



OUR LADY OF THE  
*Assumption*  
PARISH

Love and Serve God • Love and Serve One Another  
5057 Cottage Way, Carmichael, CA 95608 ~ [www.olaparish.net](http://www.olaparish.net)

**Third Sunday in Ordinary Time**  
**January 23, 2022**

**Your words, Lord, are Spirit and life.**

*John 6:63*

*Music reprint permission by OneLicence.Net Annual License # A-727351 and CCLI License # 11399402*

*Excerpts from the English translation of The Roman Missal © 2010,  
International Commission on English in the Liturgy Corporation. All rights reserved.*

*Lectionary for Mass for Use in the Dioceses of the United States, second typical edition, Copyright © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine; Psalm refrain © 1968, 1981, 1997, International Committee on English in the Liturgy, Inc. All rights reserved. Neither this work nor any part of it may be reproduced, distributed, performed or displayed in any medium, including electronic or digital, without permission in writing from the copyright owner.*



## 10,000 Reasons (Bless The Lord)

Jonas Myrin and Matt Redman



### *Refrain*

Bless the Lord O my soul O my soul

Worship His holy name

Sing like never before O my soul

I'll worship Your holy name

1. The sun comes up it's a new day dawning  
It's time to sing Your song again  
Whatever may pass and whatever lies before me  
Let me be singing when the evening comes
2. You're rich in love and You're slow to anger  
Your name is great and Your heart is kind  
For all Your goodness I will keep on singing  
Ten thousand reasons for my heart to find
3. And on that day when my strength is failing  
The end draws near and my time has come  
Still my soul will sing Your praise unending  
Ten thousand years and then forevermore

### *Final Refrain*

Bless the Lord O my soul O my soul

Worship His holy name

Sing like never before O my soul

I'll worship Your holy name

Worship Your holy name

Lord I'll worship Your holy name

© 2011 Atlas Mountain Songs (Admin. by Capitol CMG Publishing)

sixsteps Music (Admin. by Capitol CMG Publishing)

Thankyou Music (Admin. by Capitol CMG Publishing)

worshiptogether.com songs (Admin. by Capitol CMG Publishing)

CCLI Song # 6016351

## THE INTRODUCTORY RITES (GATHERING)

### Entrance Antiphon

Cf. Psalm 96 (95):1,6


O sing a new song to the Lord; sing to the Lord, all the earth. In his presence are majesty and splendor, strength and honor in his holy place.

### Entrance Hymn (verse 1)

## SING A NEW SONG


Dan Schutte

Refrain



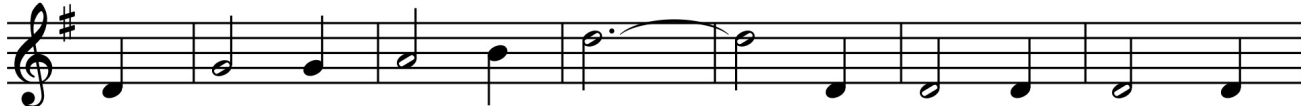
Sing a new song un-to the Lord; let your song be sung from  
moun-tains high. Sing a new song un-to the Lord, sing-ing

Verses




al - le - lu - ia.

1. Shout with glad-ness! Dance for joy!
2. Rise, O chil-dren, from your sleep;
3. Glad my soul for I have seen



1. O come be-fore the Lord. And play for God on
2. your Sav-ior now has come. He has turned your
3. the glo-ry of the Lord. The trum-pet sounds; the

to Refrain



1. glad tam-bou-rines, and let your trum-pet sound.
2. sor-row to joy, and filled your soul with song.
3. dead shall be raised. I know my Sav-ior lives.

Text: Based on Psalm 98:1, 4-6. Text and music © 1972, 1974, 1979, 2008, OCP. All rights reserved.

