

Fourth Sunday of Ordinary Time

Be Not Afraid

Verse 1



1. You shall cross the bar-ren des-ert, but you shall not die of thirst. You shall wan-der far in safe-ty though you do not know the way. You shall speak your words in for-eign lands and all will un-der-stand. You shall see the face of God and live.

Refrain



Be not a-fraid. I go be-fore you al-ways.
Come, fol-low me, and I will give you rest.

Verse 2



2. If you pass through rag-ing wa-ters in the sea, you shall not drown. If you walk a-mid the burn-ing flames, you shall not be harmed. If you stand be-fore the

pow'r of hell and death is at your side,
know that I am with you through it all. **D.S.**

Verse 3

3. Bless-ed are your poor, for the king-dom shall be
theirs. Blest are you that weep and mourn, for
one day you shall laugh. And if wick-ed tongues in -
sult and hate you all be-cause of me,
bless-ed, bless-ed are you! **D.S.**

Text: Isaiah 43:2-3, Luke 6:20ff; Bob Dufford, SJ, b.1943
Tune: Bob Dufford, SJ, b.1943; acc. by Theophane Hytrek, OSF, 1915-1992
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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.”

PSALM 95: FOURTH SUNDAY IN ORDINARY TIME, YEAR B

Ben Walther



R. If to-day you hear his voice, hard-en not your hearts.

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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.

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

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Liturgy of the Eucharist

**We appreciate your generosity to our parish.
If you would like to give and have not done so already,
you may do so at the following link.**

<https://stolaf-williamsburg.weshareonline.org>

We appreciate your continued support

Offertory: Lead me Lord sung by the Choir

An Act of Spiritual Communion

**My Jesus, I believe that you are truly present in the Holy Eucharist
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**

You Satisfy the Hungry Heart

Refrain



You sat - is - fy the hun - gry heart With



gift of fin - est wheat; Come give to us, O



sav - ing Lord, The bread of life to eat.

Verses



1. As when the shep - herd calls his sheep, They
2. With joy - ful lips we sing to you Our
3. Is not the cup we bless and share The
4. The mys - t'ry of your pres - ence, Lord, No
5. You give your - self to us, O Lord; Then



know and heed his voice; So when you call your
 praise and grat - i - tude, That you should count us
 blood of Christ out - poured? Do not one cup, one
 mor - tal tongue can tell: Whom all the world can -
 self - less let us be, To serve each oth - er

D.C.



fam - 'ly, Lord, We fol - low and re - jice.
 wor - thy, Lord, To share this heav'n - ly food.
 loaf, de - clare Our one - ness in the Lord?
 not con - tain Comes in our hearts to dwell.
 in your name In truth and char - i - ty.

We Remember, We Believe

Refrain

We re - mem - ber in the break - ing of the bread. We re -
 mem - ber in the cup that we re - ceive. As our thirst is quenched
 and our hun - ger fed we re - mem - ber and we be - lieve.

Verses

1. More than ear can hear more than eye can
 2. Stran - gers, lov - ers, friends, neigh - bors, fam - i -
 3. Ev - 'ry aisle a path, ev - 'ry step a
 4. As we take and eat, so we learn to

see, more pro - found than our minds can un - der -
 ly, in the bod - y our one - ness is dis -
 sign of the jour - ney we walk to - geth - er
 give. Like the bread, we must break; like wine, be

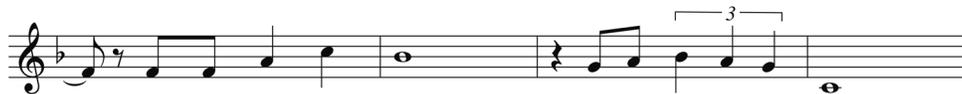
stand, more than mys - ter - y.
 played in di - ver - si - ty.
 † to the end of time.
 poured so that all may live.

We Are Many Parts / Muchos Miembros Hay

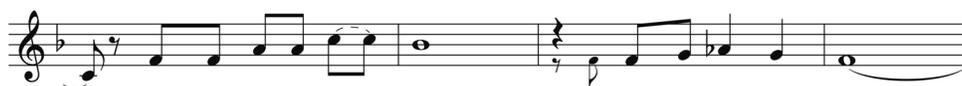
Refrain



We are man - y parts, we are all one bod - y,
Mu-chos miem-bros hay, en un so - lo cuer-po;



and the gifts we have we are giv-en to share.
nues-tros do - nes son pa - ra dar y ser - vir.



May the Spir-it of love make us one in - deed;
Que el Es - pí-ri-tu de Dios nos u - na en su a - mor;



one, the love that we share, one, our hope in de -
com-par-tien-do el do - lor, com-ba-tien-do el te -



spair, one, the cross that we bear.
mor, com-pla-cien-do al Se - ñor.

Verses



1. God of all, we look to you,	we would be your
2. So my pain is pain for you,	in your joy is
3. All you seek - ers, great and small,	seek the great - est
1. <i>Oh Se - ñor, que - re - mos ser</i>	<i>ser - vi - do - res</i>
2. <i>Mi do - lor te due - le a tí;</i>	<i>si te go - zas,</i>
3. <i>Qui - nes bus - can de ver - dad</i>	<i>su ma - yor fe -</i>



ser-vants true,	let us be your love to all the world.
my joy, too;	all is brought to - geth - er in the Lord.
gift of all;	if you love, then you will know the Lord.
<i>por do - quier;</i>	<i>y a la hu - ma - ni - dad lle - var tu a - mor.</i>
<i>soy fe - liz;</i>	<i>to - do se u - ne en tor - no al Se - ñor.</i>
<i>li - ci - dad:</i>	<i>a - men y co - no - ce - rán a Dios.</i>