

Sacred Heart Catholic Church - Virtual Mass

First Sunday of Lent - Year "B"

Gathering Song – The Glory of These

Forty Days *Author: Pope Gregory I; Translator: Maurice F. Bell*

Tune: ERHALT UNS, HERR All rights reserved

V.1 The glory of these forty days
We celebrate with songs of praise,
For Christ, through whom all things were
made,
Himself has fasted and has prayed.

V.2 Alone and fasting Moses saw
the loving God who gave the law,
and to Elijah, fasting, came
the steeds and chariots of flame.

V.3 So Daniel trained his mystic sight,
delivered from the lions' might,
and John, the Bridegroom's friend, became
the herald of Messiah's name.

V.4 Then grant us, Lord, like them to be
full oft in fast and prayer with thee;
our spirits strengthen with thy grace,
and give us joy to see thy face.

V.5 O Father, Son and Spirit blest,
to thee be every prayer addressed,
who art in threefold name adored,
from age to age, the only Lord.

Responsorial Psalm – Psalm 25

**Your ways, O Lord, are love and truth to
those who keep your covenant!**

Gospel Acclamation

**Praise to You Lord Jesus Christ,
King of Endless Glory!**

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

Preparation of Gifts Song – Again We Keep This Solemn Fast

Text: Ex more docti mystico; ascribed to Gregory the Great, c. 540–604, tr. Peter J. Scagnelli (b. 1949) Tune: ERHALT UNS HERR, Klug's Geistliche Lieder, 1543

V.1 Again we keep this solemn fast
A gift of faith from ages past,
This Lent which bids us lovingly
To faith and hope and charity.

V.2 The law and prophets from of old
In figured ways this Lent foretold,
Which Christ, all ages' Lord and Guide,
In these last days has sanctified.

V.3 More sparing, therefore, let us make
The words we speak, the food we take,
Our sleep, our laughter, ev'ry sense;
Learn peace through holy penitence.

V.4 Let us avoid each harmful way
That lures the careless mind astray;
By watchful prayer our spirits free
From scheming of the Enemy.

V.5 We pray, O blessed Three in One,
Our God while endless ages run,
That this, our Lent of forty days,
May bring us growth and give you praise.

Communion Song – On Eagle’s Wings

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V.1 You who dwell in the shelter of the Lord
Who abide in His shadow for life
Say to the Lord, "My refuge,
my rock in whom I trust!"

Chorus:

And He will raise you up on eagles' wings
Bear you on the breath of dawn
Make you to shine like the sun
And hold you in the palm of His hand!

V.2 The snare of the fowler
will never capture you
And famine will bring you no fear
Under His wings your refuge,
His faithfulness your shield! **(chorus)**

V.3 You need not fear, the terror of the night
Nor the arrow that flies by day
Though thousands fall about you,
near you it shall not come

Chorus:

And He will raise you up on eagles' wings
Bear you on the breath of dawn
Make you to shine like the sun
And hold you in the palm of His hand!

V.4 For to His angels He's given a command
To guard you in all of your ways
Upon their hands they will bear you up
Lest you dash your foot against a stone

Final Chorus:

And He will raise you up on eagles' wings
Bear you on the breath of dawn
Make you to shine like the sun
And hold you in the palm of His hand
And hold you, hold you in the palm,
of His hand!

Sending Forth Song – Lead Me Lord

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V.1 Blessed are the poor in spirit,
longing for their Lord,
For God's coming kingdom shall be theirs.
Blessed are the sorrowing,
For they shall be consoled,
and the meek shall come to rule the world.

Lead me, Lord, lead me, Lord,
By the light of truth!
To seek and to find,
The narrow way!
Be my way; be my truth;
Be my life, my Lord,
And lead me, Lord, today.

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