## 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

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

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

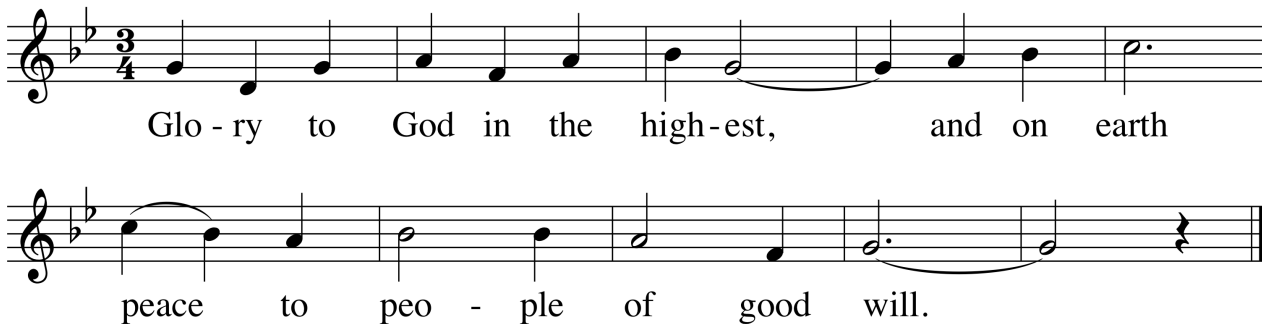
**Priest/Deacon:** *Lord have mercy.* **Lord have mercy.**

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

## Gloria

### GLORIA

Refrain



Verses

- |   |   |
|---|---|
| 1. We praise you,<br>we bless you,<br>we adore you,<br>we glorify you,<br>we give you thanks for your great glory,<br>Lord God, heavenly King,<br>O God, almighty Father. | you take away the sins of the world,<br>receive our prayer;<br>you are seated at the right hand of the<br>Father,<br>have mercy on us.  |
| 2. Lord Jesus Christ, Only Begotten Son,<br>Lord God, Lamb of God, Son of the<br>Father,<br>you take away the sins of the world,<br>have mercy on us;                     | 3. For you alone are the Holy One,<br>you alone are the Lord,<br>you alone are the Most High,<br>Jesus Christ,<br>with the Holy Spirit,<br>in the glory of God the Father.<br>Amen. |

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

## Collect

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

## LITURGY OF THE WORD

### *First Reading*

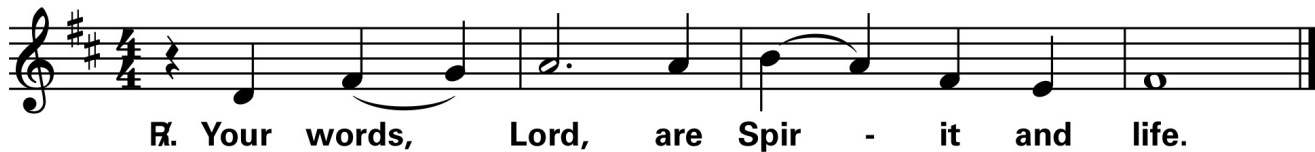
Nehemiah 8:2-4a, 5-6, 8-10

Ezra the priest brought the law before the assembly,  
which consisted of men, women,  
and those children old enough to understand.  
Standing at one end of the open place that was before the Water Gate,  
he read out of the book from daybreak till midday,  
in the presence of the men, the women,  
and those children old enough to understand;  
and all the people listened attentively to the book of the law.  
Ezra the scribe stood on a wooden platform  
that had been made for the occasion.  
He opened the scroll  
so that all the people might see it  
— for he was standing higher up than any of the people —;  
and, as he opened it, all the people rose.  
Ezra blessed the LORD, the great God,  
and all the people, their hands raised high, answered,  
“Amen, amen!”  
Then they bowed down and prostrated themselves before the LORD,  
their faces to the ground.  
Ezra read plainly from the book of the law of God,  
interpreting it so that all could understand what was read.  
Then Nehemiah, that is, His Excellency, and Ezra the priest-scribe  
and the Levites who were instructing the people  
said to all the people:  
“Today is holy to the LORD your God.  
Do not be sad, and do not weep” —  
for all the people were weeping as they heard the words of the law.  
He said further: “Go, eat rich foods and drink sweet drinks,  
and allot portions to those who had nothing prepared;  
for today is holy to our LORD.  
Do not be saddened this day,  
for rejoicing in the LORD must be your strength!”

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

## Responsorial Psalm

Psalm 19:8, 9, 10, 15, R. see John 6:63c



Text © 1969, 1981, 1997, ICEL. All rights reserved. Used with permission.

Music: Owen Alstott, © 1977, 1990, OCP. All rights reserved.

The law of the LORD is perfect,  
refreshing the soul;

The decree of the LORD is trustworthy,  
giving wisdom to the simple.

**R. Your words, Lord, are Spirit and life.**

The precepts of the LORD are right,  
rejoicing the heart;

The command of the LORD is clear,  
enlightening the eye.

