



OUR LADY OF THE
Assumption
PARISH

Love and Serve God • Love and Serve One Another
5057 Cottage Way, Carmichael, CA 95608 ~ www.olaparish.net

Fourth Sunday in Ordinary Time
January 28, 2024

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

Psalm 95

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Prelude Song (verses 1, 2, and 3)

YOUR WORDS ARE SPIRIT AND LIFE (PSALM 19)

Bernadette Farrell

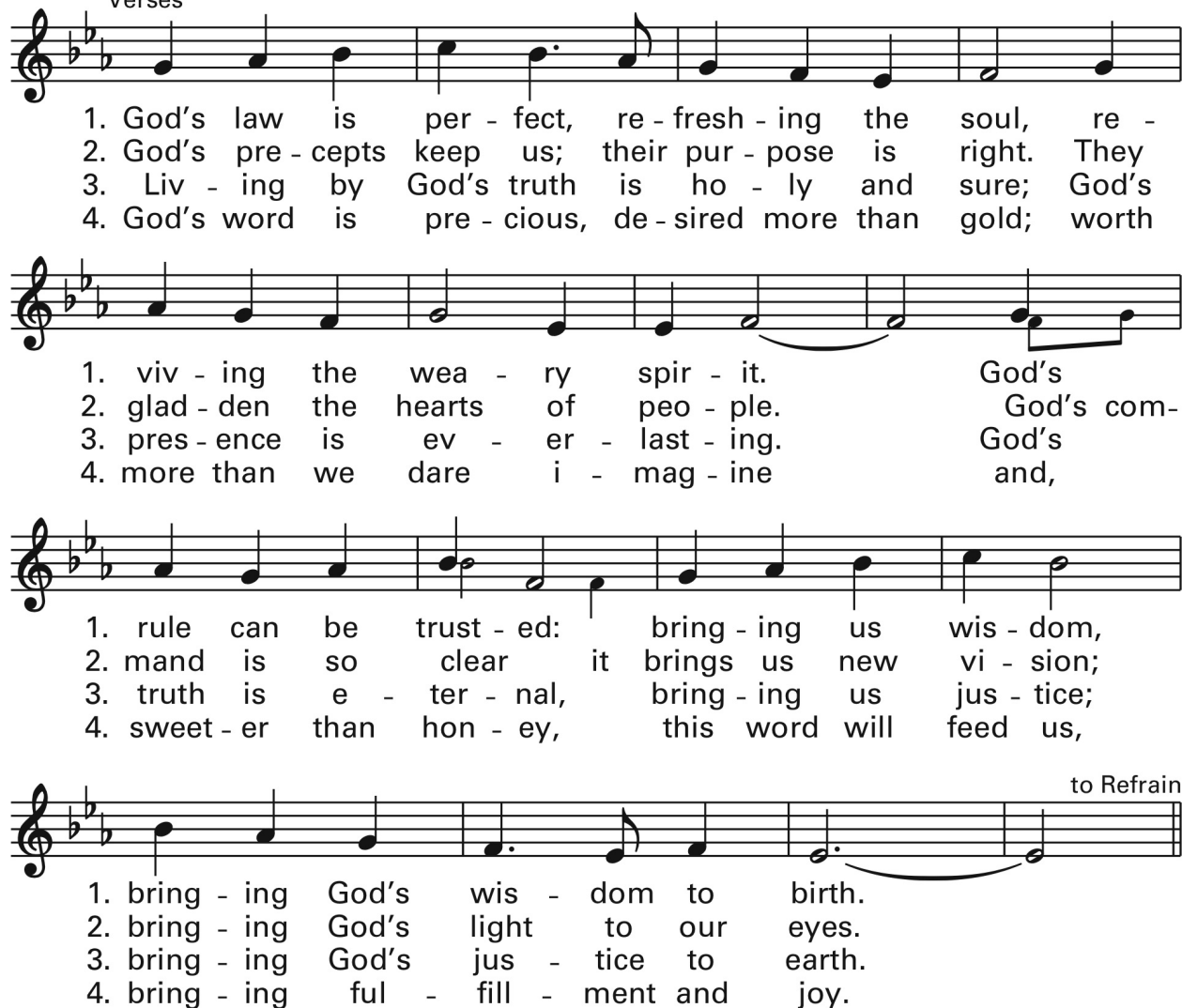
Refrain



Three staves of music in 3/4 time, key of B-flat major. The melody is simple and repetitive, with lyrics written below each staff.

