



Rosa Veritas

Mystical Cosmic Mass

FIFTH SUNDAY IN LENT
17 March, 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.

CHRIST BE IN MY HEAD

Christ be in my head, my understanding.
Christ in me, my all in all.
Christ be in my heart and in my loving,
Christ beside me when I fall.
Christ within me, Christ before me,
Christ, to comfort and restore;
Christ to hold me and enfold me;
Christ, the one I do adore.

Christ be on my lips and in my speaking.
Christ in me, my all in all.
Christ, be in my eyes and in my seeking,
Ever list'ning for your call.
Christ in quiet, Christ in danger,
Christ in hearts of all I see.
Christ, my Alpha and Omega,
Christ, my Lord, I worship thee.

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.

ONLY GOD I SAW

*In the market, in the cloister, only God I saw ...
In the valley and on the mountain,
Only God I saw ...
Him, I've seen beside me oft in tribulation;
In favour and fortune, only God I saw.*

In prayer and fasting, in praise and contemplation,
In the religion of the prophets, only God I saw.
Neither soul nor body, accident nor substance,
Qualities nor causes, only God I saw.

— Chorus —

I opened mine eyes
And by the light of his face around me
In all the eyes discovered, only God I saw.
Myself with mine own eyes I saw most clearly,
But when I looked with God's eyes,
Only God I saw.

— Chorus —

I passed away into nothingness, I vanished,
And lo, I was the all-living ,
Only God I saw.

*The poem of the Sufi mystic
Baba Kuhi*

— Coming Up —

Lent Meditations

The daily Lent Meditations continue in small groups
and online at a time that suits you.

rosaveritas.org/lent

Holy Week Services

commencing Palm Sunday, 23 March, 2024

In 2024, Holy Week and Easter services will be celebrated in local communities, either face to face or online via Zoom. The communities will come 'all together' for the culmination of Easter, with the Meriti celebrating the Veneration of Light service on Easter Saturday and the Easter Sunday Mystical Cosmic Mass.

You can find details of all Holy Week and Easter services on the website. If there is no service for you to attend with your local community, there may be one online with another community you are welcome to attend.

If you need to make your own Palm Cross, you can find a simple 'how to' video on this page.

rosaveritas.org/easter

more next page ...

**Veneration of Light
including the Blessing of the Oils**

Saturday 30 March, 2024

*Florida 5am EST | EUR 10am CET | WA 5pm | SA 7.30pm
NSW/VIC 8pm AEDT | NZ 10pm*

See the website for details about making
a personal Paschal candle.

rosaveritas.org/mar30

**Easter Sunday
Mystical Cosmic Mass**

Sunday 31 March, 2024

*Florida 8pm EST | EUR 2am CEST | WA 8am | SA 10.30am
NSW/VIC 11am AEDT | NZ 1pm*

NOTE TIMES

rosaveritas.org/mar31

You can help sustain the work of Rosa Veritas.
Contribute to the [online offering](#)



A new section has been added to the website.
Look for RV ARTS in the navigation bar (after 'Calendar')
to see an announcement about Rosa Veritas Arts'
inaugural online exhibition.

rosaveritas.org/arts