**R. Your words, Lord, are Spirit and life.**

The fear of the LORD is pure,  
enduring forever;

The ordinances of the LORD are true,  
all of them just.

**R. Your words, Lord, are Spirit and life.**

Let the words of my mouth and the thought of my heart  
find favor before you,

O LORD, my rock and my redeemer.

**R. Your words, Lord, are Spirit and life.**

**Second Reading** (include the bracketed text for the long form)

**1 Corinthians 12:12-30 or 12:12-14, 27**

Brothers and sisters:

As a body is one though it has many parts,  
and all the parts of the body, though many, are one body,  
so also Christ.

For in one Spirit we were all baptized into one body,  
whether Jews or Greeks, slaves or free persons,  
and we were all given to drink of one Spirit.

Now the body is not a single part, but many.

[If a foot should say,

“Because I am not a hand I do not belong to the body, “  
it does not for this reason belong any less to the body.

Or if an ear should say,

“Because I am not an eye I do not belong to the body, “  
it does not for this reason belong any less to the body.

If the whole body were an eye, where would the hearing be?

If the whole body were hearing, where would the sense of smell be?

But as it is, God placed the parts,

each one of them, in the body as he intended.

If they were all one part, where would the body be?

But as it is, there are many parts, yet one body.

The eye cannot say to the hand, "I do not need you, "

nor again the head to the feet, "I do not need you."

Indeed, the parts of the body that seem to be weaker

are all the more necessary,

and those parts of the body that we consider less honorable

we surround with greater honor,

and our less presentable parts are treated with greater propriety,

whereas our more presentable parts do not need this.

But God has so constructed the body

as to give greater honor to a part that is without it,

so that there may be no division in the body,

but that the parts may have the same concern for one another.

If one part suffers, all the parts suffer with it;

if one part is honored, all the parts share its joy.

Now] you are Christ's body, and individually parts of it.

[Some people God has designated in the church

to be, first, apostles; second, prophets; third, teachers;

then, mighty deeds;

then gifts of healing, assistance, administration,

and varieties of tongues.

Are all apostles? Are all prophets? Are all teachers?

Do all work mighty deeds? Do all have gifts of healing?

Do all speak in tongues? Do all interpret?]

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

### **Gospel Acclamation and Verse**

**See Luke 4:18**

(Please stand.)

Chant, Mode VI.



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

The Lord sent me to bring glad tidings to the poor,  
and to proclaim liberty to captives.

## Gospel

Luke 1:1-4; 4:14-21

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

*The reading from the holy Gospel according to Luke.* **Glory to you, O Lord.**

Since many have undertaken to compile a narrative of the events  
that have been fulfilled among us,  
just as those who were eyewitnesses from the beginning  
and ministers of the word have handed them down to us,  
I too have decided, after investigating everything accurately anew,  
to write it down in an orderly sequence for you,  
most excellent Theophilus,  
so that you may realize the certainty of the teachings  
you have received.

Jesus returned to Galilee in the power of the Spirit,  
and news of him spread throughout the whole region.  
He taught in their synagogues and was praised by all.

He came to Nazareth, where he had grown up,  
and went according to his custom  
into the synagogue on the sabbath day.

He stood up to read and was handed a scroll of the prophet Isaiah.  
He unrolled the scroll and found the passage where it was written:

*The Spirit of the Lord is upon me,  
because he has anointed me  
to bring glad tidings to the poor.*

*He has sent me to proclaim liberty to captives  
and recovery of sight to the blind,  
to let the oppressed go free,  
and to proclaim a year acceptable to the Lord.*

Rolling up the scroll, he handed it back to the attendant and sat down,  
and the eyes of all in the synagogue looked intently at him.

He said to them,

“Today this Scripture passage is fulfilled in your hearing.”

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

## Homily



### *Profession of Faith (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.

### *Universal Prayer (Prayers of the Faithful) and Vocations Prayer*

Loving God, You speak to us and nourish us through the life of this church community. In the name of Jesus, we ask you to send your Spirit to us so that men and women among us, young and old, will respond to your call to service and leadership in the church. We pray, especially, in our day, for those who hear your invitation to be a priest, sister, brother, or deacon; and also for those called to be a spouse or single person. May those who are opening their hearts and minds to your call be encouraged and strengthened through our enthusiasm in your service.

We ask this through Christ our Lord. Amen.


