

FOURTH SUNDAY IN ORDINARY TIME

STAND

ENTRANCE ANTIPHON Ps 105: 47

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

ENTRANCE HYMN

Christ be beside me,
Christ be before me,
Christ be behind me,
King of my heart,
Christ be within me,
Christ be below me,
Christ be above me,
Never to part.

Christ on my right hand,
Christ on my left hand,
Christ all around me,
Shield in the strife.
Christ in my sleeping,
Christ in my sitting,
Christ in my rising,
Light of my life.

Priest: In the name of the Father and
of the Son, and of the Holy
Spirit.

People: **Amen.**

Grace to you and peace from God our
Father
and the Lord Jesus Christ.

And with your spirit.

PENITENTIAL ACT

Brethren (Brothers and sisters),
let us acknowledge our sins,
and so prepare ourselves to
celebrate the sacred mysteries.

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,

Striking your breast as you say:

through my fault, through my fault,
through my most grievous fault;

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.

The absolution by the priest follows:

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

Amen.



28th January 2024

Lord have mercy. Lord have mercy.
Christ have mercy. Christ have mercy.
Lord have mercy. Lord have mercy.

GLORIA

Glory to God in the highest,
and on earth peace to people of
good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great
glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten
Son,
Lord God, Lamb of God, Son of the
Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of
the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

COLLECT

Grant us, Lord our God,
that we may honour you with all our
mind, and love everyone in truth of
heart.

Through our Lord Jesus Christ, your
Son, who lives and reigns with you in
the unity of the Holy Spirit,
God, for ever and ever.
Amen.

THE LITURGY OF THE WORD

SIT

FIRST READING

18:15-20

**A reading from the book of
Deuteronomy**

Moses said to the people: "Your
God will raise up for you a prophet
like myself, from among yourselves,
from your own brothers; to him you
must listen. This is what you
yourselves asked of the Lord your
God at Horeb on the day of the
Assembly. "Do not let me hear
again' you said "the voice of the
Lord my God. nor look any longer
on this great fire, or I shall die; and
the Lord said to me, "All they have
spoken is well said. I will raise up a
prophet like yourself for them from
their own brothers; I will put my
words into his mouth and he shall
tell them all I command him. The
man who does not listen to my
words that he speaks in my name,
shall be held answerable to me for
it. But the prophet who presumes to
say in my name a thing I have not
commanded him to say, or who
speaks in the name of other gods,
that prophet shall die."

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Ps94:1-2.6-9.R.v.9

R. O that today you would listen to his voice! Harden not your hearts.

1. Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. **R.**
2. Come in; let us kneel and bend low; let us kneel before the God who made us, for he is our God and we the people who belong to his pasture, the flock that is led by his hand. **R.**
3. O that today you would listen to his voice!
"Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work." **R.**

SECOND READING 7:32-35

A reading from the first letter of St Paul to the Corinthians

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife; he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

The word of the Lord.

Thanks be to God.

STAND

ACCLAMATION cf.Mt11:25

Alleluia, alleluia!

**Blessed are you, Father,
Lord of heaven and earth,**

for revealing the mysteries of the kingdom to mere children.

Alleluia!

GOSPEL

1:21-28

The Lord be with you.
And with your spirit.
A reading from the holy Gospel according to Mark.
Glory to you, O Lord.



Jesus and his followers went as far as Capernaum, and as soon as the sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God." But Jesus said sharply, "Be quiet! Come out of him!" And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant, "Here is a teaching that is new" they said "and with authority behind it: he gives orders even to unclean spirits and they obey him." And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

STAND

PROFESSION OF FAITH

**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,
(All bow during the next three lines)
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.**

PRAYER OF THE FAITHFUL

LITURGY OF THE EUCHARIST

SIT

Raising the host, the priest says:

Blessed are you, Lord, God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.
Blessed be God for ever.

The priest pours wine and a little water into the chalice, saying quietly:

By the mystery of this water and wine may we come to share in the divinity of Christ, who humbled himself to share in our humanity.

