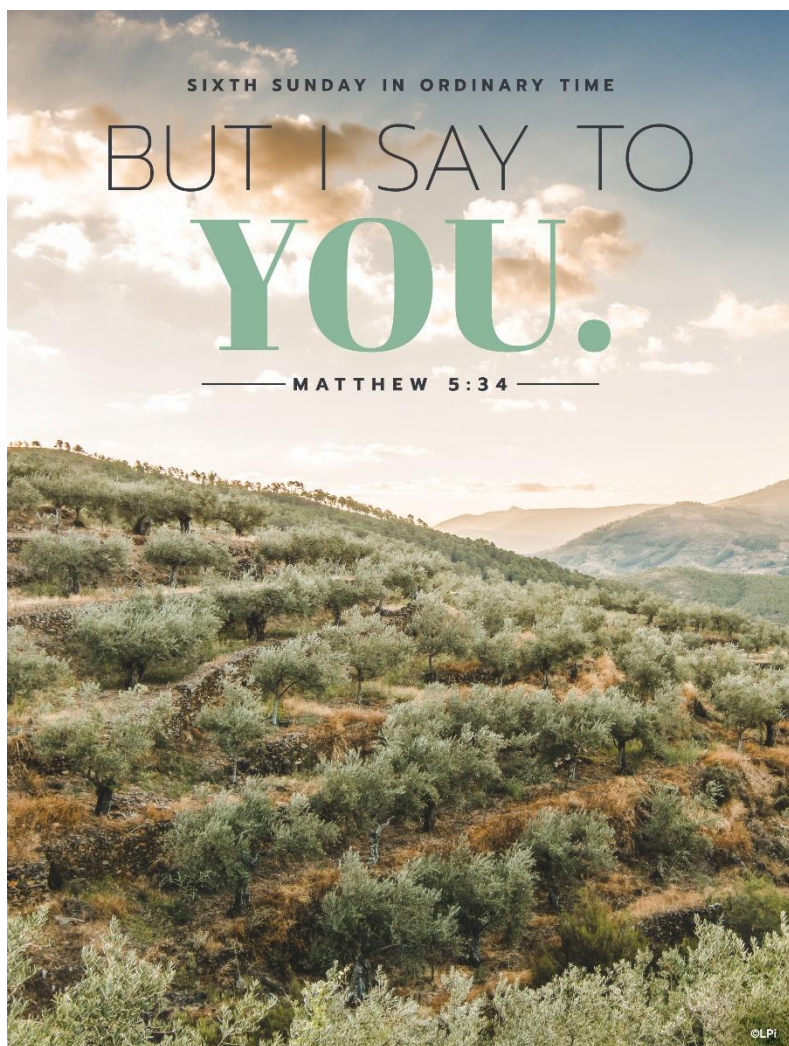


MASS FOR THE  
*6<sup>th</sup> Sunday in Ordinary Time*

**SATURDAY, FEBRUARY 14<sup>TH</sup> AT 5:00 PM**

**SUNDAY, FEBRUARY 15<sup>TH</sup> AT 10:30 AM**



Our Lady of Perpetual Help Catholic Church  
Salem, Virginia

We are thankful that you are  
worshipping with us today!

*A nursery (staffed by a nursery coordinator and  
parent volunteers) is available during the 10:30 AM  
Sunday Mass for children ages 6 months to 3 years.*

*The nursery is located down the hall from the  
commons in the Family Life Center.*

*See an usher for directions to the restrooms or nursery,  
or to request a hearing assistance device.*



If you would like information about  
activities or joining our parish,  
please contact the office at  
540-387-0491 or email us at  
[office@olphsalem.org](mailto:office@olphsalem.org).

You can also visit our website  
[www.olphsalem.org](http://www.olphsalem.org)  
or find us on Facebook at  
[www.facebook.com/OLPHSalem](https://www.facebook.com/OLPHSalem).

