

LIST OF SONGS

First Sunday of Lent
March 1, 2009

PENITENTIAL PROCESSION: Litany of the Saints {plainchant} {5:00 PM Sunday: sung, Maher}

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PROCESSIONAL: Hosea #673, Music Issue

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PENITENTIAL RITE: sung **or** chanted **or** recited {Deacon's discretion} [Joncas, if sung]

RESPONSORIAL PSALM: sung [Respond and Acclaim]

5:00 PM Sunday: Psalm 51: Create in Me #782, Music Issue

GOSPEL ACCL.: sung {Lenten Gospel Acclamation} [Janco]

PREPARATION: Softly and Tenderly Jesus Is Calling #665, Music Issue

5:00 PM Sunday: You Alone [Hart / Liles] #671, Music Issue

{all} *If Penitential Procession was selected:* Hosea #673, Music Issue

PREFACE ACCL.: sung [Janco]

MEMORIAL ACCL.: sung [Janco]

CONCLUDING ACCL.: sung [Janco]

LAMB OF GOD: sung [Janco]

COMMUNION: I Want to Walk As a Child of the Light #523, Music Issue

RECESSIONAL: The Glory of These Forty Days #113, Today's Missal

5:00 PM Sunday: Blest Be the Lord #449, Music Issue

LENT: Fast From; Feast On

- ✠ Fast from judging others; feast on the Christ dwelling in them.
- ✠ Fast from emphasis on differences; feast on the unity of life.
- ✠ Fast from apparent darkness; feast on the reality of light.
- ✠ Fast from thoughts of illness; feast on the healing power of God.
- ✠ Fast from words that pollute; feast on phrases that purify.
- ✠ Fast from discontent; feast on gratitude.
- ✠ Fast from anger; feast on patience.
- ✠ Fast from pessimism; feast on optimism.
- ✠ Fast from worry; feast on divine order.
- ✠ Fast from complaining; feast on appreciation.
- ✠ Fast from negatives; feast on affirmatives.
- ✠ Fast from unrelenting pressures; feast on unceasing prayer.
- ✠ Fast from hostility; feast on non-resistance.
- ✠ Fast from bitterness; feast on forgiveness.
- ✠ Fast from self-concern; feast on compassion for others.
- ✠ Fast from personal anxiety; feast on eternal truth.
- ✠ Fast from discouragements; feast on hope.
- ✠ Fast from facts that depress; feast on verities that uplift.
- ✠ Fast from lethargy; feast on enthusiasm.
- ✠ Fast from thoughts that weaken; feast on promises that inspire.
- ✠ Fast from shadows of sorrow; feast on the sunlight of serenity.
- ✠ Fast from idle gossip; feast on purposeful silence.
- ✠ Fast from problems that overwhelm; feast on prayer that undergirds.

—William Arthur Ward (American author, teacher and pastor, 1921-1994.)