

Blessed Trinity Parish

Fourth Sunday in Ordinary Time

January 28, 2024

Opening Song

Here I Am, Lord

Verses



1. I, the Lord of sea and sky, I have heard my peo - ple cry.
2. I, the Lord of snow and rain, I have borne my peo-ple's pain.
3. I, the Lord of wind and flame, I will tend the poor and lame.



1. All who dwell in dark and sin My hand will save. I, who
2. I have wept for love of them. They turn a - way. I will
3. I will set a feast for them. My hand will save. Fin-est



1. made the stars of night, I will make their dark-ness bright.
2. break their hearts of stone, Give them hearts for love a - lone.
3. bread I will pro - vide Till their hearts be sat - is - fied.



1. Who will bear my light to them? Whom shall I send?
2. I will speak my word to them. Whom shall I send?
3. I will give my life to them. Whom shall I send?

Refrain



Here I am, Lord. Is it I, Lord? I have heard you



call-ing in the night. I will go, Lord, if you



lead me. I will hold your peo-ple in my heart.

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Glory to God

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.

First Reading: Deuteronomy 18:15-20

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

If Today You Hear God's Voice



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Second Reading: 1 Corinthians 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. ***Thanks be to God.***

Gospel Acclamation



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Gospel: Mark 1:21-28

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.***

Preparation of the Gifts

Christ in Me Arise

Refrain




Christ in me a - rise and dis - pel all the dark-ness.

Christ in me a - rise with your pow - er and your strength.

Christ in me pour out your bless - ing and heal - ing.

Christ in me a - rise and I shall rise with you.

Verses

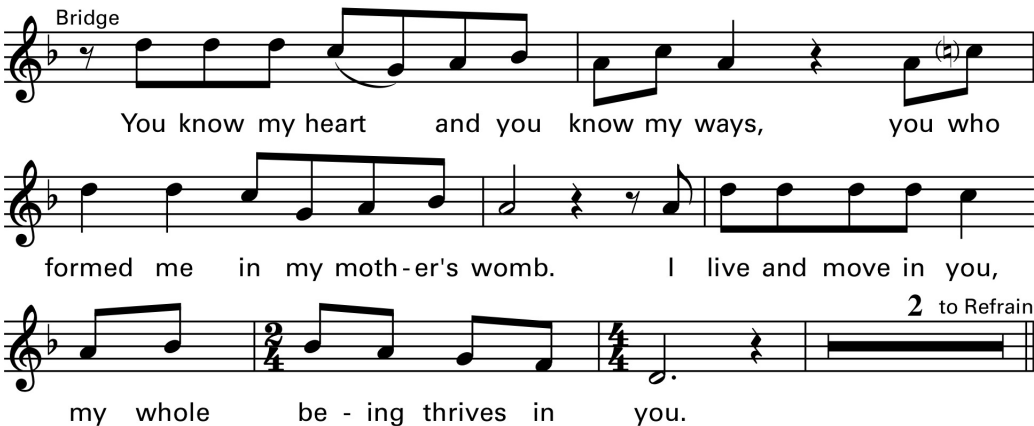


1. Be now my vi - sion; o - pen these eyes, show-ing me
2. Be now my foot - steps, lead-ing the way, tak - ing me

1. all that I must see. } On-ward to the king-dom,
2. where I must go. }

1, 2. you are the way. A - rise in me and I shall rise with you.

Bridge



You know my heart and you know my ways, you who

formed me in my moth-er's womb. I live and move in you,

my whole be - ing thrives in you.

Holy, Holy, 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.

The musical score is written on four staves in 3/4 time. The melody is in G major (one flat). The lyrics are: '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.'

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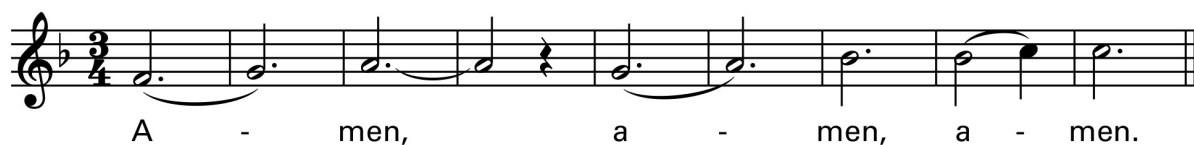
When We Eat This Bread

When we eat this Bread and drink this Cup, we pro -
claim your Death, O Lord, un - til you come a - gain.

The musical score is written on two staves in 3/4 time. The melody is in G major (one flat). The lyrics are: 'When we eat this Bread and drink this Cup, we pro - claim your Death, O Lord, un - til you come a - gain.'

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Amen



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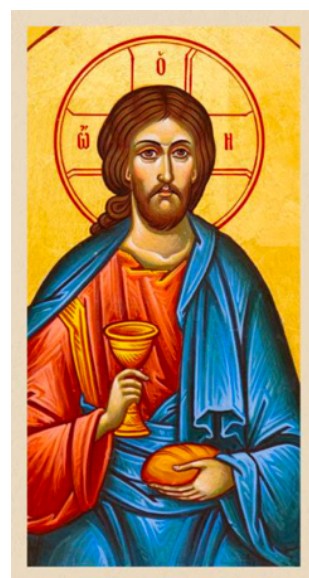
Lamb of God



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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.



Communion Songs

In This Place

Verses

1. We are all hun-gry peo-ple, we need shel-ter and
 2. All our lives are a Mys-t'ry; we see not where they
 3. Though the world may — tell us to — look at our-
 4. In the bread that is bro-ken is the Christ that re-

1. strength. We are one in our hurt-ing, we are
 2. lead. We are asked now to trust you and we
 3. selves, we reach out to an-oth-er where —
 4. stores. As we take, now re-ceive him, we find

1. one — in our pain. In our suf-f'ring and sad-ness,
 2. know we must be-lieve. As our feet be-come Christ's feet,
 3. suf-fer-ing dwells. As our hands be-come Christ's hands,
 4. love — ev-er-more. As the bread be-comes Bod-y,

1. we are saved by the grace
 2. we go forth with the grace
 3. we are healed by the grace
 4. we are filled with the grace

of the pow-er and the

Refrain

1-4. Spir-it that is here in this place. We are

gath-ered at ta-ble as — one in the Lord. We are
 (*to- geth-er)

gath-ered as peo-ple who are liv-ing the Word. Our —

hearts and our spir-its are nur-tured by grace. It is

Je-sus who fills us. He is here in this place.

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Sending Forth

Lead Me Lord

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.