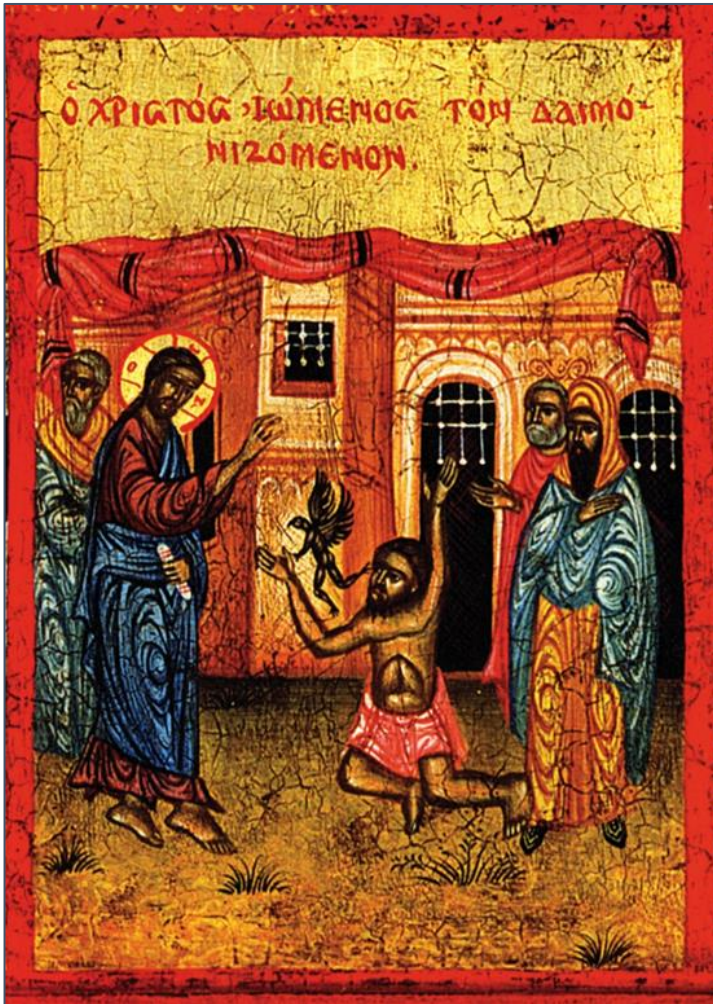


# Fourth Sunday in Ordinary Time



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

(Cycle B)

# INTRODUCTORY RITES

## Opening Hymn

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



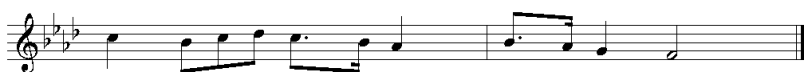
At Christ's voice the de - mon trem - bled,  
Doubts that stir the heart to pan - ic,  
Clear our thought and calm our feel - ing,



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

## Greeting

Ÿ. In the Name of the Father, and of the Son, and of the Holy Spirit.

**R. Amen.**

Ÿ. The grace and peace of our Lord, Jesus Christ,  
the Love of God  
and the Fellowship of the Holy Spirit be with you always.

**R. And also with you.**

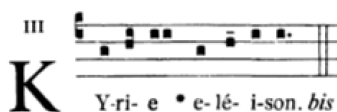
## PENITENTIAL RITE (C8 *Kyrie XVI in Feriis*)

*Invitation to reflect on our faults and failings.*

Ÿ To prepare ourselves to celebrate these sacred mysteries,  
let us call to mind our faults and failings  
and ask our heavenly Father in his mercy  
for his healing and forgiveness.