If you would like make an electronic contribution to  
our weekly offertory collection or a special fund (such  
as capital improvement), you can use this QR code to  
reach our E-giving site. Donations can be made from a  
checking account, a savings account, or a credit card.  
Alternatively, you can go directly to the E-giving site  
using the following URL:



<https://www.osvhub.com/olphsalem/giving/funds/offertory/give>

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**PRELUDE (SUNDAY)**

**TOTAL PRAISE**

Tealy

**Verse**

Lord, I will lift my eyes to the hills,  
Knowing my help is coming from You.  
Your peace You give me in time of the storm.

**Chorus**

You are the source of my strength.  
You are the strength of my life.  
I lift my hands in total praise to You.

**Verse**

Lord, I will lift my eyes to the hills,  
Knowing my help is coming from You.  
Your peace You give me in time of the storm.

**Chorus**

You are the source of my strength.  
You are the strength of my life.  
I lift my hands in total praise to You.

**Ending**

Amen, amen, amen!  
Amen, amen, amen!

CCLI Song # 2110330 Richard Smallwood © 1996 Bridge Building Music, Inc.; T. Autumn Music. For use solely with the SongSelect® Terms of Use. All rights reserved. [www.ccli.com](http://www.ccli.com) CCLI License # 1009614

**WELCOME**

# INTRODUCTORY RITES

*(stand)*

## OPENING SONG PRAISE TO YOU, O CHRIST OUR SAVIOR Farrell

Refrain



Praise to you, O Christ, our Sav-ior, Word of the Fa-ther, call-ing us to life;  
Son of God who leads us to free-dom: glo-ry to you, Lord Je-sus Christ!

Verses



3. You are the Word who calls us to be ser-vants; you are the  
4. You are the Word who binds us and u-nites us; you are the



3. Word whose on-ly law is love; you are the Word-made-  
4. Word who calls us to be one; you are the Word who

to Refrain



3. flesh who lives a-mong us: glo-ry to you, Lord Je-sus Christ!  
4. teach-es us for-give-ness: glo-ry to you, Lord Je-sus Christ!

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### GREETING

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

**People: Amen**

Priest: The Lord be with you. *(or other greeting)*

**People: And with your spirit.**

### PENITENTIAL ACT

Priest: Brothers and sisters, let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

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

**People: Amen.**

**Priest:** Lord, have mercy. **People: Lord, have mercy.**

**Priest:** Christ, have mercy. **People: Christ, have mercy.**

**Priest:** Lord, have mercy. **People: Lord, have mercy.**

## GLORIA

Glo - ry to God in the high - est, and on earth peace to  
 peo - ple of good will. We praise you, we bless you, we a -  
 dore you, we glo-ri-fy you, we give you thanks for your great glo -  
 ry. Lord God, heav-en-ly King, O God, al-might - y  
 Fa - ther. Lord Je - sus Christ, On - ly be-got - ten Son,  
 Lord God, Lamb of God, Son of the Fa - ther \_\_\_\_\_ you  
 take a-way the sins of the world, have mer - cy on us; you  
 take a-way the sins of the world, re - ceive our prayer; you are

seat-ed at the right hand of the Fa-ther, have mer-cy on us. For  
 you a-lone are the Ho-ly One, you a-lone are the Lord,  
 you a-lone are the most high Je-sus Christ, with the Ho-ly  
 Spir-it, in the glo-ry of God the Fath-er. A-men, a-men, a -  
 men, a - men, a - men, a - men, a - men.

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## COLLECT (OPENING PRAYER)

Priest: Let us pray.

*(We pause to offer our silent intentions to God.)*

... God, forever and ever.

People: Amen.

*(sit)*

# THE LITURGY OF THE WORD

FIRST READING: Sirach 15:15-20

Lector: The Word of the Lord.

People: Thanks be to God.

RESPONSORIAL PSALM: Psalm 119

Bless-ed are they who fol-low the law of the Lord!

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



**SECOND READING: 1 Corinthians 2:6-10**

Lector: The Word of the Lord.

**People: Thanks be to God.**

*(stand)*

**GOSPEL ACCLAMATION**



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Priest/Deacon: The Lord be with you.