Your words are spir - it and life, O Lord: rich - er than
gold, strong - er than death. Your words are spir - it and
life, O Lord; life ev - er - last - ing.

Verses



Four staves of music in 3/4 time, key of B-flat major. Each staff contains four numbered verses. The melody is simple and repetitive, with lyrics written below each staff.

1. God's law is per - fect, re - fresh - ing the soul, re -
2. God's pre - cepts keep us; their pur - pose is right. They
3. Liv - ing by God's truth is ho - ly and sure; God's
4. God's word is pre - cious, de - sired more than gold; worth

1. viv - ing the wea - ry spir - it. God's
2. glad - den the hearts of peo - ple. God's com -
3. pres - ence is ev - er - last - ing. God's
4. more than we dare i - mag - ine and,

1. rule can be trust - ed: bring - ing us wis - dom,
2. mand is so clear it brings us new vi - sion;
3. truth is e - ter - nal, bring - ing us jus - tice;
4. sweet - er than hon - ey, this word will feed us,

1. bring - ing God's wis - dom to birth.
2. bring - ing God's light to our eyes.
3. bring - ing God's jus - tice to earth.
4. bring - ing ful - fill - ment and joy.

THE INTRODUCTORY RITES (GATHERING)

Entrance Antiphon

Psalm 106 (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

ALL ARE WELCOME

(ALL BELONG)

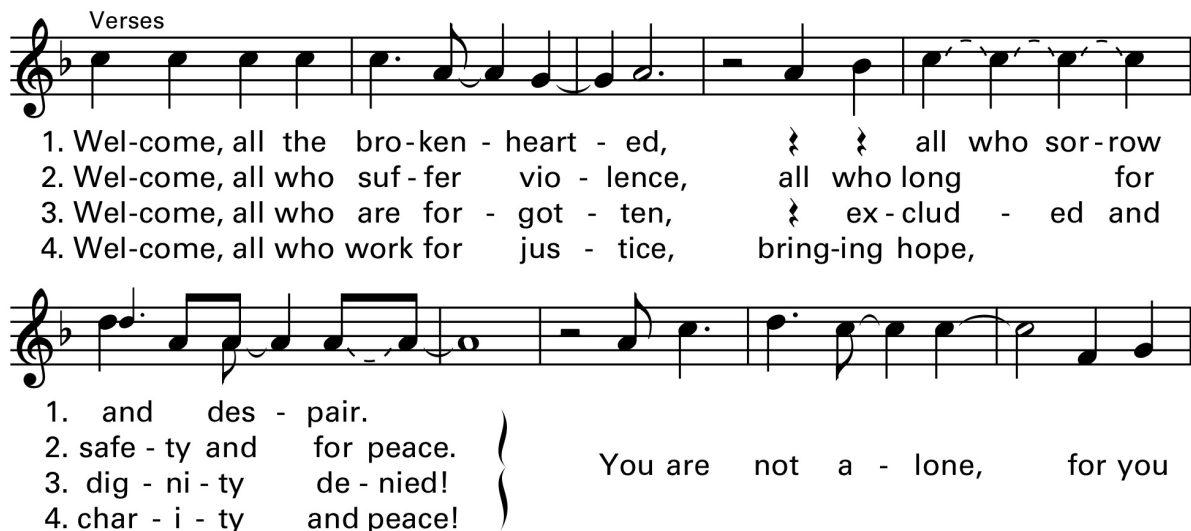
Jesse Manibusan and Jennah Manibusan

Refrain



All are wel - come in this place. Be-hold Love's a-maz-
- ing grace. All are wel - come! All are wel - come!
Bring your hopes, bring your dreams. Mer-cy flows and Love
re-deems! All are wel - come! All be-long!