## LITURGY OF THE EUCHARIST

*Hymn for Presentation of the Gifts and Preparation of the Altar* (verses 1 and possibly 2)

### YOUR WORDS ARE SPIRIT AND LIFE (PSALM 19)

Bernadette Farrell

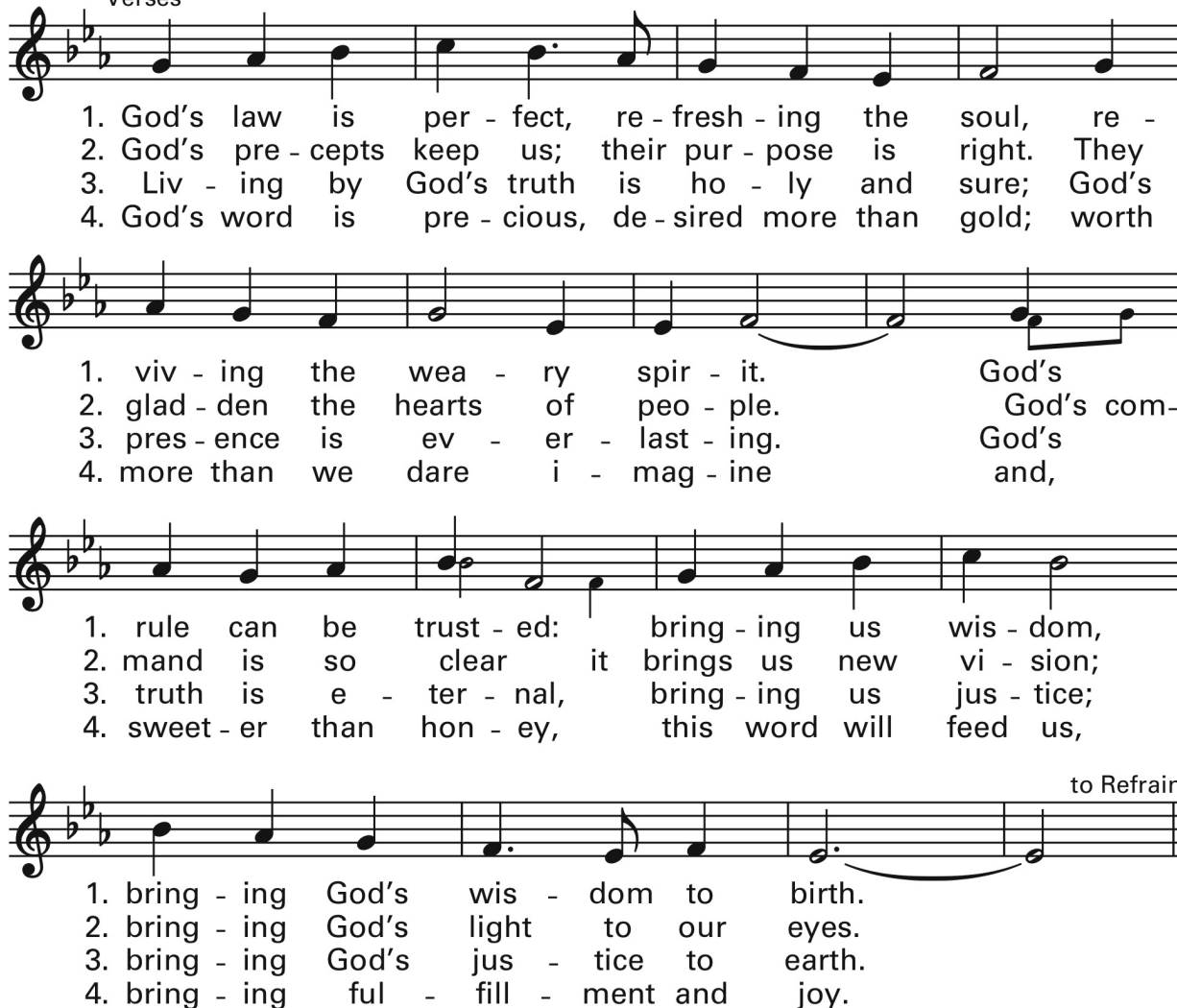
#### Refrain



Three staves of musical notation in 3/4 time, key of B-flat major. The melody is simple and repetitive, with lyrics written below the notes.

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 musical notation in 3/4 time, key of B-flat major. The melody is simple and repetitive, with lyrics written below the notes. The verses are numbered 1 through 4.