**People: And with your spirit.**

Priest/Deacon: A reading from the Holy Gospel  
according to Matthew.

**People: Glory to you, O Lord.**

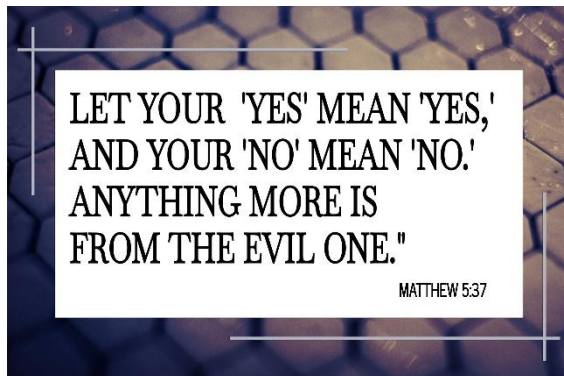
**GOSPEL: Matthew 5:17-37**

Priest/Deacon: The Gospel of the Lord.

**People: Praise to you, Lord Jesus Christ**

*(sit)*

**HOMILY**



*(stand)*

**PROFESSION OF FAITH – THE 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,**

*(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.**

**PRAYER OF THE FAITHFUL**

**Deacon/Lector:...** let us pray to the Lord.

**People: Lord, hear our prayer.**

*(sit)*



# THE LITURGY OF THE EUCHARIST

## OFFERTORY SONG

## CHRIST IN ME ARISE

Thomson

**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. to Refrain

**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. 2 to Refrain

*(stand)*

**Priest:** Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

**People:** **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.**

**Priest:** *(prayer over the offerings)*

**People:** **Amen.**

## PREFACE DIALOGUE

**Priest:** The Lord be with you.

**People:** **And with your spirit.**

**Priest:** Lift up your hearts.

**People:** **We lift them up to the Lord.**

**Priest:** Let us give thanks to the Lord our God.

**People:** **It is right and just.**

## PREFACE

### SANCTUS *from "Mass of Communion"*

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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*(kneel)*

## MEMORIAL ACCLAMATION



When we eat this bread and drink this cup, we pro-claim your  
death, O Lord, un-til you come a - gain, O Lord, un-til you  
come a - gain, O Lord, un-til you come a - gain.

## GREAT AMEN



A - men, a - men, a - men, a - men, sing-ing  
a - men, a - men, a - men.

*(stand)*

## OUR FATHER

**People:** 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 ... coming of our Savior, Jesus Christ.

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

## SIGN OF PEACE

**Priest:** The peace of the Lord be with you always.

**People:** And with your spirit.

**Priest/Deacon:** Let us offer each other the sign of peace.

**LAMB OF GOD** from "Mass of Communion"



The musical score is written on three staves in G major (one sharp) and 4/4 time. The melody is simple and hymn-like. The lyrics are: "Lamb of God, you take a-way the sins of the world, mi-se-re-re no-bis. Lamb of God, you take a-way the sins of the world, do-na no-bis pa-cem. Do-na no-bis pa-cem." The score includes repeat signs and a double bar line at the end.

Lamb of God, you take a-way the sins of the world, mi-se-re-re  
no-bis. Lamb of God, you take a-way the sins of the world,  
do-na no-bis pa-cem. Do-na no-bis pa-cem.

*(kneel)*

**Priest:** Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

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



*Catholics who are prepared to receive the Eucharist are invited forward to receive Communion at this time. If you are Catholic but not prepared to receive the Eucharist, or if you are not Catholic, we invite you to come forward with your arms crossed over your chest, and we will share a short prayer with you.*

# COMMUNION SONG

# EYE HAS NOT SEEN

Haugen

## Refrain



Eye has not seen, ear has not heard what God has read-y for



those who love him; Spir-it of love, come, give us the mind of

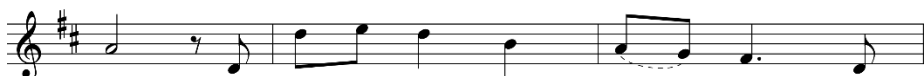


Je - sus, teach us the wis-dom of God.