*Pause for silent reflection.*

Ÿ Lord Jesus, you healed the sick:



Ÿ Lord Jesus, you forgave sinners:



Ÿ Lord Jesus, you give us yourself to heal us  
and bring us strength:



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

**R. Amen.**

## Gloria

*Priest/cantor:* *All:*

V  
G Ló-ri-a in excélsis De-o. Et in terra pax homí-

*Choir:* *All:*

ni-bus bonæ vo-luntá-tis. Laudá-mus te. Bene-dí-cimus

te. Ado-rá-mus te. Glo-ri-fi-cá-mus te. Grá-ti-as á-gimus

ti-bi propter magnam gló-ri-am tu-am. Dó-mi-ne De-us,

Rex cæ-lé-stis, De-us Pa-ter omní-pot-ens. Dó-mi-ne Fi-li

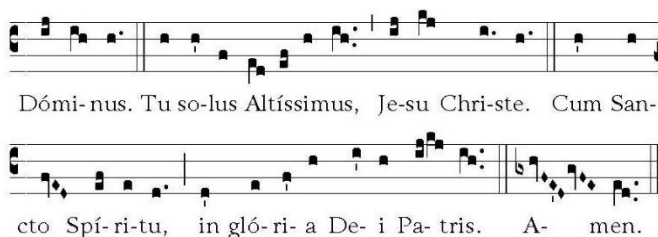
u-ni-gé-ni-te, Je-su Chri-ste. Dó-mi-ne De-us, Agnus

De-i, Fí-li-us Pa-tris. Qui tollis peccá-ta mun-di, mi-se-

rê-re no-bis. Qui tollis peccá-ta mundi, sú-sci-pe depre-

ca-ti-ónem no-stram. Qui sedes ad dexte-ram Pa-tris, mi-

se-rê-re no-bis. Quó-ni-am tu so-lus sanctus. Tu so-lus



**Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King, almighty God and Father,  
we worship you, we give you thanks, we praise you for your  
glory.**

**Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world: have mercy on us;  
you are seated at the right hand of the Father: receive our  
prayer.**

**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.**

## **Opening Prayer**

✠. Let us pray  
joining in the praise of the living God  
for we are his people.

*Pause for silent prayer.*

Father in heaven,  
from the days of Abraham and Moses  
until this gathering of your Church in prayer,  
you have formed a people in the image of your son.

Bless this people with the gift of your kingdom.  
May we serve you with our every desire  
and show love for one another”even as you have loved us.

Grant this through Christ our Lord.

**℟. Amen.**

## LITURGY OF THE WORD

### Reading 1 (*Dt 18:15-20*)

A reading from the Book of Deuteronomy

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.”

℣. This is the Word of the Lord.

℟. Thanks be to God.

### Responsorial Psalm (*Ps 95:1-2, 6-7, 8-9*)



Come, let us sing joyfully to the LORD;

let us acclaim the rock of our salvation.

Let us come into his presence with thanksgiving;

let us joyfully sing psalms to him.

℟. If today you hear his voice, harden not your hearts.

Come, let us bow down in worship;  
let us kneel before the LORD who made us.  
For he is our God,  
and we are the people he shepherds, the flock he guides.

**℟. If today you hear his voice, harden not your hearts.**

Oh, that today you would hear his voice:  
“Harden not your hearts as at Meribah,  
as in the day of Massah in the desert,  
Where your fathers tempted me;  
they tested me though they had seen my works.”

**℟. If today you hear his voice, harden not your hearts.**

## **Reading 2** *1 Cor 7:32-35*)

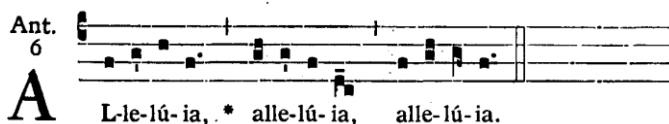
A reading from the first letter of Paul to the Corinthians:

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.

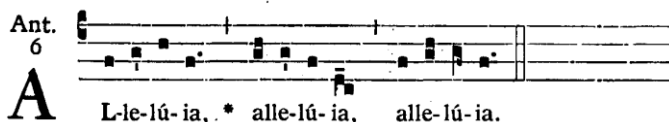
℣. This is the Word of the Lord.

**℟. Thanks be to God.**

## Gospel Acclamation (*Mt 4:16*)



The people who sit in darkness have seen a great light;  
on those dwelling in a land overshadowed by death,  
light has arisen.



