



OUR LADY OF THE
Assumption
PARISH

Love and Serve God • Love and Serve One Another
5057 Cottage Way, Carmichael, CA 95608 ~ www.olaparish.net

Lenten Contemplative Prayer and Penance Service

March 28, 2022

Contemplative Prayer



O Lord, hear my prayer,
O Lord, hear my prayer:
when I call answer me.
O Lord, hear my prayer,
O Lord, hear my prayer.
Come and listen to me.



Text: Psalm 102; TaizÈ Community, 1982, © 1982, Les Presses de TaizÈ, GIA Publications, Inc., agent

Scripture for Meditation: Jesus said to Nicodemus: “Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life.” For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.

John 3:14-16



Ubi caritas
et amor,
ubi caritas
Deus ibi est.
Live in charity
and steadfast love,
live in charity;
God will dwell with you.



Text: 1 Corinthians 13:2-8; Where charity and love are found, God is there; TaizÈ Community, 1978, © 1979, Les Presses de TaizÈ, GIA Publications, Inc., agent

Scripture for Meditation: For God did not send his Son into the world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God. John 3:17-18



**Holy Spirit, come to us,
kindle in us the fire of your love.
Holy Spirit, come to us,
Holy Spirit, come to us.**

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Scripture for Meditation: And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God. John 3:19-21



**Jesus Christ, inner light,
let not our own darkness conquer us.
Jesus Christ, inner light,
enable us to welcome your love.**

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Personal prayer and reflection time until penance service begins...


Penance Service

Entrance Hymn (verse 3)

SAVE YOUR PEOPLE

Jim Farrell

Refrain

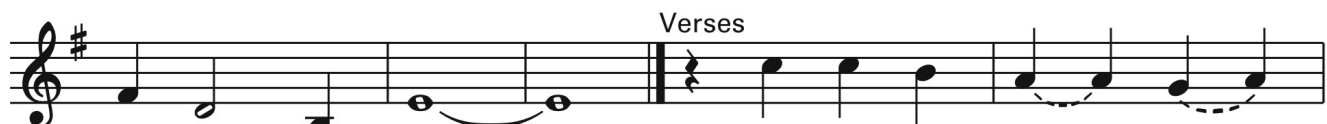


Save your peo-ple, O Lord. Show us the way to come




home. We have been wan-der-ing far from your love. Save your

Verses



peo-ple, O Lord.

1. One thing I ask, ___ O ___
2. For you will hide me in the
3. Lis - ten, O Lord, ___ to the
4. Thus will I bless you all the




1. Lord, ___ this I seek: to dwell for - ev - er in your
2. shel - ter of your wings and from the ar - rows of my
3. sound ___ of my call, for I ac - knowl - edge my of -
4. days ___ of my life. Lift - ing my hands, I call your



1. house, that I may gaze ___ on your love - li - ness
2. foes. You set me high ___ on a moun-tain-top,
3. fense. Wash me and I ___ shall be pur - i - fied.
4. name: "O Lord, re - mem-ber your in - her - i - tance.

to Refrain



1. all ___ the days of my life.
2. saved ___ me from my dis - tress.
3. I shall be whit - er than snow.
4. Save ___ your peo - ple, O Lord!"

Text: Based on Psalm 27. Text and music © 1983, OCP. All rights reserved.

Greeting and Introduction – Fr. Eduino Silveira
Opening Prayer

Brothers and sisters:

Whoever is in Christ is a new creation:

the old things have passed away;

behold, new things have come.

And all this is from God,

who has reconciled us to himself through Christ

and given us the ministry of reconciliation,

namely, God was reconciling the world to himself in Christ,

not counting their trespasses against them

and entrusting to us the message of reconciliation.

So we are ambassadors for Christ,

as if God were appealing through us.

We implore you on behalf of Christ,

be reconciled to God.

For our sake he made him to be sin who did not know sin,

so that we might become the righteousness of God in him.

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

Responsorial Psalm

Psalm 51:3-6, 12-14, 17

PSALM 51: CREATE IN ME

Tom Kendzia

Cre - ate in me a clean heart, O God, a
clean heart, O God, cre - ate in me.

1. O God, in your goodness have mercy on me.
In your compassion wipe out my offense.
Thoroughly wash me from my guilt,
and cleanse me from my sins.
2. For I acknowledge my offense
and my sin is always before me;
against only you have I sinned,
and done what is evil in your eyes.
3. A clean heart create for me, O God,
a steadfast spirit renew in me.
Cast me not out from your presence,
O God.
Take not your Holy Spirit from me.
4. Give us back the joy of our salvation,
and renew in us a willing spirit.
O Lord, open my lips, Lord, open my lips.
And we will sing your praise.

Text: Psalm 51:3-6, 12-14, 17. Refrain text © 1969, 1981, ICEL. All rights reserved. Used with permission.
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Gospel Acclamation – Praise to you, Lord Jesus Christ, King of endless glory!

A reading from the holy Gospel according to John

John 3:14-21

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

The reading from the holy Gospel according to John. **Glory to you, O Lord.**

Jesus said to Nicodemus:

“Just as Moses lifted up the serpent in the desert,
so must the Son of Man be lifted up,
so that everyone who believes in him may have eternal life.”

For God so loved the world that he gave his only Son,
so that everyone who believes in him might not perish
but might have eternal life.

For God did not send his Son into the world to condemn the world,
but that the world might be saved through him.

Whoever believes in him will not be condemned,
but whoever does not believe has already been condemned,
because he has not believed in the name of the only Son of God.

And this is the verdict,
that the light came into the world,
but people preferred darkness to light,
because their works were evil.

For everyone who does wicked things hates the light
and does not come toward the light,
so that his works might not be exposed.

But whoever lives the truth comes to the light,
so that his works may be clearly seen as done in God.

The Gospel of the Lord. **Praise to you Lord Jesus Christ.**

Homily – Fr. Eduino Silveira

Penitential Rite

Celebrant: Brothers and sisters, as we seek to be reconciled to God and one another, let us call to mind those times when we have failed to love.

Lord Jesus, you came to reconcile us to one another and to the Father: **Lord have mercy**

Lord Jesus, you bring pardon and peace to the sinner: **Christ have mercy**

Lord Jesus, you bring light to those in darkness: **Lord have mercy**

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. **Amen.**

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Individual Confessions – You are welcome to use an Examination of Conscience from the United States Conference of Catholic Bishops (USCCB) website as a resource to help you prepare for your confession.

USCCB Brief Examination of Conscience Based on the 10 Commandments

I am the Lord your God: you shall not have strange Gods before me.

~ Have I treated people, events, or things as more important than God?

You shall not take the name of the Lord your God in vain.

~ Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the Lord's Day.

~ Do I go to Mass (either in person or view at home via live stream) every Sunday (or Saturday Vigil)?

~ Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body?

~ Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

~ Do I show my parents due respect?

~ Do I seek to maintain good communication with my parents where possible?

~ Do I criticize them for lacking skills I think they should have?

You shall not kill.

~ Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

~ Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

~ Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbor.

~ Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbor's spouse.

~ Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbor's goods.

~ Am I content with my own means and needs, or do I compare myself to others unnecessarily?

Examination of Conscience Based on Christ's Two Commandments

How well do we love God and others? Do we love as Christ calls us to? In the Gospel of Matthew, Christ gives us Two Commandments: "He said to him, 'You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments'" (Mt 22:37-40).

Not sure what love is? St. Paul describes it for us in his Letter to the Corinthians. *Is this how you love God and others?* "Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails" (1 Cor 13:4-8).

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