

Lectio

Creed

I believe that bread comes from grain
that grows in the wind
and the rain
with the farmers' help
far from the eyes of city folk.

I believe that bread comes from love
the love of [God]
the love of the farmer
the love of the baker's hands
the love of those who bring it to me.

I believe that bread can be
and should be broken
and shared
and given to all persons
until all have enough
and then some.

I believe that Jesus loved bread
and took it
and broke it
and blessed it
and fed his disciples
and asked them to feed us forever.

I believe enough in bread
to want it from Jesus
to want it to nurture me
to want his life through it
to want to give life through it.

I believe that his body as bread feeds
me and as part of his body
I want to be bread for others.
I believe the Spirit will help me
as will Jesus' people. Amen.

Prayers of the Faithful

Liturgy of the Eucharist

Communion Hymn

*You satisfy the hungry heart
With gift of finest wheat
Come give to us, O Saving Lord
The Bread of Life to eat*

As when the shepherd calls his sheep
They know and heed his voice
So when you call your family Lord
They follow and rejoice **R**

With joyful lips, we sing to you
Our praise and gratitude
That you should count us worthy Lord
To share this Heavenly food **R**

Is not the cup we bless and share
The blood of Christ outpoured?
Does not one cup, one loaf declare
Our Oneness in the Lord? **R**

Going out reflection

Blessing

Final hymn: Go the Mass is ended

Go the mass is ended, children of the Lord.
Take His Word to others,
as you've heard it spoken to you.
Go the mass is ended, go and tell the world:
"The Lord is good, the Lord is kind and
God loves everyone".

Go the Mass is ended, take His love to all,
Gladden those who meet you,
fill their hearts with hope and courage.
Go the mass is ended, fill the world with love,
And give to all what you have received,
the peace and joy of Christ.



OITC Community First Sunday of Lent 2026

Welcome and Introduction

Stillness exercise

Opening Hymn

*Grant to us, O Lord, a heart re-
newed,
Recreate in us your own Spirit,
Lord.*

Behold the days are coming
says the Lord our God;
When I will make a new covenant
with the house of Israel.

Deep within their being
I will implant my law
I will write it in their hearts.

I will be their God
and they shall be my people
And for all their faults I will grant
forgiveness;
Never more will I remember their
sins.

Lord, have mercy

Opening Prayer

Sustained by Angels

(Walter Brueggemann)

Maybe we have not thought much
about Satan,
either in glib self-regard, or
in rejection of such silly speculation,
or in a way more urbane and benign
than to imagine such a character.

Except that as we begin our strenuous
Lenten trek, we are aware
that the power of resistance is at
work in our midst,
that the force of negation is alive
and well,
that our best will is contradicted by
stuff that surges against our
best selves,
that we, even we, are prone to our
several addictions that render us
helpless.

So we pray in the Lenten season,
give us primitive freedom to
take full stock of Satan
and the power of evil still
among us in our prosperity
and wealth
and sophistication,

and give us primitive openness to your ministering angels
who are present with care and gentleness and great nourishment.

Enter our lives with power for newness,
deliver us from a sense of naïve mastery,
and give us honest contact with our vulnerability.

Enter the deep places of our life and claim us for your purposes.
We would be more free than we are,
more bold than we dare,
more obedient than we choose.

Psalm 51

***Response: Restore in me the joy of your saving grace,
and encourage me with a new spirit.***

Have mercy on me, O Gracious One,
according to your steadfast love;
according to your abundant kindness
forgive me where my thoughts and deeds have hurt others.
Lead me in the paths of justice, guide my steps on paths of peace!

Teach me, that I may know my weaknesses,
the shortcomings that bind me,
the unloving ways that separate me,
that keep me from recognising your life in me;
For, I keep company with fear, and dwell in the house of ignorance.
Yet, I was brought forth in love and love is my birthright.

You have placed your truth in the inner being;
therefore teach me wisdom of the heart.
Forgive all that binds me in fear that I might radiate love;
cleanse me that your light might shine in me.

Restore in me the joy of your saving grace,
and encourage me with a new spirit.
Then I will teach others your ways,
and prisoners of fear will return to You.

A sacrifice most appropriate is a humble spirit;
a repentant and contrite heart, O Merciful One,
is the gift you most desire.

2nd Reading: Rom 5:12, 17-19

Therefore, just as sin came into the world through one person, and death came through sin, and so death spread to all because all have sinned. If, because of the one person's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one person's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Gospel: Matt 4:1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."'

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written,

"He will command his angels concerning you",
and "On their hands they will bear you up,
so that you will not dash your foot against a stone.'"

Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written,

"Worship the Lord your God,
and serve only him.'"

Then the devil left him, and suddenly angels came and waited on him.