

ENTRANCE ANTIPHON

Of you my heart has spoken: Seek his face. It is your face, O Lord, that I seek; hide not your face from me.

COLLECT

O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. 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

FIRST READING 15:5-12.17-18

A reading from the book of Genesis

Taking Abram outside the Lord said, 'Look up to heaven and count the stars if you can. Such will be your descendants' he told him. Abram put his faith in the Lord, who counted this as making him justified.

'I am the Lord' he said to him 'who brought you out of Ur of the Chaldaeans to make you heir to this land.' 'My Lord the Lord,' Abram replied 'how am I to know that I shall inherit it?' He said to him, 'Get me a three-year-old heifer, a three-year-old goat, a three-year-old ram, a turtledove and a young pigeon.' He brought him all these, cut them in half and put half on one side and half facing it on the other; but the birds he did not cut in half. Birds of prey came down on the carcasses but Abram drove them off.

Now as the sun was setting Abram fell into a deep sleep, and terror seized him. When the sun had set and darkness had fallen, there appeared a smoking furnace and a firebrand that went between the halves. That day the Lord made a Covenant with Abram in these terms:

'To your descendants I give this land, from the wadi of Egypt to the Great River.'

The word of the Lord.

RESPONSORIAL PSALM Ps 26

Response: The Lord is my light and my help.

1. The Lord is my light and my help;
whom shall I fear?

The Lord is the stronghold of my life;
before whom shall I shrink? (R.)

2. O Lord, hear my voice when I call;
have mercy and answer.

Of you my heart has spoken:
'Seek his face.' (R.)

3. It is your face, O Lord, that I seek;
hide not your face.

Dismiss not your servant in anger;
you have been my help. (R)

4. I am sure I shall see the Lord's goodness
in the land of the living.

Hope in him, hold firm and take heart.

Hope in the Lord! (R)

SECOND READING

3:17-4:1

A reading from the letter of St Paul to the Philippians

My brothers, be united in following my rule of life. Take as your models everybody who is already doing this and study them as you used to study us. I have told you often, and I repeat it today with tears, there are many who are behaving as the enemies of the cross of Christ. They are destined to be lost. They make foods into their god and they are proudest of something they ought to think shameful; the things they think important are earthly things. For us, our homeland is in heaven, and from heaven comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe.

So then, my brothers and dear friends, do not give way but remain faithful in the Lord. I miss you very much, dear friends; you are my joy and my crown.

The word of the Lord.

GOSPEL ACCLAMATION

Glory and praise to you, O Christ!

From the bright cloud, the Father's voice was heard:

'This is my Son, the Beloved. Listen to him!'

Glory and praise to you, O Christ!

GOSPEL 9:28-36

A reading from the holy Gospel according to Luke

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah'. - He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to him.' And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

The Gospel of the Lord.

PRAYER OVER THE OFFERINGS

May this sacrifice, O Lord, we pray, cleanse us of our faults and sanctify your faithful in body and mind for the celebration of the paschal festivities. Through Christ our Lord.

COMMUNION ANTIPHON

This is my beloved Son, with whom I am well pleased; listen to him.

PRAYER AFTER COMMUNION

As we receive these glorious mysteries, we make thanksgiving to you, O Lord, for allowing us while still on earth to be partakers even now of the things of heaven. Through Christ our Lord.

GOSPEL REFLECTION



What does the word 'transfiguration' mean to you?

What do you think the apostles saw when they looked at Jesus on the mountaintop? Does Scripture have the power to transform you? How might you be washed clean, figuratively, by Scripture?

What are the characteristics of a person who regularly reads Scripture? Can someone read Scripture on a regular basis and not be changed?

Where do you find Jesus in your day-to-day life?

As you become more and more aware of Jesus' presence in your life, do you also become wary of what the future may hold? Or are you more confident in the future?

Explain.

Are you willing to tell others about your ever-increasing faith in Jesus? Why or why not? Do you sometimes find it difficult to hear others speak freely of their relationship with Jesus?

GOSPEL ACTION

Think of an area of your life that may be in need of a conversion or transformation. Take a positive step toward initiating such change.

Readings – 3rd Sunday of Lent Yr C

First Reading: Exodus 3:1-8.13-15

Second Reading: 1Corinthians 10:1-6.10-12

Gospel: Luke 13:1-9

LPA LENTEN RETREAT

LPA LENTEN RETREAT - A WEEKEND IN THE CENACLE: As announced earlier, Fr. Darren Maslen SSS will be animating the retreat from **March 24 - 26, 2022**. All are welcome. There will be two sessions a day, for three days.

ST. ALBAN'S PARISH CENTER

THURSDAY AM - Integration & Cooperation
 PM - Entering the Cenacle with Scripture
FRIDAY AM - Acts of the Apostles: Community, Society & Belonging
 PM - Be Apostles of the Eucharist

ST. JOSEPH'S CHURCH

SATURDAY AM - Eucharistic Recollection: A life gathered-up in God
 PM - The practical life - A Gift of Self

First two days we begin from 10 am in the morning with tea/coffee & biscuits in St. Alban's Parish Centre. We break for mass at 11.30am. Lunch after the mid-day mass. Second session will be from 1.30 pm and till 3pm. On Saturday we start at 10.45am with tea/coffee & biscuits. The first session will be from 11am in St. Joseph's, at 12.30 pm we break for lunch and second session will be from 1.30 till 3.00pm. We conclude with the Celebration of the Holy Eucharist at 3 pm in St. Joseph's.