



March 21st, 2010

# 5th Sunday of Lent

## OPENING PRAYER

*Let us pray:* Father, help us to be like Christ your Son, who loved the world and died for our salvation. Inspire us by his love, guide us by his example, who lives and reigns with you and the Holy Spirit one God, for ever and ever.

## FIRST READING

*(The prophet assures the Jews exiled in Babylon that there will be a new Exodus. This message of encouragement instils hope in the people.)*

### **A reading from the Book of Isaiah (43:16-21)**

Thus says the Lord, who makes a way in the sea, a path in the mighty waters, who brings forth chariot and horse, army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick: "Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. The wild beasts will honour me, the jackals and the ostriches; for I give water in the wilderness, rivers in the desert, to give drink to my chosen people, the people whom I formed for myself that they might declare my praise."

*This is the Word of the Lord*

## PSALM (125)

**Response: What marvels the Lord worked for us! Indeed we were glad.**

When the Lord delivered Zion from bondage, it seemed like a dream. Then was our mouth filled with laughter, on our lips there were songs. R./

The heathens themselves said: "What marvels the Lord worked for them!" What marvels the Lord worked for us! Indeed we were glad. R./

Deliver us, O Lord, from our bondage as streams in dry land. Those who are sowing in tears will sing when they reap. R./

They go out, they go out, full of tears, carrying seed for the sowing: they come back, they come back, full of song, carrying their sheaves. R./

## SECOND READING

*(Paul has willingly sacrificed everything for the privilege of knowing Christ. He hasn't yet arrived at the goal but is still running the race of salvation.)*

### **A reading from the Letter of St Paul to the Philippians (3:8-14)**

I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and count them as refuse, in order that I may gain Christ and be found in Him, not having a righteousness of my own, based on law, but that which is through faith in Christ, the righteousness from God that depends on faith; that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that if possible I may attain the resurrection from the dead.

Not that I have already obtained this or am already perfect; but I press on to make it my own, because Christ Jesus has made me his own. Brethren, I do not consider that I have made it my own; but one thing I do, forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

*This is the Word of the Lord*

## ACCLAMATION (Ez 18:31)

Cast away from you all the trans-gressions which you have committed against me, and get yourselves a new heart and a new spirit.

## GOSPEL

*(The compassion and the apt intervention of Jesus save the life of a woman caught in adultery.)*

### **A reading from the Holy Gospel according to St John (8:1-11)**

Jesus went to the Mount of Olives. Early in the morning he came again to the temple; all the people came to him, and he sat down and taught them. The scribes and the Pharisees brought a woman who had been caught in adultery, and placing her in the midst they said to him, "Teacher, this woman has been caught in the act of adultery. Now in the law Moses commanded us to stone such. What do you say about her?" This they said to test him, that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. And as they continued to ask him, he stood up and said to them, "Let him who is without sin among you be the first to throw a stone at her." And once more he bent down and wrote with his finger on the ground. But when they heard it, they went away, one by one, beginning with the eldest, and Jesus was left alone with the woman standing before him. Jesus looked up and said to her, "Woman, where are they? Has no one condemned you?" She said, "No one, Lord." And Jesus said, "Neither do I condemn you: go, and do not sin again."

*This is the Gospel of the Lord*