

Sunday 10 March 2024

Fourth Sunday of Lent – Laetare Sunday

Responsorial Psalm

Psalm 136(137):1-6

O LET MY TONGUE CLEAVE TO MY MOUTH IF I REMEMBER YOU NOT!

By the rivers of Babylon
there we sat and wept,
remembering Zion;
on the poplars that grew there
we hung up our harps.

Pray for all asylum seekers, refugees, emigrants who are struggling, for strength and support

Think of the people and things you have ever had to leave in your life, with thankfulness, love, forgiveness, sorrow

For it was there that they asked us,
our captors, for songs,
our oppressors, for joy.
'Sing to us,' they said,
'one of Zion's songs.'

Pray for all who are caught up as oppressors in any way: within families, in unjust regimes, in society

Reflect on a hymn or psalm you have sung in church that has given you joy and happiness

O how could we sing
the song of the Lord
on alien soil?
If I forget you, Jerusalem,
let my right hand wither!

Pray for all who feel marginalised or excluded for any reason

Think of people who are homesick and lonely, because of work, as students, or having been abandoned

O let my tongue
cleave to my mouth
if I remember you not,
if I prize not Jerusalem
above all my joys!

Thank God for the security of life that you have and consider all who are homeless or insecure

While our life is not perfect commit yourself to serving a society that works for the common good