Sunday I

Sunday morning

In the name of the Father, of the Son and of the Holy Spirit.

Psalm 149

1 Alleluia! Sing a new song to Yahweh:
his praise in the assembly of the faithful!

2 Israel shall rejoice in its Maker,
the children of Zion delight in their king;

3 they shall dance in praise of his name,
play to him on tambourines and harp!

4 For Yahweh loves his people,
he will crown the humble with salvation.

5 The faithful exult in glory,
shout for joy as they worship him,

6 praising God to the heights with their voices,
a two-edged sword in their hands,

7 to wreak vengeance on the nations,
punishment on the peoples,

8 to load their kings with chains
and their nobles with iron fetters,

9 to execute on them the judgement passed
-- to the honour of all his faithful.

Gospel
Mark 16,1-8

1 When the Sabbath was over, Mary of Magdala, Mary the mother of James, and Salome, bought spices with which to go and anoint him. 2 And very early in the morning on the first day of the week they went to the tomb when the sun had risen. 3 They had been saying to one another, 'Who will roll away the stone for us from the entrance to the tomb?' 4 But when they looked they saw that the stone -- which was very big -- had already been rolled back. 5 On entering the tomb they saw a young man in a white robe seated on the right-hand side, and they were struck with amazement. 6 But he said to them, 'There is no need to be so amazed. You are looking for Jesus of Nazareth, who was crucified: he has risen, he is not here. See, here is the place where they laid him. 7 But you must go and tell his disciples and Peter, "He is going ahead of you to Galilee; that is where you will see him, just as he told you." ' 8 And the women came out and ran away from the tomb because they

were frightened out of their wits; and they said nothing to anyone, for they were afraid.

Let us pray:

Omnipotent and eternal God, we thank you for this Sunday, in which you created light, recalled your Son from the dead, poured out your Holy Spirit on the Church. While all creation awaits with impatience the revelation of the sons of God, grant us the first gifts of the Spirit, so that we may perseveringly await the hour of salvation and of glory, in Jesus Christ, you Son, our Lord, blessed now and for all ages of ages.
– Amen.

Sunday evening

In the name of the Father, of the Son and of the Holy Spirit.

Psalm 114

1 Alleluia! When Israel came out of Egypt,
the House of Jacob from a people of foreign speech,

2 Judah became his sanctuary,
and Israel his domain.

3 The sea fled at the sight,
the Jordan turned back,

4 the mountains skipped like rams,
the hills like sheep.

5 Sea, what makes you flee?
Jordan, why turn back?

6 Why skip like rams, you mountains?
Why like sheep, you hills?

7 Tremble, earth, at the coming of the Lord,
at the coming of the God of Jacob,

8 who turns rock into pool,
flint into fountain.

Let us pray:

Lord God, holy Father, through Jesus Christ you have reconciled the world to yourself and have pardoned us, canceling our sins. Send your Holy Spirit into our hearts, so that by receiving the gift of your grace we may be merciful towards our brothers and sisters. Through Christ our Lord.
– Amen.