Verses



1. Wel-come, all the bro-ken - heart - ed, all who sor-row
2. Wel-come, all who suf-fer vio - lence, all who long for
3. Wel-come, all who are for - got - ten, ex - clud - ed and
4. Wel-come, all who work for jus - tice, bring-ing hope,
1. and des - pair.
2. safe - ty and for peace.
3. dig - ni - ty de - nied!
4. char - i - ty and peace! You are not a - lone, for you



1-4. are God's own! To-geth-er, we sing and we pro - claim!

Greeting

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

(All make the Sign of the Cross.) **Amen.**

Priest: *The grace of our Lord Jesus Christ...be with you all. And with your spirit.*

Penitential Act

**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;
(Strike breast) 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.**

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

Priest/Deacon: *Lord have mercy. Lord have mercy.*

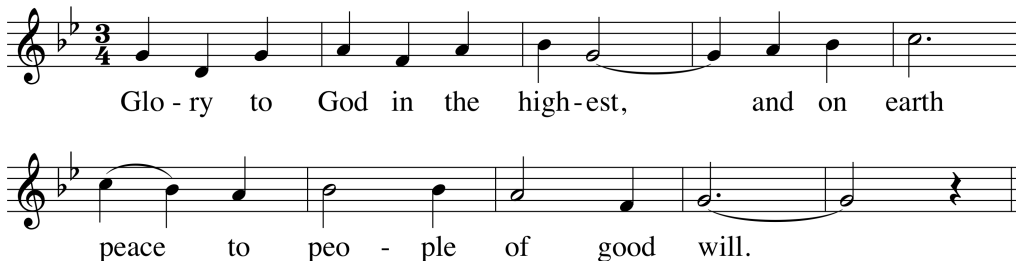
Priest/Deacon: *Christ have mercy. Christ have mercy.*

Priest/Deacon: *Lord have mercy. Lord have mercy.*

Gloria

GLORIA

Refrain



Verses

- | | |
|---|---|
| 1. 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. | 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. |
| 2. 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; | 3. 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

(After the Priest says the Collect, all respond.) **Amen.** (Please be seated.)

LITURGY OF THE WORD

First Reading

Deuteronomy 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.'"

The Word of the Lord. **Thanks be to God.**

Responsorial Psalm

Psalm 95:1-2, 6-7, 7-9, R. v.8



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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.

R. 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.

R. 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."

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

Second Reading

1 Corinthians 7:32-35

A reading from the first Letter of Saint 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.

The Word of the Lord. Thanks be to God.

Gospel Acclamation and Verse

Matthew 4:16

(Please stand.)

Chant, Mode VI.



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

R. Alleluia, alleluia, alleluia!

Gospel

Mark 1:21-28

The Lord be with you. And with your spirit.

The reading from the holy Gospel according to Mark. 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.

The Gospel of the Lord. Praise to you, Lord Jesus Christ.

Homily (Please be seated.)

Profession of Faith (Nicene Creed). (Please stand.)

**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.**

Universal Prayer (Prayers of the Faithful)

LITURGY OF THE EUCHARIST

(Please be seated.)

Hymn for Presentation of the Gifts and Preparation of the Altar

The Summons



1. Will you come and fol - low me If I but
 2. Will you leave your - self be - hind If I but
 3. Will you let the blind - ed see If I but
 4. Will you love the 'you' you hide If I but
 5. Lord, your sum - mons ech - oes true When you but



call your name? Will you go where
 call your name? Will you care for
 call your name? Will you set the
 call your name? Will you quell the
 call my name. Let me turn and



you don't know And nev - er be the same?
 cruel and kind And nev - er be the same?
 pris - 'ners free And nev - er be the same?
 fear in - side And nev - er be the same?
 fol - low you And nev - er be the same.



