32), with its psychologically shrewd depictions of father and son. Luke’s Gospel is frequently called the “Gospel of Mercy.”

Tradition holds that Luke died at age eighty-four in Boeotia in Greece. He is the patron of painters.

Loving Father, through the intercession of Saint Luke the Evangelist, may I meditate more devoutly on the role of Mary, chosen Mother of your Son!