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,

to Refrain

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.

## 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

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

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

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

comes in the name of the Lord. Ho - san - na in the

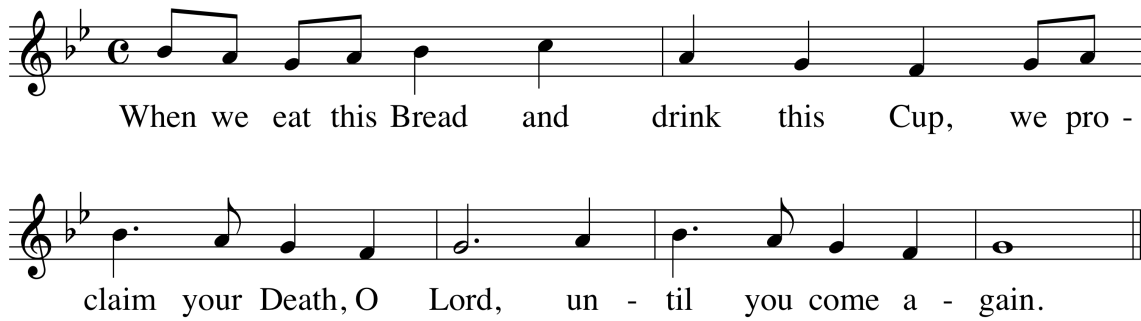
high-est. Ho - san - na in the high - est.

Text: ICEL, © 2010

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

(Please kneel.)

## Mystery of Faith

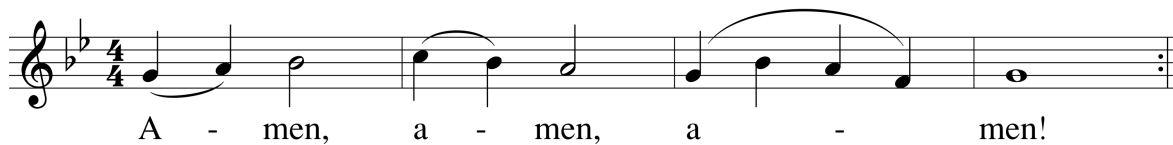


Text: ICEL, © 2010

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

## Amen

(Please stand.)



Music: *Mass of Creation*, Marty Haugen, © 1984, 1985, 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.**

*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 for 'Lamb of God' is written on a single staff with a treble clef and a key signature of one flat (B-flat). It consists of three lines of music. The first line is for the Cantor, starting in 3/4 time and ending in 4/4. The lyrics 'Lamb of God, you take a-way the sins of the' are written below the notes. The second line is for the Assembly, starting in 4/4 time and ending in 3/4. The lyrics 'world, have mer - cy on us.' are written below the notes. The third line is for the Assembly, starting in 4/4 time and ending in 3/4. The lyrics 'world, grant us peace.' are written below the notes. The score includes various musical notations such as notes, rests, and time signature changes.

*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.**

## Communion Antiphon

**Cf. Psalm 34 (33):6**

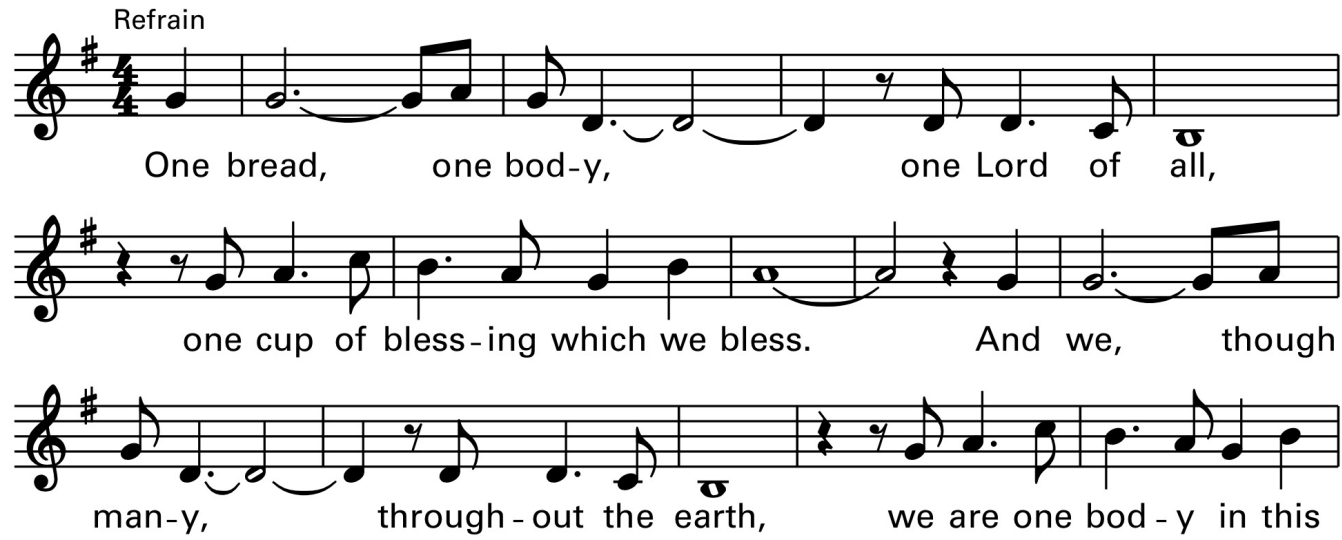
**Look toward the Lord and be radiant; let your faces not be abashed.**