Will you let my love be shown, Will you
 Will you risk the hos - tile stare Should your
 Will you kiss the lep - er clean, And do
 Will you use the faith you've found To re -
 In your com - pa - ny I'll go Where your



let my name be known, Will you let my
 life at - tract or scare? Will you let me
 such as this un - seen, And ad - mit to
 shape the world a - round, Through my sight and
 love and foot - steps show. Thus I'll move and



life be grown In you and you in me?
 an - swer prayer In you and you in me?
 what I mean In you and you in me?
 touch and sound In you and you in me?
 live and grow In you and you in me.

Presentation of the Gifts and Preparation of the Altar

Priest: ...that my sacrifice and yours may be acceptable to God, the almighty Father,"

(Please stand.) **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

Amen

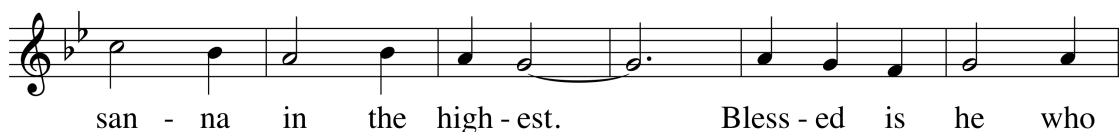
Preface

Priest: *The Lord be with you. And with your spirit.*

Priest: *Lift up your hearts. We lift them up to the Lord.*

Priest: *Let us give thanks to the Lord our God. It is right and just.*

Holy

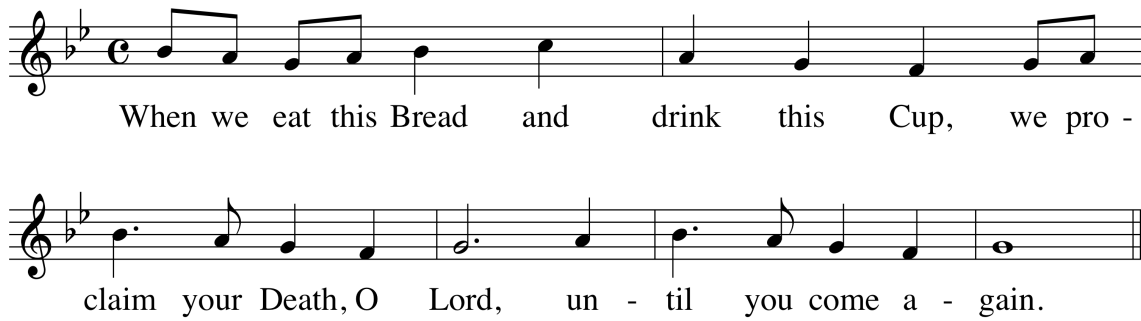


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(Please kneel.)

Mystery of Faith

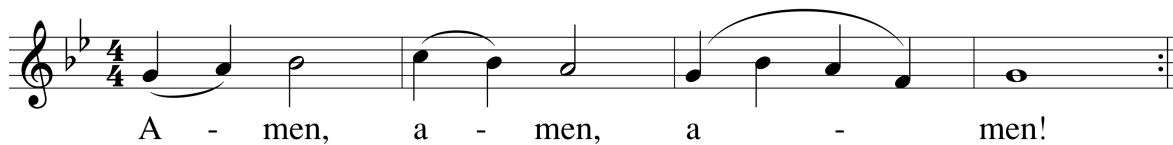


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Amen

(Please stand.)



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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.**

Priest: Deliver us, Lord ... the coming of our Savior Jesus Christ.