## Verses 1-3



1. When pain and sor - row weigh us down, be near to us, O
2. Our lives are but a sin - gle breath, we flow-er and we
3. To those who see with eyes of faith, the Lord is ev - er



Lord, for - give the weak - ness of our faith, and  
fade, yet all our days are in your hands, so  
near, re - flect - ed in the fac - es of



D.C.

bear us up with - in your peace-ful word.  
we re-turn in love what love has made.  
all the poor and low - ly of the world.

## Verse 4



4. We sing a mys-t'ry from the past in halls where saints have



trod, yet ev - er new the mu - sic rings to



D.C.

Je-sus, Liv - ing Song of God.



*After the priest or deacon has purified the vessels, he will move to the front of the altar. If you are distributing the Eucharist to those who are sick or homebound, please come forward to receive your pyx at this time. Thank you for caring for those in our community who cannot join us.*

## POST-COMMUNION SONG **SONG OF ADORATION** Sullivan-Whitaker

Look with fa - vor on your Chur-ch's of - fer-ing, and see the  
Vic-tim whose death has rec-on-ciled us to your-self.  
Grant that we, who are nour-ished by his bod-y and blood,  
may be filled with his Ho - ly Spir-it, and be - come one  
bod-y, one spir-it in Christ, one spir-it in Christ.

Text: Excerpt from Eucharistic Prayer III, fr. The English translation of *The Roman Missal*, © 1973, ICEL. All rights reserved. Used with permission. Music © 2009, Janet Sullivan Whitaker. Published by OCP. All rights reserved.

*(stand)*

### **PRAYER AFTER COMMUNION**

**Priest:** ...through Christ our Lord.

**People:** Amen

*(sit)*

### **ANNOUNCEMENTS**

# THE CONCLUDING RITE

*(stand)*

## BLESSING AND DISMISSAL

Priest: The Lord be with you.

**People: And with your spirit.**

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

**People: Amen.**

Priest/Deacon: Go in peace. *(or other dismissal)*

**People: Thanks be to God.**

## CLOSING SONG

## BRING FORTH THE KINGDOM

Haugen

Verses



1. You are salt for the earth, O peo - ple:
2. You are a light on the hill, O peo - ple:
3. You are a seed of the Word, O peo - ple:
4. We are a blest and a pil - grim peo - ple:



Salt for the King-dom of God! Share the fla - vor of  
Light for the Cit - y of God! Shine so ho - ly and  
Bring forth the King-dom of God! Seeds of mer - cy and  
Bound for the King-dom of God! Love our jour - ney and



life, O peo - ple: Life in the King-dom of God!  
bright, O peo - ple: Shine for the King-dom of God!  
seeds of jus - tice, Grow in the King-dom of God!  
love our home - land: Love is the King-dom of God!

Refrain



Bring forth the King-dom of mer - cy, Bring forth the



King-dom of peace; Bring forth the King-dom of jus - tice,





Text: Marty Haugen, b.1950  
Tune: Marty Haugen, b.1950  
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Lent begins in just a few days!

Join us for Ash Wednesday Masses at  
12 Noon and 7 PM on Wednesday, February 18<sup>th</sup>.

# ASH WEDNESDAY

## LENT BEGINS

### WHAT IS LENT?

The 40-day period from Ash Wednesday and before Easter Sunday. It is marked by praying, fasting, abstinence, and other acts of penance.

PRAYING FASTING ABSTINENCE





### WHAT IS FASTING?



One meal a day, and two smaller meals which if added together would not exceed one full meal

### WHAT IS ABSTINENCE?




Abstinence is refraining from eating meat. Meat is considered to be the flesh and organs of mammals and fowl.

### DAYS OF FAST?

Ash Wednesday Good Friday

### DAYS OF ABSTINENCE?

Ash Wednesday All Fridays of Lent Good Friday

### WHO ARE REQUIRED?

Catholics from age < 18 to 59 >



The sick are excused from fasting



### WHO ARE REQUIRED?

Mandatory for everyone

older than 14 years old



Source: Code of Canon Law