

KNOW



"I know who you are—the
Holy One of God!"

MARK 1:24

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Fourth Sunday in Ordinary Time

January 31, 2021



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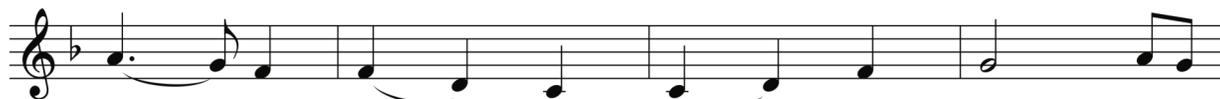
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Gathering Song

We Cannot Measure How You Heal



1. We can - not meas - ure how you heal Or
2. The pain that will not go a - way, The
3. So some have come who need your help, And



an - swer ev - 'ry suf - f'rer's prayer, Yet
guilt that clings from things long past, The
some have come to make a - mends, As



we be - lieve your grace re - sponds Where faith and
fear of what the fu - ture holds, Are pres - ent
hands which shaped and saved the world Are pres - ent



doubt u - nite to care. Your hands, though blood - ied
as if meant to last. But pres - ent too is
in the touch of friends. Lord, let your Spir - it



on the cross, Sur - vive to hold and heal and
love which tends The hurt we nev - er hoped to
meet us here To mend the bod - y, mind, and



warn, To car - ry all through death to
find, The pri - vate ag - o - nies in -
soul, To dis - en - tan - gle peace from



life And cra - dle chil - dren yet un - born.
side, The mem - o - ries that haunt the mind.
pain, And make your bro - ken peo - ple whole.

Greeting

- Priest: The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.
- Or: Grace to you and peace from God our Father and the Lord Jesus Christ.
- Or: The Lord be with you.
- People: **And with your spirit.**

Penitential Act (A)

- Priest: Brothers and Sisters, let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.
- People: **I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do,**
And, striking their breast, they say:
**through my fault, through my fault,
through my most grievous fault;**
Then they continue:
**therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints, and you, my brothers and sisters,
to pray for me to the Lord our God.**
- Priest: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.
- People: **Amen.**

Penitential Act (B)

- Priest: Brothers and sisters, let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.
- The Priest, or a Deacon or another minister, then says the following or other invocations with Kyrie, eleison (Lord, have mercy):*
- Priest: You were sent to heal the contrite of heart:
Lord, have mercy.
- People: **Lord, have mercy.**
- Priest: You came to call sinners:
Christ, have mercy.
- People: **Christ, have mercy.**
- Priest: You are seated at the right hand of the Father to intercede for us:
Lord, have mercy.

People: **Lord, have mercy.**

The absolution by the priest follows:

Priest: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

People: **Amen.**

Gloria

Glo-ry! Glo-ry to God in the
high-est. Glo-ry! Glo-ry to God in the high-est, and on
earth peace to peo - ple of good will. We
praise you, we bless you, we a - dore you, we glo - ri - fy you,
we give you thanks for your great glo - ry,
Lord God, heav - en - ly King, O God, al - might - y
Fa - ther. Lord Je - sus Christ, On - ly Be - got - ten Son,
Lord God, Lamb of God, Son of the Fa - ther, you take a -

way the sins of the world, have mer-cy on us; you take a -

way the sins of the world, re - ceive our prayer; you are

seat - ed at the right hand of the Fa-ther, have mer-cy on us.

For you a-lone are the Ho-ly One, you a-lone are the

Lord, you a-lone are the Most High, Je - sus Christ,

with the Ho - ly Spir-it, in the glo-ry of God the Fa-ther.

Glo-ry! Glo-ry to God in the high-est. Glo-ry!

Glo - ry to God in the high-est, and on earth peace to

peo - ple of good will. A - men.

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 Music: *Mass of Saint Ann*, Ed Bolduc, © 2011, World Library Publications
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Moses spoke to all the people, saying:

“A prophet like me will the LORD, your God, raise up for you from among your own kin; to him you shall listen.

This is exactly what you requested of the LORD, your God, at Horeb on the day of the assembly, when you said, ‘Let us not again hear the voice of the LORD, our God, nor see this great fire any more, lest we die.’

And the LORD said to me, ‘This was well said.

