LIST OF SONGS

First Sunday of Lent
February 21, 2010

PENITENTIAL PROCESSION:	Litany of the Saints	{plainchant} {5:00 PM Sunday: sung, Maher}	
	--- or ---		
PROCESSIONAL:	Hosea		#679, Music Issue
--- and ---			
PENITENTIAL RITE:	sung ***or*** chanted ***or*** recited	{Deacon's discretion}	[Joncas, if sung]
RESPONSORIAL PSALM:	sung		[Respond and Acclaim]
5:00 PM Sunday:	Psalm 91: Be With Me		[Catalano]
or:	Psalm 51: Create in Me		#785, Music Issue
GOSPEL ACCL.:	sung	{Lenten Gospel Acclamation}	[Janco]
PREPARATION:	Softly and Tenderly Jesus Is Calling		#671, Music Issue
5:00 PM Sunday:	You Alone	[Hart / Liles]	#677, Music Issue
If Penitential Procession was selected:	**{all}** Hosea		#679, 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		#540, Music Issue
RECESSIONAL:	The Glory of These Forty Days		#120, Today's Missal
5:00 PM Sunday:	Blest Be the Lord		#452, 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.)