## Gospel (*Mk 1:21-28*)

℣. The Lord be with you.

℟. And also with you.

℣. A reading from the Holy Gospel according to Mark.

*The celebrant and the people trace the cross on their foreheads (mind),  
their lips (speech) and over their hearts, asking the Lord to open them  
to his Word.*

℟. Glory to you 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.

℣. This is the Gospel of the Lord.

℟. Praise to you, Lord, Jesus Christ.

Ant.  
6

**A** L-le-lú-ia, \* alle-lú-ia, alle-lú-ia.

Homily

## Nicene Creed

**We believe in one God, the Father, the Almighty,  
maker of heaven and earth, of all that is seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light, true God from true God,  
begotten, not made, one in Being with the Father.**

**Through him all things were made.**

**For us and for our salvation he came down from heaven:  
by the power of the Holy Spirit**

**he was born of the Virgin Mary, and became man.**

**For our sake he was crucified under Pontius Pilate;**

**he suffered, died, and was buried.**

**On the third day he rose again in fulfillment of 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.**

**We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.**

**With the Father and the Son he is worshipped and glorified.**

**He has spoken through the Prophets.**

**We believe in one holy catholic and apostolic Church.**

**We acknowledge one baptism for the forgiveness of sins.**

**We look for the resurrection of the dead,**

**and the life of the world to come. Amen.**

## General Intercessions

*The celebrant invites the congregation to pray and offers several  
prayer intentions. Each concludes, "We pray to the Lord."*

**℟. Lord, hear our prayer.**

*The celebrant concludes the intercessions with a final short prayer  
ending with "... through Christ, our Lord."*

**℟. Amen.**

## LITURGY OF THE EUCHARIST

### Offering of the Gifts

℣. Blessed are you, Lord, God of all creation. Through your goodness we have this bread to offer, which earth has given and human hands have made. It will become for us the bread of life.

**℟. Blessed be God for ever.**

℣. Blessed are you, Lord, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will become our spiritual drink.

**℟. Blessed be God for ever.**

### Prayer over the Gifts

℣. Pray, my brothers and sisters, that our sacrifice 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 Church.**

Lord,  
receive our gifts.  
Let our offerings make us holy  
and bring us salvation.

Grant this through Christ or Lord.

**℟. Amen.**


### Preface and *Sanctus* (Sunday IV)



℣. The Lord be with you. ℞. And al - so with you. ℣. Lift up your hearts.



℞. We lift them up to the Lord. ℣. Let us give thanks to the Lord our God.



℞. It is right to give him thanks and praise.

Father, all-powerful and ever-living God,  
we do well always and everywhere to give you thanks  
through Jesus Christ our Lord.

By his birth we are reborn.  
In his suffering we are freed from sin.  
By his rising from the dead we rise to everlasting life.  
In his return to you in glory  
we enter into your heavenly kingdom.

And so, we join the angels and the saints  
as they sing their unending hymn of praise:



**S**anctus, \* Sanctus, Sanctus Dómi-nus De-us

Sába-oth. Ple-ni sunt cæ-li et terra gló-ri-a

tu-a. Ho-sánna in excélsis. Bene-díctus qui ve-nit

in nó-mi-ne Dó-mi-ni. Ho-sánna in excél-sis.

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

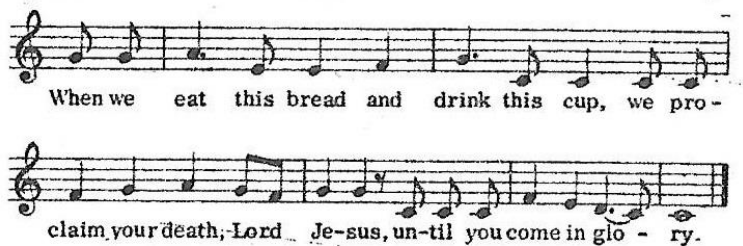
**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

## Eucharistic Prayer (IV)

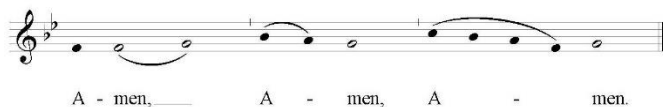
*The celebrant prays the Eucharistic Prayer. After the consecration, the celebrant sings:*

¶. Let us proclaim the mystery of faith.