I will raise up for them a prophet like you from among their kin, and will put my words into his mouth; he shall tell them all that I command him.

Whoever will not listen to my words which he speaks in my name, I myself will make him answer for it.

But if a prophet presumes to speak in my name an oracle that I have not commanded him to speak, or speaks in the name of other gods, he shall die.’”

The word of the Lord.

R. Thanks be to God.

Responsorial Psalm - 27: The Lord is My Light

Refrain



The Lord is my light and my sal - va - tion, of
whom should I be a - fraid, of whom should I be a - fraid?

Verses

1. The Lord is my light and my help; whom should I fear?
The Lord is the stronghold of my life; before whom should I shrink?
2. There is one thing I ask of the Lord; for this I long:
to live in the house of the Lord all the days of my life.
3. I believe I shall see the goodness of the Lord in the land of the living;
hope in God, and take heart. Hope in the Lord!

Text: Psalm 27:1-2, 4, 13-14; David Haas

Music: David Haas

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Second Reading

1 Cor 7:32-35

Brothers and sisters:

I should like you to be free of anxieties.

An unmarried man is anxious about the things of the Lord,
how he may please the Lord.

But a married man is anxious about the things of the world,
how he may please his wife, and he is divided.

An unmarried woman or a virgin is anxious about the things of the Lord,
so that she may be holy in both body and spirit.

A married woman, on the other hand, is anxious about the things of the world,
how she may please her husband.

I am telling you this for your own benefit, not to impose a restraint upon you,
but for the sake of propriety and adherence to the Lord without distraction.

The word of the Lord.

R. Thanks be to God.

Gospel Acclamation

Refrain

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Verse Response

After first phrase:

After second phrase:

D.C.

Al - le - lu - ia. Al - le - lu - ia.

Dialogue at the Gospel:

Deacon/Priest: The Lord be with you.

People: **And with your spirit.**

Deacon/Priest: A reading from the holy Gospel...

People: **Glory to you, O Lord.**

Then they came to Capernaum,
and on the sabbath Jesus entered the synagogue and taught.
The people were astonished at his teaching,
for he taught them as one having authority and not as the scribes.
In their synagogue was a man with an unclean spirit;
he cried out, “What have you to do with us, Jesus of Nazareth?
Have you come to destroy us?
I know who you are—the Holy One of God!”
Jesus rebuked him and said,
“Quiet! Come out of him!”
The unclean spirit convulsed him and with a loud cry came out of him.
All were amazed and asked one another,
“What is this?
A new teaching with authority.
He commands even the unclean spirits and they obey him.”
His fame spread everywhere throughout the whole region of Galilee.

In conclusion of the Gospel:

Deacon/Priest: The gospel of the Lord.

People: **Praise to you, Lord Jesus Christ.**

Nicene Creed

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
Begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

At the words that follow, up to and including and became man, all bow.

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

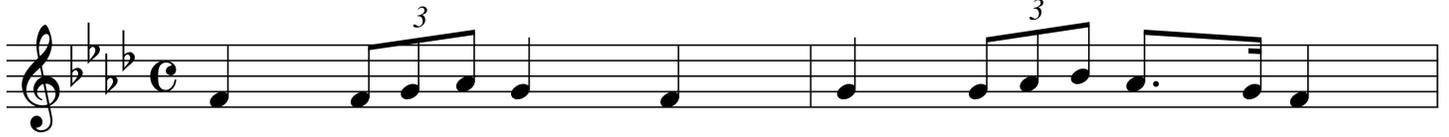
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

Preparation of the Gifts

Silence! Frenzied, Unclean Spirit



1. "Si - lence! Fren - zied, un - clean spir - it,"
2. Lord, the de - mons still are thriv - ing
3. Si - lence, Lord, the un - clean spir - it,



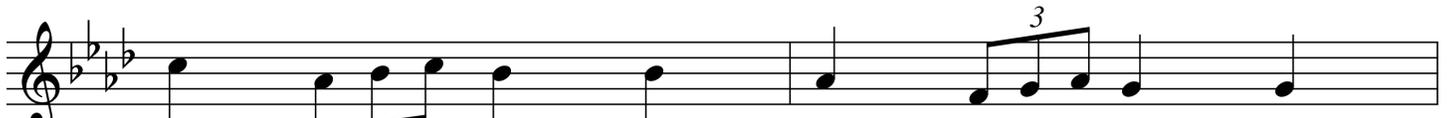
Cried God's heal - ing, ho - ly One.
In the grey cells of the mind:
In our mind and in our heart.