Raising the chalice, the priest says:

Blessed are you, Lord, God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands, it will become our spiritual drink.
Blessed be God for ever.

Bowing the priest says quietly:

With humble spirit and contrite heart may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, O Lord.

Then the priest washes his hands, saying quietly:

Wash me, O Lord, from my iniquity; and cleanse me from my sin.

STAND

Facing the people the priest says:

Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good, and the good of all his holy Church.

PRAYER OVER THE OFFERINGS

O Lord, we bring to your altar these offerings of our service: be pleased to receive them, we pray, and transform them into the Sacrament of our redemption. Through Christ our Lord.

Amen.

EUCCHARISTIC PRAYER III

PREFACE III Sundays in Ordinary Time:

The Lord be with you.

And with your Spirit.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right and just

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God.

For we know it belongs to your boundless glory, that you came to the aid of mortal beings with your divinity and even fashioned for us a remedy out of mortality itself, that the cause of our downfall might become the means of our salvation, through Christ our Lord. Through him the host of Angels adores your majesty and rejoices in your presence for ever. May our voices, we pray, join with theirs in one chorus of exultant praise, as we acclaim:

Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

KNEEL

You are indeed Holy, O Lord, and all you have created rightly gives you praise, for through your Son our Lord Jesus

Christ, by the power and working of the Holy Spirit, you give life to all things and make them holy, and you never cease to gather a people to yourself, so that from the rising of the sun to its setting a pure sacrifice may be offered to your name.

Therefore, O Lord, we humbly implore you: by the same Spirit graciously make holy these gifts we have brought to you for consecration, that they may become the Body and ✦ Blood of your Son our Lord Jesus Christ, at whose command we celebrate these mysteries.

For on the night he was betrayed he himself took bread, and, giving you thanks, he said the blessing, broke the bread and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended, he took the chalice, and, giving you thanks, he said the blessing, and gave the chalice to his disciples, saying:

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY FOR THE FORGIVENESS OF SINS.
DO THIS IN MEMORY OF ME.

The mystery of faith:

We proclaim your Death, O Lord, and profess your Resurrection until you come again.

Then the Priest, with hands extended, says:

Therefore, O Lord, as we celebrate the memorial of the saving Passion of your Son, his wondrous Resurrection and Ascension into heaven, and as we look forward to his second coming, we offer you in thanksgiving this holy and living sacrifice.

Look, we pray, upon the oblation of your Church and, recognising the sacrificial Victim by whose death you willed to reconcile us to yourself, grant that we, who are nourished by

the Body and Blood of your Son and filled with his Holy Spirit, may become one body, one spirit in Christ. May he make of us an eternal offering to you, so that we may obtain an inheritance with your elect, especially with the most Blessed Virgin Mary, Mother of God, with blessed Joseph, her Spouse, with the blessed Apostles and glorious Martyrs (with Saint N., the Saint of the day or Patron Saint) and with all the Saints, on whose constant intercession in your presence we rely for unfailing help. May this Sacrifice of our reconciliation, we pray, O Lord, advance the peace and salvation of all the world. Be pleased to confirm in faith and charity your pilgrim Church on earth, with your servant Francis, our Pope, and N. our Bishop, his assistant Bishop(s) the Order of Bishops, all the clergy, and the entire people you have gained for your own. Listen graciously to the prayers of this family, whom you have summoned before you: in your compassion, O merciful Father, gather to yourself all your children scattered throughout the world. To our departed brothers and sisters and to all who were pleasing to you at their passing from this life, give kind admittance to your kingdom. There we hope to enjoy for ever the fullness of your glory

The Priest joins his hands.

through Christ our Lord, through whom you bestow on the world all that is good. †

The Priest takes the chalice and the paten with the host and, elevating both, he says:

Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is yours, for ever and ever. **Amen.**

COMMUNION RITE

STAND

At the Saviour's command and formed by divine teaching, we dare to say:

Our Father, who art in heaven . . .

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 Saviour, Jesus Christ.

