



14 February 2016

1st Sunday of Lent

Year C

NATIONAL MIGRANTS' SUNDAY

Fighting Evil with the Power of God's Word

This First Sunday of Lent reminds us that life is a constant struggle against the devil. But we are expected to face up to the source of all evil in the power of God's Word and in our determination to be faithful to Him. Jesus' victory in all temptations encourages us to reject any compromise with the devil. Today is also the 30th National Migrants'

Sunday, a day when the Church invites us to remember with special love and concern all our brothers and sisters who have migrated either from the provinces to the cities or from their homeland to work in more affluent nations. Let our internal migrants and the Filipino Overseas Contract Workers and their families be today the object of our special love and prayers.



INTRODUCTORY RITES



Entrance Antiphon

(To be recited only when no Entrance Hymn is sung.)

When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

Greeting

P –Grace and peace from God our Father, the Lord Jesus Christ and the Holy Spirit be with you all!

All –And with your spirit!

Penitential Act

P –As we commemorate the victory of Christ over the devil, let us call to mind the

many times we have miserably succumbed to temptation and ask the Lord for pardon and strength. *(Pause)*

All –I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, *(strike your breast)* through my fault, through my fault, through my most grievous fault. Therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

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

All –Amen!

P –Lord, have mercy!
All –Lord, have mercy!

P –Christ, have mercy!
All –Christ, have mercy!

P –Lord, have mercy!
All –Lord, have mercy!

Collect (Opening Prayer)

P –Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

All –Amen!

**LITURGY OF
THE WORD**



1st Reading

Dt 26:4-10

Every year, at harvest time, the Israelites used to express their gratitude to the Lord for all His generosity to them. They did so by offering the firstfruits of the land and by reciting the "Cultic Creed" contained in today's First Reading.

R –A proclamation from the Book of Deuteronomy

Moses spoke to the people, saying: "The priest shall receive the basket from you and shall set it in front of the altar of the Lord, your God. Then you shall declare before the Lord, your God:

'My father was a wandering Aramean who went down to Egypt with a small household and lived there as an alien. But there he became a nation great, strong and numerous. When the Egyptians maltreated and oppressed us, imposing hard labor upon us, we cried to the Lord, the God of our fathers, and he heard our cry and saw our affliction, our toil, and our oppression. He brought us out of Egypt with his strong hand and outstretched arm, with terrifying power, with signs and wonders; and bringing us into this country, he gave us this land flowing with milk and honey. Therefore, I have now brought you the first-fruits of the products of the soil which you, O Lord, have given me.'

And having set the gifts before the Lord, your God, you shall bow down in his presence."

The Word of the Lord!

All—Thanks be to God!

Responsorial Psalm *Ps 91*

R —*Be with me, Lord, when I am in trouble!*

R. M. Velez

* You who dwell in the shelter of the Most High, who abide in the shadow of the Almighty, say to the Lord, "My refuge and fortress, my God, in whom I trust." **R.**

* No evil shall befall you, nor shall affliction come near your tent, for to his angels he has given command about you, that they guard you in all your ways. **R.**

* Upon their hands they shall bear you up, lest you dash your foot against a stone. You shall tread upon the asp and the viper; you shall trample down the lion and the dragon. **R.**

* Because he clings to me, I will deliver him; I will set him on high because he acknowledges my name. He shall call upon me, and I will answer him; I will be with him in distress; I will deliver him and glorify him. **R.**

2nd Reading *Rom 10:8-13*

Today St. Paul reminds us that a real believer is one who treasures the faith in his/her heart, professes it without fear, and lives in accordance with the faith professed.

R —A proclamation from the Letter of Paul to the Romans

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 preach – for, 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 one believes with the heart and so is justified, and one confesses with the mouth and so is saved.

For the Scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all, enriching all who call upon him. For "everyone who calls on the name of the Lord will be saved."

The Word of the Lord!

All—Thanks be to God!

Verse Before the Gospel

Mt 4:4

All—(Praise to you, Lord Jesus Christ, King of endless glory!)

One does not live on bread alone, but on every word that comes forth from the mouth of God.

(Praise to you, Lord Jesus Christ, King of endless glory!)

Gospel

Lk 4:1-13

Jesus' victory over the tempter is the result of his faithfulness to the Plan of the Father for him. This is a wonderful example for us to follow.