"Cease your rant - ing! Flesh can't bear it.
Ty - rant voic - es shrill and driv - ing,
Speak your word that, when we hear it,



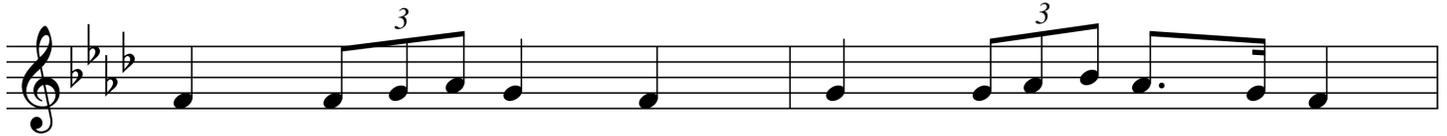
Flee as ³ night be - fore the sun."
Twist - ed thoughts that grip and bind,
All our de - mons shall de - part.



At Christ's voice the de - mon trem - bled,
Doubts that stir the heart to pan - ic,
Clear our thought and calm our feel - ing,



From its vic - tim mad - ly rushed,
Fears dis - tort - ing rea - son's sight,
Still the frac - tured, war - ring soul.



While the crowd that was as - sem - bled
Guilt that makes our lov - ing fran - tic,
By the pow - er of your heal - ing



Stood in ³ won - der, stunned and hushed.
Dreams that cloud the soul with fright.
Make us faith - ful, true, and whole.

Text: Thomas H. Troeger, b.1945, © 1986, Oxford University Press
Tune: EBENEZER, 8 7 8 7 D; Thomas J. Williams, 1869-1944

Holy, Holy, Holy



Ho - ly, Ho - ly, Ho - ly Lord God of hosts.



Heav'n and earth are full of your glo - ry. Ho -



san - na, ho - san - na, ho - san - na in the



high - est, ho - san - na, ho - san - na, ho -



san - na in the high - est. Bless - ed is he who comes in the



name of the Lord. Ho - san - na, ho -



san - na, ho - san - na in the high - est, ho -



san - na, ho - san - na, ho - san - na in the high - est.

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The Memorial Acclamation C

Save us, Sav - ior of the world, for by your
Cross and Res - ur - rec - tion you have set us free.

The musical notation is for a single melodic line in treble clef, key of D major (one sharp), and 6/8 time. It consists of two staves. The first staff contains the lyrics 'Save us, Sav - ior of the world, for by your' and the second staff contains 'Cross and Res - ur - rec - tion you have set us free.' The melody is simple and hymn-like, with a mix of quarter, eighth, and dotted notes.

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The Great Amen

A - men, a - men, a - men.
A - men, a - men, a - men.

The musical notation is for a single melodic line in treble clef, key of D major (one sharp), and 6/8 time. It consists of two staves. The first staff contains the lyrics 'A - men, a - men, a - men.' and the second staff contains 'A - men, a - men, a - men.' The melody is simple and hymn-like, with a mix of quarter, eighth, and dotted notes.

Music: *Mass of the Angels and Saints*, Steven R. Janco, © 1996, GIA Publications, Inc.

Our Father

Our Father, Who 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. Amen

Priest: Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.

For the kingdom, the power, and the glory are yours, now and forever.

Lamb of God

The musical score is written on two staves. The first staff contains two phrases: 'Have mer - cy on us.' and 'Have mer - cy on us.' The second staff contains two phrases: 'Grant us peace.' and 'Grant us peace.' The score is in G major (one sharp) and common time (C). The first phrase is marked 'Cantor:' and the second 'All:'. The second phrase is marked 'Repeat ad lib.'.

Cantor: Have mer - cy on us. *All:* Have mer - cy on us. *Repeat ad lib.*

Cantor: Grant us peace. *All:* Grant us peace.

