

The Collects, Epistles and Gospels of the Liberal Catholic liturgy, rendered into gender-neutral, modern language, as an alternative form, by The Mission Episcopate of Saints Francis and Clare, a Eucharistic Community in the Liberal Catholic Tradition.

The Fourth Sunday in Lent, or Refreshment Sunday

Intent: Spiritual Refreshment

Class B. Rose or Violet vestments. At least 6 candles at Mass. (In a small church, white may take the place of all colours, except there should be a violet stole for use where prescribed. Cloth of Gold may always take the place of white, red or green vestments, but not of violet.)

The Collects

P. Christ be with you

C. And with your spirit.

P. Let us pray.

The collect for purity

P. Almighty God, unto whom all hearts are open, all desires known and from whom no secrets are hid; cleanse the thoughts of our hearts by the inspiration of Your Holy Spirit, that we may perfectly love You, and worthily magnify Your holy Name. In Christ's name we pray. **R/.Amen.**

The priest then intones or says the collect of the day and other collects, if any, and finally the collect for peace:

The collect of the day

P. Almighty God, who are to Your people a Fountain of Wisdom, a Tower of Strength, and an ever-shining Sun of Beauty and Harmony, grant that we may so prepare ourselves to celebrate the sacred mysteries of the Passion and the Resurrection that we may ever be refreshed by the continual outpouring of Your power from on high. In Christ's name we pray. **R/.Amen**

The collect for Ash Wednesday

P. Precede us, Most High, in all our doings with Your most gracious favour, and further us with Your continual help, that in all our works, begun, continued, and ended in You, we may glorify Your holy Name. In Christ's name we pray. **R/.Amen**

The collect for peace

Teach us, Most High, to see your life in all the peoples of your earth, and so guide the nations into an understanding of your laws that peace and goodwill may reign upon earth; In Christ's name we pray. **R/. Amen.**

The Epistle

The Epistle is taken from the fourth chapter of the Epistle of St. Paul the Apostle to the Philippians, beginning at the eleventh verse.

I HAVE learned, in whatsoever state I am, to be content with it. I know both how to be abased, and I know how to abound. Everywhere and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me. Sisters and brothers, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely,

whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things. Do those things, which you have both learned, and received, and heard, and seen in me, and the God of peace shall be with you. Rejoice in the Most High always and again I say, rejoice. Let your moderation be known to all. The Most High is at hand. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.

Here ends the Epistle.

The epistle ended, all stand and sing:

Thanks be to God.

The Gradual

1. P: They that love wisdom love life:
C: and they that seek her early shall be filled with joy.
2. **Teach us, O God, the way of your statutes: and we shall keep it unto the end.**
3. **Give us understanding and we shall keep your law: we shall keep it with our whole heart.**
4. **The path of the just is as the shining light: shining more and more unto the perfect day.**

Munda Cor Meum

D. Cleanse my heart and my lips, O God, who by the hand of your seraph did cleanse the lips of the prophet Isaiah with a burning coal from your altar and in your lovingkindness so purify me that I may worthily proclaim your holy gospel; In Christ's name .

C. May the Most High be in your (+) heart and on your (+) lips, that through your heart the love of God may shine forth and through your lips God's power be made manifest. **R/. Amen.**

The Gospel

P OR D. Christ be with you.

C. And with your spirit.

The holy Gospel is taken from the sixth chapter of the Gospel according to St. John, beginning at the third verse.

C: Glory be to you, O Holy One.

JESUS went up onto a mountain, and there sat with His disciples. And when He looked up and saw a great crowd coming to Him, He said to Philip, "Where shall we buy bread, so that these people may eat?" Philip answered, "Two hundred denarii worth of bread is not sufficient for each to receive even a little." One of His disciples, Andrew, Simon Peter's brother, said to Him, "There is a little boy here, who has five barley loaves, and two small fish, but what are they among so many?" Jesus said, "Make them sit down." Now there was plenty of grass in the place, so they sat down, in number about five thousand. And Jesus took the loaves, and when He had given thanks, He distributed it to them as they sat and did likewise with the fish, giving them as much as they wanted. When they were full, he said to His disciples, "Gather up the fragments that remain, so that nothing might be lost." They gathered the fragments together, and filled twelve baskets with the fragments of the five barley loaves which remained, over and above what had been eaten. Then, when the people had seen this miracle which Jesus performed, they said, "This is truly the prophet who is coming into the world."

R/Praise be to you, O Christ.