P —The Lord be with you!
All—And with your spirit!

P —A proclamation from the holy Gospel according to Luke

All—Glory to you, O Lord!

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. 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." Jesus answered him, "It is written, 'One does not live on bread alone.'" Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, "I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish. All this will be yours, if you worship me." Jesus said to him in reply, "It is written: 'You shall worship the Lord, your God, and him alone shall you serve.'"

Then he led him to Jerusalem, made him stand on the parapet 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: 'With their hands they will support you, lest you dash your foot against a stone.'" Jesus said to him in reply, "It also

says, 'You shall not put the Lord, your God to the test.'"

When the devil had finished every temptation, he departed from him for a time.

The Gospel of the Lord!

All—Praise to you, Lord Jesus Christ!

Homily

Profession of Faith

(Nicene Creed)

All—I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, (bow)* and by the Holy Spirit was incarnate of the Virgin Mary, and became man.* For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen!

Prayer of the Faithful

P—Our life is full of temptations, and sometimes we stumble and fall. In all humility and trust, let us turn to the Lord and ask from Him the

grace to honor our responsibilities and mission in life the way Jesus did. Let our response be:

All—Lord, graciously hear us!

C—For the Universal Church: May she remain faithful to her mission to proclaim and witness to the Gospel in spite of the weakness of many of her members. Let us pray! **R.**

C—For the Holy Father, our Bishop, and all religious leaders: May they continually uphold the spiritual values in the face of constant attacks from materialism, hedonism and commercialism. Let us pray! **R.**

C—For all our Overseas Contract Workers, especially those who are living in non-Christian countries: May they continue to treasure the Filipino values, and live according to the precepts of their Catholic faith. Let us pray!**R.**

C—For all those who work for our migrants – chaplains, social workers, and government officers: May they persevere in the good work with cheerful faithfulness in spite of all obstacles. Let us pray!**R.**

C—For all the members of our community, especially those whose families are affected negatively by migration: May the Lord be always our greatest friend and consolation. Let us pray! **R.**

C—Let us pray in silence for our personal intentions. (Pause) Let us pray! **R.**

P—Lord God, source of our hope and salvation, keep us ever faithful to You in all the trials and temptations of life that we may share in the victory of Christ, Your Son, who lives and reigns for ever and ever.

All—Amen!

LITURGY OF
THE EUCHARIST



Preparation of the Gifts

P—Pray, brethren . . .

All—May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all his holy Church.

Prayer over the Offerings

P—Give us the right dispositions, O Lord, we pray, to make these offerings, for with them we celebrate the beginning of this venerable and sacred time.

Through Christ our Lord.

All—Amen!

Preface of 1st Sun. of Lent

P—The Lord be with you!

All—And with your spirit!

P—Lift up your hearts!

All—We lift them up to the Lord!

P—Let us give thanks to the Lord our God!

All—It is right and just!

P—It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

By abstaining forty long days from earthly food, he consecrated through his fast the pattern of our Lenten observance and, by overturning all the snares of the ancient serpent, taught us to cast out the leaven of malice, so that, celebrating worthily the Paschal Mystery, we might pass over at last to the eternal paschal feast.

And so, with the company of Angels and Saints, we sing the hymn of your praise, as without end we acclaim:

All—Holy, holy, holy Lord, God of hosts. Heaven and earth are full of your glory. Hosanna in the highest!

Blessed is he who comes in the name of the Lord. Hosanna in the highest!

Memorial Acclamation

P—The mystery of faith!

All—When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again!

COMMUNION RITE



All—Our Father . . .

P —Deliver us, Lord . . .

All—For the kingdom, the power, and the glory are yours, now and for ever.

Sign of Peace

Breaking of the Bread

All—Lamb of God . . .

Communion

P —Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

All—Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Communion Antiphon

(To be recited only when no Communion Hymn is sung.)

One does not live by bread alone, but by every word that comes forth from the mouth of God.

Prayer after Communion

P —Renewed now with heavenly bread, by which faith is nourished, hope increased, and charity strengthened, we pray, O Lord, that we may learn to hunger for Christ, the true and living Bread, and strive to live by every word which proceeds from your mouth.

Through Christ our Lord.

All—Amen!

CONCLUDING RITES



P —The Lord be with you.

All—And with your spirit!