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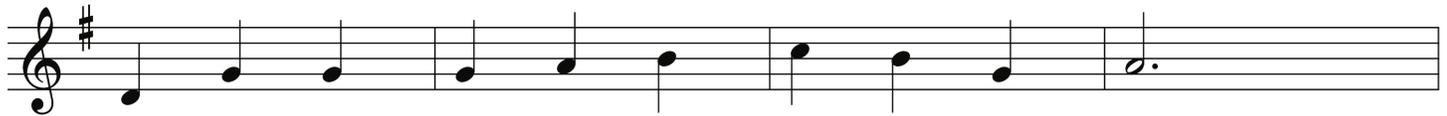
The Communion Song

Coming Together for Wine and for Bread

Verses 1-3



1. Com - ing to - geth - er for Wine and for Bread,
2. Who will be hun - gry if, hear - ing the call,
3. Here at this ta - ble, we're wel - comed by name;



Tast - ing the sto - ry and hear - ing it read,
We of - fer seats at our ban - quet to all?
All are in - vit - ed, each seat is the same.



Know - ing our hun - ger and shar - ing the meal
Who is for - got - ten? Whom will we ig - nore?
Serv - ing, re - ceiv - ing, and eat - ing the feast

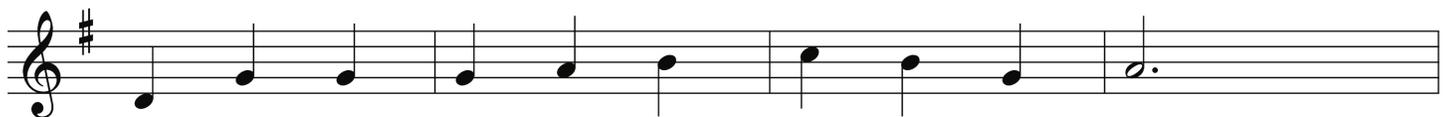


O - pens our eyes to see Je - sus is real.
Who is the out - cast that knocks at our door?
Hum - bles the haugh - ty and hon - ors the least.

Verse 4



4. Bless - ing this ta - ble the Spir - it is here



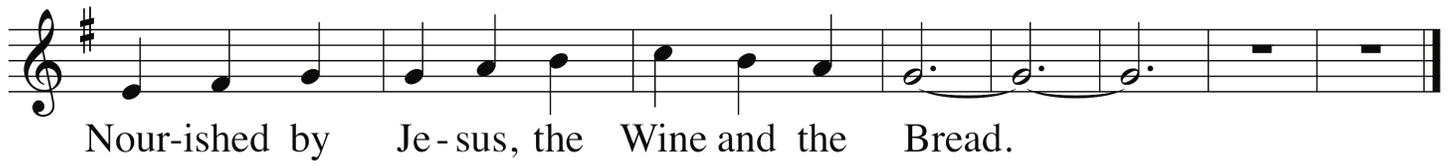
Grant - ing us vi - sion, so sud - den - ly clear:



Shar - ing and serv - ing, the bod - y is fed,



Nour-ished by Je - sus, the Wine and the Bread,



Nour-ished by Je - sus, the Wine and the Bread.

Text: Adam M. L. Tice, b.1979, © 2009, GIA Publications, Inc.
Tune: BLACKHAWK LANE, 10 10 10 10; David Haas, b.1957, © 2010, GIA Publications, Inc. Reprinted under ONE LICENSE A-724099

The Dismissal Song

God, Whose Purpose Is to Kindle



1. God, whose pur - pose is to kin - dle,
2. God, who still a sword de - liv - ers
3. God, who in your ho - ly gos - pel



Now ig - nite us with your fire. While the earth a -
Rath - er than a plac - id peace, With your sharp - ened
Wills that all should tru - ly live, Make us sense our



waits your burn - ing, With your pas - sion us in - spire.
Word dis - turb us, From com - pla - cen - cy re - lease!
share of fail - ure, Our tran - quil - i - ty for - give.



O - ver - come our sin - ful calm - ness,
Save us now from sat - is - fac - tion,
Teach us cour - age as we strug - gle



Stir us with your sav - ing name. Bap - tize with your
When we pri - vate - ly are free, Yet are un - dis -
In all lib - er - at - ing strife. Lift the small - ness



fier - y Spir - it, Crown our lives with tongues of flame.
turbid in spir - it By our neigh - bor's mis - er - y.
of our vi - sion By your own a - bun - dant life.