Celebration of the Eucharist

Third Sunday of Lent

Most Holy Redeemer Catholic Church
San Francisco, CA

March 20, 2022
Join us via livestream at 10:00am
www.facebook.com/mhrsfc

Ideas for participating at home

Participate in the responses, stand, sit, kneel during Mass as you are able.
Have a photo of your worship at home?
Post to Instagram and tag us at @mhrcatholicsf
Find more resources for praying at home here:
Keeping the Lord's Day Holy at Home
Most Holy Redeemer Parish is committed to supporting St. James Catholic Elementary School in the Mission district of our city. Throughout the Sundays of Lent, MHR will be collecting school supplies for our education partner. If you prefer, cash donations will also be accepted and will be used to buy additional supplies for St. James. You may place your contributions of supplies or cash in the baskets in the church.

**Thank you for your generosity for this great ministry of our parish!**

**March 6 - Copy Paper.**

**March 13 - Art Supplies: Construction paper, Crayons, Colored pencils, pens & pastels.**

**March 20 - Teacher supplies: White and colored cardstock, Standard staples, Mechanical pencils, Blue painter’s tape, Post its, Expo dry erase markers.**

**March 27 - Student supplies: Binder paper, Pens and Pencils, Spiral college-ruled notebooks, Composition notebooks and Graph paper.**

**April 3 - Anything Sunday (any of the above items).**
We will begin our liturgy with a Kyrie of chants.

As this is being sung, we invite you to sing the responses, making the sign of the cross on yourself slowly as many times as you wish throughout the chant.
First Reading
Exodus 3:1-8, 13-15

Responsorial Psalm
Psalm 103:1-2, 3-4, 6-7, 8, 11

Refrain
The Lord is kind and merciful, the Lord is kind and merciful.


Second Reading
1 Corinthians 10:1-6, 10-12

Gospel Acclamation

Praise and honor to you, O Lord Jesus Christ.

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Gospel Proclamation
I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,

At the words that follow, up to and including “the Virgin Mary,” all bow.

who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

Universal Prayer (Prayer of the Faithful)

Sung Response:

Lord, hear our prayer.
O GOD, YOU SEARCH ME

1. O God, you search me and you know me.
2. You know my resting and my rising.
3. Before a word is on my tongue, Lord,
4. Although your Spirit is upon me,
5. For you created me and shaped me,

1. All my thoughts lie open to your gaze.
2. You discern my purpose from afar,
3. You have known its meaning through and through.
4. Still I search for shelter from your light.
5. Gave me life within my mother’s womb.

1. When I walk or lie down you are before me:
2. And with love everlasting you besiege me:
3. You are with me beyond my understanding:
4. There is nowhere on earth I can escape you:
5. For the wonder of who I am, I praise you:

1. Ever the maker and keeper of my days.
2. In every moment of life or death, you are.
3. God of my present, my past and future, too.
4. Even the darkness is radiant in your sight.
5. Safe in your hands, all creation is made new.

Text: Based on Psalm 139. Text and music © 1992, Bernadette Farrell. Published by OCP Publications. All rights reserved.
Sanctus

The Eucharistic Prayer

Memorial Acclamation
Communion Rite

The Lord’s Prayer

The Sign of Peace

The Breaking of the Bread

Amen

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HERE I AM, LORD

1. I, the Lord of sea and sky, I have heard my people cry.
2. I, the Lord of snow and rain, I have borne my people’s pain.
3. I, the Lord of wind and flame, I will tend the poor and lame.

1. All who dwell in dark and sin My hand will save. I, who
2. I have wept for love of them. They turn away. I will
3. I will set a feast for them. My hand will save. Finest

1. made the stars of night, I will make their darkness bright.
2. break their hearts of stone, Give them hearts for love alone.
3. bread I will provide Till their hearts be satisfied.

1. Who will bear my light to them? Whom shall I send?
2. I will speak my word to them. Whom shall I send?
3. I will give my life to them. Whom shall I send?

Refrain

Here I am, Lord. Is it I, Lord? I have heard you

calling in the night. I will go, Lord, if you

lead me. I will hold your people in my heart.

Text: Based on Isaiah 6. Text and music © 1981, OCP Publications. All rights reserved.
The Concluding Rites

Blessing and Dismissal

Recessional Hymn

**LEAD BY THE SPIRIT**

KINGSFOLD

1. Led by the Spirit of our God, we go to fast and pray.
2. Led by the Spirit, we confront temptation face to face, and know full well we must rely on God’s redeeming grace.
3. Led by the Spirit, now draw near the waters of baptism, with hearts that long to worship God in spirit and in truth.
4. Led by the Spirit, now sing praise to God the Trinity: The Source of Life, the living Word made flesh to set us free, The Spirit blowing where it will to back your lives to me.”

1. 'Twas not your garments, rend your hearts. Turn back your faces.
2. On bread alone we cannot live, but deem the Word. We seek the will of God.
3. Whoever drinks the drink I give shall never thirst again.” Thus says the Lord who makes his friends of God: This mystery far be.
4. Gracious God, whose reign is liberty.


* Please join us downstairs for coffee hour after mass in Ellard Hall *
Most Holy Redeemer Parish is a Roman Catholic Christian Community. The parish draws people from isolation to community, from searching to awakening, from indifference to concern, from selfishness to meaningful service, from fear in the midst of adversity to faith and hope in God.

The community of Most Holy Redeemer shares God’s compassionate love with all people. The parish offers a spiritual home to all: senior citizens and youth; single people and families; those who are straight, gay, lesbian, and transgender; the healthy and the sick, particularly persons with HIV/AIDS.

As a parish community, we celebrate God’s loving presence in our lives. In worship and sacrament, especially the Eucharist, we are nurtured and challenged to extend God’s kingdom of justice, truth, love and peace by growing in the spirit of Jesus, the Most Holy Redeemer.

Parish Mission Statement

God’s Inclusive love proclaimed here!

Most Holy Redeemer
Catholic Church
100 Diamond Street, San Francisco

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Current Worship Hours
Daily Mass: Mon-Fri 8am
Saturday Vigil Mass: 5pm
Sunday Mass: 8am, 10a, 6 6:30pm
Holy Days: 8am 6:30pm
Reconciliation: By Appointment
Face coverings are required while attending Mass