For the kingdom, the power and the glory are yours, now and for ever.

Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever. **Amen.**

The peace of the Lord be with you always.
And with your Spirit.

The priest may add these or similar words.
Let us offer each other the sign of peace.

The priest places a small piece of the host in the chalice saying quietly:

May this mingling of the body and blood of our Lord Jesus Christ bring eternal life to us who receive it.

Meanwhile the people sing or say:

Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: grant us peace.



The priest says quietly:

May the receiving of your Body and Blood, Lord Jesus Christ, not bring me to judgment and condemnation, but through your loving mercy be for me protection in mind and body, and a healing remedy.

Raising the host the priest says:
Behold the Lamb of God, behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

And together with the people he says once:
Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

May the Body of Christ keep me safe for eternal life.

The Priest reverently consumes the Body of Christ.

Then he takes the chalice and says quietly:
May the Blood of Christ keep me safe for eternal life.

The Priest raises a host slightly and shows it to each of the communicants, saying:
The Body of Christ.
Amen.

COMMUNION ANTIPHON

Cf. Ps 30: 17-18

Let your face shine on your servant.
Save me in your merciful love.
O Lord, let me never be put to shame, for I call on you.

COMMUNION HYMN

This is my body, broken for you, bringing you wholeness, making you free.

Take it and eat it, and when you do, do it in love for me.

This is my blood poured out for you, bringing forgiveness, making you free.
Take it and drink it, and when you do, do it in love for me.

Back to my Father, soon I shall go. Do not forget me; then you will see I am still with you, and you will know you're very close to me.

Filled with my Spirit, how you will grow! You are my branches; I am the tree. If you are faithful, others will know you are alive in me.

Love one another – I have loved you, and I have shown you how to be free; serve one another, and when you do, do it in love for me.

PRIVATE PRAYER AFTER COMMUNION

My Jesus, increase my faith in the reality of your presence in this most blessed sacrament.

You are my Lord and my Lord really present under the appearances of bread and wine.

Yet it is so easy to become accustomed to this truth: to take you for granted in this sacrament as your townspeople took you for granted in spite of their momentary astonishment at the gracious words that came from your lips.

Lord you had the courage to speak the truth

even when you knew it would enrage.

Give me that same courage to bear witness to you

in the words and actions of my daily life.

Help me to brace myself for action;

to do all you command me to do.

I trust in you for you are my God:

before you formed me, you knew me

and you will fight with me against my weaknesses,

making me a pillar of iron, a wall of bronze,

so that Satan and the materialistic world

may never be able to overcome me

and snatch me out of your loving hands.

PRAYER AFTER COMMUNION

Nourished by these redeeming gifts, we pray, O Lord, that through this help to eternal salvation true faith may ever increase.
Through Christ our Lord.
Amen.

CONCLUDING RITES

The Lord be with you.
And with your Spirit.

Solemn Blessing – Ordinary Time No12
May the God of all consolation order your days in his peace and grant you the gifts of his blessing. **Amen.**

May he free you always from every distress and confirm your hearts in his love. **Amen.**

So that on this life's journey you may be effective in good works, rich in the gifts of hope, faith and charity, and may come happily to eternal life.
Amen.

And may the blessing of almighty God, the Father, and the Son, ✠ and the Holy Spirit, come down on you and remain with you for ever. **Amen.**

Go and announce the Gospel of the Lord.

Thanks be to God.

RECESSIONAL HYMN

**I, the Lord of sea and sky,
I have heard my people cry.
All who dwell in dark and sin
my hand will save.
I who made the stars of night,
I will make their darkness bright.
Who will bear my light to them?
Whom shall I send? (R)**

*R: Here I am, Lord. Is it I Lord?
I have heard you calling in the night.
I will go, Lord, if you lead me.
I will hold your people in my heart.*

**I, the Lord of snow and rain,
I have borne my people's pain.
I have wept for love of them.
They turn away.
I will break their hearts of stone,
give them hearts for love alone.
I will speak my word to them.
Whom shall I send?**