## Communion Hymn

### ONE BREAD, ONE BODY

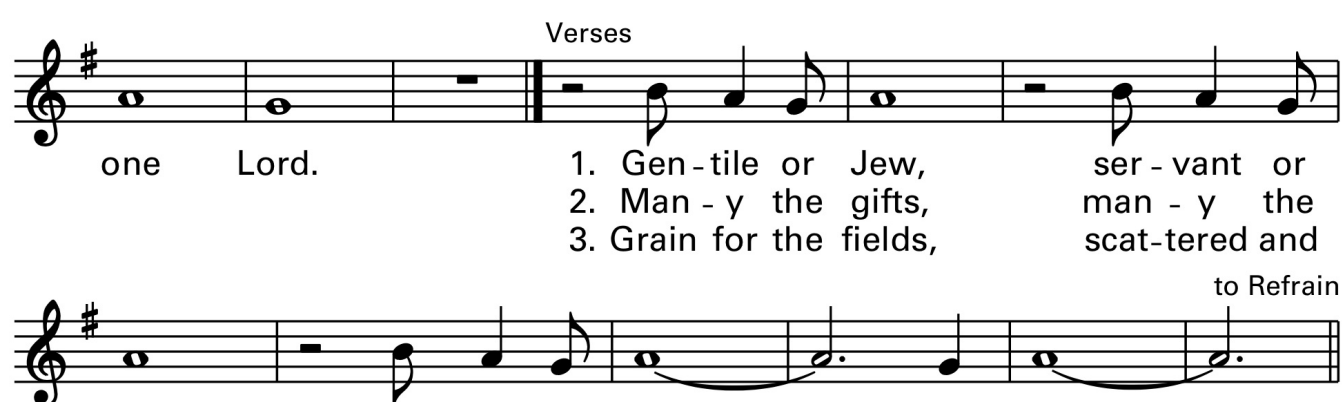
John Foley, S.J.

Refrain



One bread, one bod-y, one Lord of all,  
one cup of bless-ing which we bless. And we, though  
man-y, through-out the earth, we are one bod-y in this

Verses



one Lord.

1. Gen-tile or Jew, ser-vant or  
2. Man-y the gifts, man-y the  
3. Grain for the fields, scat-tered and

to Refrain

1. free, wom-an or man, no more.  
2. works, one in the Lord of all.  
3. grown, gath-ered to one, for all.

Text: Based on 1 Corinthians 10:16–17; 12:4, 12–13, 20; Galatians 3:28; Ephesians 4:4–6; The Didache 9.  
Text and music © 1978, John B. Foley, S.J. and OCP. All rights reserved.

## 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.*

## COMPANIONS ON THE JOURNEY

Carey Landry

Refrain

We are com-pan-ions on the jour - ney, break-ing bread and  
shar-ing life; and in the love we bear is the hope we share for we be-  
lieve in the love of our God, we be-lieve in the love of our God.

Verse 2

2. We have been gift-ed with each oth - er, and we are called by the  
2. Word of the Lord: to act with jus-tice, to love ten-der - ly, and to walk  
2. hum-bly with our God, to walk hum-bly with our God.

to Refrain

Text: Based on Micah 6:8 and Matthew 7:7. Text and music © 1985, Carey Landry and OCP.

All rights reserved.