

Sunday Readings

9th March 2025

FIRST READING

A reading from the book of Deuteronomy 26:4-10

Moses spoke to the people: 'The priest shall take the basket from your hand and set it down before the altar of the LORD your God. And you shall make response before the LORD your God, "A wandering Aramean was my father. And he went down into Egypt and sojourned there, few in number, and there he became a nation, great, mighty, and populous. And the Egyptians treated us harshly and humiliated us and laid on us hard labour. Then we cried to the LORD, the God of our fathers, and the LORD heard our voice and saw our affliction, our toil, and our oppression. And the LORD brought us out of Egypt with a mighty hand and an outstretched arm, with great deeds of terror, with signs and wonders. And he brought us into this place and gave us this land, a land flowing with milk and honey. And behold, now I bring the first of the fruit of the ground, which you, O LORD, have given me." And you shall set it down before the LORD your God and worship before the LORD your God.'

The word of the Lord. *Thanks be to God.*

Responsorial Psalm Ps 90:1-2. 10-15. R/. v.15

R/. Be with me, O Lord, in my distress.

He who dwells in the shelter of the Most High
and abides in the shade of the Almighty
says to the Lord: 'My refuge,
my stronghold, my God in whom I trust!' **R/.**

Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways. **R/.**

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon. **R/.**

His love he set on me, so I will rescue him;
protect him for he knows my name.
When he calls I shall answer: 'I am with you,'
I will save him in distress and give him glory. **R/.**

LENT

SECOND READING

A reading from the letter of St Paul
to the Romans

10:8-13

Brothers and Sisters: What does Scripture say? 'The word is near you, in your mouth and in your heart' (that is, the word of faith that we proclaim); because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved. For the Scripture says, 'Everyone who believes in him will not be put to shame.' For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. For, 'everyone who calls on the name of the Lord will be saved.'

The word of the Lord. *Thanks be to God.*

Gospel Acclamation

Mt 4:4

*Praise to you, O Christ, king of eternal glory!
Man does not live on bread alone, but on every word
that comes from the mouth of God.
Praise to you, O Christ, king of eternal glory!*

GOSPEL

Luke 4:1-13

The Lord be with you. *And with your Spirit.*

A reading from the holy Gospel according to Luke.
Glory to you, O Lord.

At that time: Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were over, he was hungry.

The devil said to him, 'If you are the Son of God, command this stone to become bread.' And Jesus answered him, 'It is written, "Man shall not live by bread alone."'

And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, 'To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours.' And Jesus answered him, 'It is written, "You shall worship the Lord your God, and him only shall you serve."'

And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to guard you", and "On their hands they will bear you up, lest you strike your foot against a stone."' And Jesus answered him, 'It is said, "You shall not put the Lord your God to the test."'

And when the devil had ended every temptation, he departed from him until an opportune time.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

First Sunday of Lent

Lectionary Year C

The Word of God

Saint of the Week

"Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness..."

In today's epic Gospel scene, Jesus relives in His flesh the history of Israel.

We've already seen that like Israel, Jesus has passed through water, been called God's beloved Son. Now, as Israel was tested for forty years in the wilderness, Jesus is led into the desert to be tested for forty days and nights. He faces the temptations put to Israel: Hungry, He's tempted to grumble against God for food. As Israel quarrelled at Massah, He's tempted to doubt God's care.

When the Devil asks His homage, He's tempted to do what Israel did in creating the golden calf. Jesus fights the Devil with the Word of God, three times quoting from Moses' lecture about the lessons



Israel was supposed to learn from its wilderness wandering.

Why do we read this story on the first Sunday of Lent? Because like the biblical sign of forty, the forty days of Lent are a time of trial and purification. Lent is to teach us what we hear over and over in today's readings. "Call upon me, and I will answer," the Lord promises in today's Psalm. Paul promises the same thing in today's Epistle.

This was Israel's experience, as Moses reminds his people in today's First Reading: "We cried to the Lord...and He heard." But each of us is tempted, as Israel was, to forget the great deeds He works in our lives, to neglect our birthright as His beloved sons and daughters.

Like the litany of remembrance Moses prescribes for Israel, we should see in the Mass a memorial of our salvation, and "bow down in His presence," offering ourselves in thanksgiving for all He has given us.

Tuesday 11 March 2025
St Constantine (6th century)

St Constantine has been revered at Govan in Scotland since time immemorial and there is no reason to doubt that the tradition was based on a real person. But attempts to construct a biography for him have to depend purely on occasional references in chronicles, and there is always the risk of tripping over the problem of "someone else of the same name".

A Constantine was converted to Christianity (Annals of Ulster, 588). A Constantine appears in the Breviary of Aberdeen as entering a monastery in Ireland incognito before joining Saint Mungo (alias Kentigern) and becoming a missionary to the Picts. He is probably the same man. This Constantine was martyred in Scotland about 576 and John of Fordun tells how he was buried at Govan, where his shrine can still be seen today. He is probably not the Saint Constantine of Devon and Cornwall, and certainly not the King Constantine of Dumnonia (south-western Britain) mentioned unfavourably by the chronicler Gildas. The fact that there were separate tribes of Dumnonii in the south-west and in Scotland merely serves to make things even more interesting. But – at the risk of upsetting historians – the only thing that matters to us is that the Constantine we celebrate today has been revered as a saint continuously for a millennium and a half. When all the facts about *us* are lost, may we also be worthy to be remembered.

Prayer of the Week

A Prayer for the End of the Day

O Lord my God, thank you
for bringing this day to a close;
thank you for giving me rest
in body and soul.
Your hand has been over me
and has guarded and preserved me.
Forgive my lack of faith and any wrong
that I have done today,
and help me to forgive all who have wronged us.

Let me sleep in peace under your protection, and
keep me from all the temptations of darkness.
Into your hands I commend my loved ones
and all who dwell in this house;
I commend to you my body and soul.
O God, your holy name be praised. Amen.

Dietrich Bonhoeffer