



Rosa Veritas

ASH WEDNESDAY Mystical Cosmic Mass

14 February, 2024

SOURCE OF ALL BEING

Source of all being, fire of love,
Your glory flames through worlds above:
Centre and light of every sphere,
Yet to each loving heart how near.
Sun of our life, your quickening ray
Sheds on our path the glow of day;
Star of our hope, your softened light
Cheers the long watches of the night.

Source of all life, below, above,
Whose light is truth, whose warmth is love,
Through us this glorious light be known
Until its lustre is our own.
Grant us your truth to make us free,
And hearts that burn with constancy,
Till all your living altars claim
One holy light, one heavenly flame.

RESPONSES

Cel: (Let us) be still, and know.

**All: We still ourselves
and feel your power and your presence.**

Cel: Be still, and know.

**All: We still ourselves
and hear the whispering of your voice.**

Cel: Be still, and know.

**All: We open ourselves to the eternal,
to the manifold colours of the spirit.**

Cel: We are still, and we know ...

THE GNOSIS

... that in the innermost spiritual sanctum
of each human being,
is the real self,
which is of the same essence
as that spiritual reality
we call God,
who is within, beyond,
and behind the universe;
we know
that the nature of this spiritual reality –
which is unknowable to the intellect,
but knowable to the heart –
is love;
we know that perfect justice rules the world,
that the whole creation
will one day reach its divine fulfilment;
we know this
because the world is being reconciled to God
through the Lord Jesus Christ.

RESPONSES

Cel: Christ is in you.

All: Our hope and our glory.

Cel: Our bodies are the substance of your being.

All: Deepen in us your spirit, O Christ.

Cel: Our life-spirit is the work of your hands.

All: Deepen in us your spirit, O Christ.

Cel: Our emotions and feelings
are your essence.

All: Deepen in us your spirit, O Christ.

continued ...

Cel: Fill us with the glory we had
when we dwelt with you.

All: And magnify your spirit in us, O Christ.

BEFORE THE FRUIT IS RIPENED BY THE SUN

Before the fruit is ripened by the sun,
Before the petals or the leaves uncoil,
Before the first fine silken root is spun,
A seed is dropped and buried in the soil.

Before the Easter alleluias ring,
Before the massive rock is rolled aside,
Before the fear of death has lost its sting,
A just and loving man is crucified.

Before we gain the grace that comes through loss,
Before we live by more than bread and breath,
Before we lift in joy an empty cross,
We face with Christ the seed's renewing death.

Before the fruit is ripened by the sun,
Before the petals or the leaves uncoil,
Before the first fine silken root is spun,
A seed is dropped and buried in the soil.

THE OFFERING

Cel: ... and offer them on the altar of our lives,
praying that you will fill them
with your glory and majesty.

All raise their bread with the Celebrant, and say ...

**All: This bread is my life
which I give to you
in love and service.**

Cel: Take our bread.
It is set apart for a sacred use
that it may become
the living bread from heaven.

All raise their wine with the Celebrant, and say ...

**All: This wine is my spirit,
dedicated to the divine will of God.**

Cel: Take this wine ...

CALL TO PRAISE

Cel: Christ is in you.

All: Our hope and our glory.

Cel: Lift up your hearts.

All: We lift them in joy.

Cel: Let us give our thanks
to the God Most High.

All: It is a good and joyful thing to do.

Cel: It is a very good and joyful thing ...
... and all the company of spiritual worlds,
in saying:

**All: Holy, holy, holy,
Lord God of hosts,
who was and is and is to come,
heaven and earth are full of your glory;
glory be to you, O God Most High.**

THE CHALICE PRAYER

Father, we raise our whole being to you,
a vessel emptied of self.

Accept, O Lord, this our emptiness,
and so fill us with yourself,
your life, your light, your love,
that these your gracious gifts
may radiate through us,

and overflow the chalice of our heart
into the hearts

of all with whom we come in contact,
revealing unto them

the beauty of your joy and wholeness
and the serenity of your peace,
which nothing can destroy.

THE CONSECRATION

*During the Consecration,
all may bless their bread and wine
together the Celebrant.*

IT IS A MYSTERY

It is a mystery, a mystery of life:

A change of bread and wine

Into a flow divine,

A flow divine of love

Into our spirit move,

A consecration of our life and self in you.

It is a mystery, a mystery of life:
A change of heart and mind
Into a flow divine,
A flow divine of love
Into our spirit move,
A consecration of our life and self in you.

OFFERING OF SELF

O loving Christ,
present in these holy mysteries,
I give myself to you,
for joy and for sorrow,
for sickness and for health,
for success and failure,
in time and in eternity.
I offer to you my body, mind and spirit
to be a holy sacrifice.
Take me and make me
the instrument of your will.

THE LORD'S PRAYER

Our Father,
which art in heaven,
hallowed be thy name.
Thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever,
Amen.

O LOVE

O love that knoweth of no fear,
O love that sheds a joyous tear,
O love that makes me whole and free,
Such love shall keep and hallow me.

SPIRIT OF GOD WITHIN ME

Spirit of God within me,
Possess my human frame;
Fan the dull embers of my heart,
Stir up the living flame;
Strive till that image deep within,
New minted and restored,
In shining splendour brightly beams
The likeness of the Lord.

Spirit of truth within me,
Possess my thought and mind;
Lighten anew the inward eye
By error rendered blind;
Shine on the words that wisdom speaks
And grant me power to see
The truth made known to us in Christ,
And in that truth be free.

Spirit of love within me,
Possess my hands and heart;
Break through the bonds of self-concern
That seeks to stand apart;
Grant me the love that suffers long,
That hopes, believes, endures;
The love fulfilled in sacrifice,
That others' good secures.

Spirit of life within me,
Possess this life of mine;
Come as the wind of heaven's breath,
Come as the fire divine!
Spirit of Christ, the living God,
Transform this house of clay,
Till from the dust with Christ I rise
To everlasting day.

— Coming Up —

Lent Meditations

commencing today

There are no centrally organised daily Lent meditations this year.
Listen alone to the new online recordings, when it suits you.
Or form/join a small self-organising group.

rosaveritas.org/lent

Mystical Cosmic Mass

First Sunday in Lent • Sunday 18 February, 2024
EUR 8am | WA 3pm | SA 5.30pm | NSW/VIC 6pm | NZ 8pm

rosaveritas.org/feb18

You can sustain the work of Rosa Veritas.

Contribute to the [online offering](#)

Familiarise yourself with the new melody for
'Source of All Being' ... rosaveritas.org/songs