*The celebrant concludes the Eucharistic Prayer.*

Through him, with him and in him  
in the unity of the Holy Spirit  
all glory and honor are yours, Almighty Father  
Forever and ever.



## COMMUNION LITURGY

### The Lord's Prayer

℣. We pray confidently in the words our Savior taught us:

Our Fa - ther, who art in heav - en, hal - lowed be thy name;  
thy king - dom come; thy will be done on earth as it  
is in heav - en. Give us this day our dai - ly bread;  
and for - give us our tres - pass - es as we for - give  
those who tres - pass a - gainst us; and lead us not  
in - to temp - ta - tion, but de - liv - er us from e - vil.

The musical notation is in G major (one sharp) and 4/4 time. It consists of six staves of music, each with a treble clef. The melody is simple and hymn-like, with lyrics written below the notes. The first staff ends with a repeat sign, and the last staff ends with a double bar line.

℣. Deliver us, Lord, from every evil, and grant us peace in our day. In your mercy keep us free from sin and protect us from all anxiety as we wait in joyful hope for the coming of our Savior, Jesus Christ.

*All:*  
For the king - dom, the pow'r, and the  
glo - ry are yours, now and for ev - er.

The musical notation is in G major (one sharp) and 4/4 time. It consists of two staves of music, each with a treble clef. The melody continues from the previous section. The first staff begins with the word 'All:' above it. The second staff ends with a double bar line.

℣. Lord Jesus Christ, you said to your apostles: I leave you peace, my peace I give you. Look not on our sins, but on the faith of your Church, and grant us the peace and unity of your kingdom where you live for ever and ever.

**℟. Amen.**

## Exchange of Peace

☩. The Peace of the Lord be with you always.

**℟. And also with you.**

☩. Let us offer each other a sign of peace.

## Breaking of the Bread

*As the bread is broken, we sing or say:*



**A** -gnus De- i, \* qui tol-lis peccá-ta mundi: mi-se-ré-re no-bis.

Agnus De- i, \* qui tollis peccá-ta mundi: mi-se-ré-re no-bis.

Agnus De- i, \* qui tollis peccá-ta mundi: dona nobis pa-cem.

☩. This is the Lamb of God who takes away the sins of the world.  
Happy are those who are called to his supper.

**℟. Lord, I am not worthy to receive you,  
but only say the word  
and I shall be healed.**

*To those receiving Communion, the celebrant says:*

☩. The body of Christ.

**℟. Amen.**

## Communion Meditation

### Waiting in Silence



1-5. Wait-ing in si - lence, wait-ing in hope; we are your



1. peo-ple, we long for you, Lord. God ev - er with us, Em - man - u -
2. peo-ple, we trust in your love. O Sun of Jus - tice, true Prince of
3. peo-ple, Lord, we seek your truth. Wis - dom In - car - nate, teach us your
4. peo-ple, we long for new life. O Key of Da - vid, o - pen our
5. peo-ple, our hearts thirst for you. Flow - er of Jes - se, bloom in our



1. el, Come, Lord Je - sus,
  2. Peace, Come with your jus - tice, Lord,
  3. way; Show us the path of life,
  4. hearts. Give us new vi - sion, Lord,
  5. midst. Make us your gar - den, Lord,
- } Ma-ra-na - tha!

## Prayer after Communion

℣. Let us pray.

*Pause for silent prayer.*

Lord,  
you invigorate us with this help to our salvation.  
By this eucharist give our faith continued growth  
throughout the world.

We ask this in the name of Jesus the Lord.

**℟. Amen.**



## CONCLUDING RITES

### Solemn Blessing

℣. The Lord be with you.

℞. And also with you.

Bow your heads and pray for God's blessing.

May the God of all consolation  
bless you in every way  
and grant you peace all the days of your life.

