

## FIRST SUNDAY OF LENT

Introit

Ps 90: 15, 16 and 1

VIII

**I** Nvo-cá- bit me, \* et e- go exáu- di- am e-  
 um : e- rí- pi- am e- um, et glo- ri- fi- cá- bo  
 e- um : longi- tú- di- ne di- é- rum a- dimplé- bo  
 e- um. *Ps.* Qui há- bi- tat in adiu- tó- ri- o Altíssimi,  
 in pro- tecti- óne De- i cae- li com- mó- rá- bi- tur.

When he calls to me, I will answer him; I will rescue him and honour him; with long life will I satisfy him. *ψ.* He who abides in the shelter of the Most High, shall remain under the protection of the God of Heaven.

### Opening Prayer

**C**ONCEDE nobis, omnipotens Deus, ut, per ánnua quadragesimális exercítia sacraménti, et ad intellegéndum Christi proficiámus arcánium, et effectus eius digna conversatióne sectémur.

**F**ATHER through our observance of Lent, help us to understand the meaning of your Son's death and resurrection, and teach us to reflect it in our lives.