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

Priest: Lord Jesus Christ ... Who live and reign for ever and ever. Amen

Priest: The peace of the Lord be with you always. And with your spirit.

Sign of Peace

Lamb of God

The musical score is written on a single staff with a treble clef and a key signature of one flat (Bb). It consists of three lines of music. The first line is labeled 'Cantor:' and 'Assembly:'. It begins with a 3/4 time signature, followed by a 2/4 time signature, and ends with a 4/4 time signature. The lyrics are: 'Lamb of God, you take a-way the sins of the'. The second line is labeled 'To repeat' and begins with a 4/4 time signature, followed by a 3/4 time signature, and ends with a 4/4 time signature. The lyrics are: 'world, have mer - cy on us.'. The third line is labeled 'Last time' and begins with a 4/4 time signature, followed by a 3/4 time signature, and ends with a 4/4 time signature. The lyrics are: 'world, grant us peace.'.

Cantor: Assembly:

Lamb of God, you take a-way the sins of the

To repeat

world, have mer - cy on us.

Last time

world, grant us peace.

Music: *Mass of Creation*, Marty Haugen, © 1984, 1985, 2010, GIA Publications, Inc.

(Please kneel.)

Communion

Priest: *Behold the Lamb of God ... Blessed are those called to the supper of the Lamb.*

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul.

**Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.**

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You. Amen. 130 (129):7

Communion Antiphon

Cf. Psalm 31 (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

CHRIST, BE OUR LIGHT

Bernadette Farrell



1. Long-ing for light, — we wait in dark - ness. Long-ing for
2. Long-ing for peace, — our world is trou - bled. Long-ing for
3. Long-ing for food, — man - y are hun - gry. Long-ing for
4. Long-ing for shel-ter, man - y are home-less. Long-ing for
5. Man - y the gifts, — man - y the peo - ple, man - y the



1. truth, — we turn to you. Make us your own, —
2. hope, — man - y de - spair. Your word a - lone —
3. wa - ter, man - y still thirst. Make us your bread, —
4. warmth, — man - y are cold. Make us your build - ing,
5. hearts that yearn to be - long. Let us be ser - vants



1. your ho - ly peo-ple, light for the world to see.
2. has pow'r to save us. Make us your liv - ing voice.
3. bro - ken for oth-ers, shared un - til all are fed.
4. shel - ter - ing oth-ers, walls made of liv - ing stone.
5. to one an - oth - er, mak - ing your king - dom come.



Christ, be our light! Shine in our hearts. Shine through the dark - ness.



Christ, be our light! Shine in your church gath-ered to-day.

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Prayer after Communion

THE CONCLUDING RITES

Announcements

Greeting and Blessing (Please stand.)

Priest: *The Lord be with you.* **And with your spirit.**

Priest: *May almighty God bless you, the Father, the Son, and the Holy Spirit.* **Amen**

Dismissal

Deacon/Priest: *Go in peace.* **Thanks be to God.**

Recessional Hymn

LEAD ME, LORD

John D. Becker

Verses



1. Bless - ed are the poor in spir - it, long - ing for their
2. Bless - ed are the mer - ci - ful, for mer - cy shall be
3. Blest are they who through their life-times sow the seeds of



1. Lord, for God's com - ing king - dom shall be theirs.
2. theirs, and the pure in heart shall see their God.
3. peace, all will call them chil - dren of the Lord.



1. Bless - ed are the sor - row - ing, for they shall be con -
2. Blest are they whose hun - ger on - ly ho - li - ness can
3. Blest are you, though per - se - cu - ted in your ho - ly



1. soled, and the meek shall come to rule the world.
2. fill, for I say they shall be sat - is - fied.
3. life, for in heav - en, great is your re - ward.

Refrain



Lead me, Lord, lead me, Lord, by the light of truth to



seek and to find the nar-row way. Be my way;



be my truth; be my life, my Lord, and lead me, Lord, to -



day. day. And lead me, Lord, to - day.