℞. Amen.

May he free you from all anxiety  
and strengthen your hearts in his love.

℞. Amen.

May he enrich you with his gifts of faith, hope, and love,  
so that what you do in this life  
may bring you to the happiness of everlasting life.

℞. Amen.

℣. May almighty God bless you,  
the Father, and the Son, + and the Holy Spirit.

℞. Amen.

### Dismissal

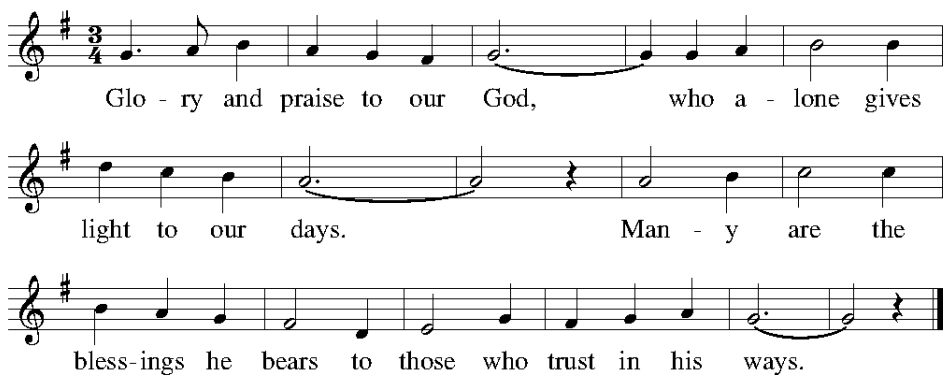
℣. The Mass is end - ed, go in peace.

℞. Thanks be to God.

## Closing Hymn

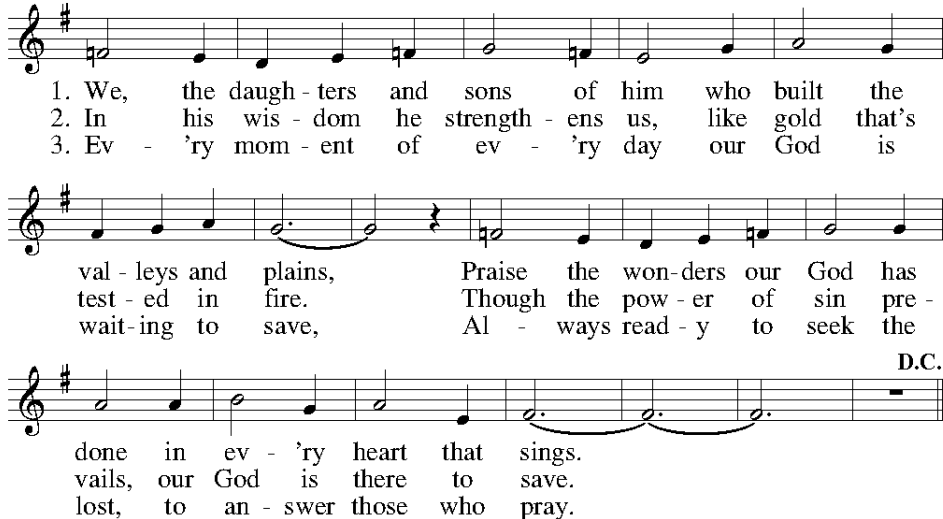
# Glory and Praise to Our God

### Refrain



Glo - ry and praise to our God, who a - lone gives  
light to our days. Man - y are the  
bless-ings he bears to those who trust in his ways.

### Verses 1-3



1. We, the daugh - ters and sons of him who built the  
2. In his wis - dom he strength - ens us, like gold that's  
3. Ev - 'ry mom - ent of ev - 'ry day our God is  
val - leys and plains, Praise the won - ders our God has  
test - ed in fire. Though the pow - er of sin pre -  
wait - ing to save, Al - ways read - y to seek the  
done in ev - 'ry heart that sings.  
vails, our God is there to save.  
lost, to an - swer those who pray.

D.C.