P —Bow your heads and pray for God's blessing. (Pause)

May bountiful blessing, O Lord, we pray, come

down upon your people, that hope may grow in tribulation, virtue be strengthened in temptation, and eternal redemption be assured.

Through Christ our Lord.

All—Amen!

P —May almighty God bless you: the Father, and the Son, and the Holy Spirit.

All—Amen!

P —Go in peace, glorifying the Lord by your life!

All—Thanks be to God!

Social Costs of Migration, a Deep Concern for the Church

Globally, migration has become a great concern because of the multifaceted problems it brings to the social, cultural, political, religious, and economic aspects of both the sending and receiving countries. The Philippine international migration phenomenon is no different. It has become the concern of different sectors and institutions of society because of the alarming ambivalent characteristics and flows of migration. Poverty and the lack of decent job opportunities in the country often are the immediate reasons why most Filipinos forcibly leave their family behind for overseas employment. Statistically, overseas Filipinos have reached more than 8 million, or approximately 10% of the country's current population. Nobody can deny the truth about the positive impact it brings to the families of migrants. It has helped lots of parents give their children better education, enjoy material benefits and a little comfort of quality living because of the dollar earnings. Looking at it on a macro perspective, the government admits that the dollar remittances generated by labor migration have contributed a lot in the buoyancy of the economy. This earned the Filipino migrant workers the title, "modern day heroes."

The Church recognizes these and other positive consequences of migration. However she also continues to look more deeply at its social costs that inevitably harm the nation and, above all, the families. For instance, the number of Filipino men and women who have been victimized by unscrupulous agents who engage in human trafficking, illegal recruitment, and other forms of exploitation have not ceased to grow even after more than three decades of labor migration. And yet, carried on the back of each of these victims are members of the family waiting to be fed and clothed. The feminization of migration affects especially the children left behind who miss the nurturing love of their mothers. The children long for the love and care of their parents who, ironically, are taking care of others' children. There are instances when even the individual and family value systems are somehow twisted. More often than not, the physical absence of parents within the family is being substituted with financial and material rewards to children, and these cultivate many to become materialistic and lazy. Furthermore, the prolonged absence of either the husband or the wife in the family shakes the couple's bond of marriage. Some of the likely consequences of migration include the estrangement of relationship, marital infidelity, and family breakup, which lead to dysfunctional families. Nobody even talks about those OFWs who have returned mentally deranged because they were unable to cope with the pressures while working or residing overseas. Others come home in a box while still others get sick with industrial diseases or, worse, from the most dreaded HIV and AIDS. The immensity of all these current social costs remains unquantifiable for the current generation as society continues to look at Filipino migration mainly from its economic perspective.

The Church Instruction *Erga Migrantes Caritas Christi* or *The Love of Christ for Migrants* invites all of us to look at this contemporary migration as seen in the eyes of faith. In migrants the Church has always contemplated the image of Christ who said, "I was a stranger and you made me welcome (*Mt 25:35*)." Their condition is, therefore, a challenge to the faith and love of believers who are called on to heal the evils caused by migration and discover the plan which God pursues through migration even when it is caused by obvious injustices. (*Erga Migrantes Caritas Christi*, 12).

On the occasion of the 30th National Migrants' Sunday, we, the people of God, are being challenged to take active and bolder steps towards achieving the above instruction. We are invited to do our share in showing our love for migrants and their families in our own localities. Let us pray together and collectively act to counter the social evils of migration that slowly break the values and strength of the Filipino family, the vital cell of society. Our little efforts, when combined together, could lead to the realization of *Erga Migrantes Caritas Christi*.

CBCP – Episcopal Commission for the Pastoral Care of Migrants and Itinerant People (ECMI)



WORD & LIFE PUBLICATIONS

Don Bosco Compound, A. Arnaiz Ave. cor. Chino Roces Ave., Makati, Metro Manila

Postal Address: P.O. Box 1820, MCPO, 1258 Makati, Metro Manila, Philippines

Tel. Nos. 894-5401; 894-5402; 892-2169 • Telefax: 894-5241 • Website: www.wordandlife.org

• E-mail: marketing@wordandlife.org, wordandlifepublications@gmail.com • FB: Word & Life Publications

• Editorial Team: Fr. S. Putzu, G. Ramos, R. Molomog, D. Daguio, V. David

• Illustrations: A. Sarmiento, B. Cleofe • Circulation: F. Edjan