



# THE LORD'S DAY IN CHURCH

THE FOURTH SUNDAY IN ORDINARY TIME (B)

Sunday 31<sup>st</sup> January 2021

**THIS SHEET IS SINGLE USE ONLY.**

**PLEASE DO NOT LEAVE IT IN CHURCH AFTER MASS**

Please remember social distancing, remaining at least two metres away from each other person at all times. **Masks or face coverings are mandatory (for all who are not exempt).** There will be no singing at Mass and certain other elements are omitted, in order to minimise the amount of time spent inside.

## THE INTRODUCTORY RITES

### Entrance Antiphon

*s 105: 47*

**A: 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.**

### Sign of the Cross and Greeting

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

**A: Amen.**

P: The Lord be with you.

**A: And with your spirit.**

### Penitential Act

P: You were sent to heal the contrite of heart: Lord, have mercy.

**A: Lord, have mercy.**

P: You came to call sinners: Christ, have mercy.

**A: Christ, have mercy.**

P: You are seated at the right hand of the Father to intercede for us: Lord, have mercy.

**A: Lord, have mercy.**

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

**A: Amen.**

### The Gloria

**A: 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.**

### The Collect

P: Let us pray.

Grant us, Lord our God, that we may honour you with all our mind, and love everyone in truth of heart. Through our

Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

**A: Amen.**

*All sit for the readings*

## THE LITURGY OF THE WORD

### First Reading

Deuteronomy 18:15-20: *I will raise up a prophet and I will put my words into his mouth.*

R: The word of the Lord.

**A: Thanks be to God.**

### Responsorial Psalm Psalm 94(95):1-2,6-9

**R. O that today you would listen to his voice! 'Harden not your hearts.'**

- 1 Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. *R.*
- 2 Come in; let us bow and bend low; let us kneel before the God who made us: for he is our God and we the people who belong to his pasture, the flock that is led by his hand. *R.*

- 3 O that today you would listen to his voice! 'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.' *R.*

### Second Reading

1 Corinthians 7:32-35: *An unmarried woman can devote herself to the Lord's affairs; all she need worry about is being holy.*

R: The word of the Lord.

**A: Thanks be to God.**

*All stand for the Gospel:*

### The Gospel

P: The Lord be with you.

**A: And with your spirit.**

P: A reading from the holy Gospel according to Mark.

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

Mark 1:21-28: *He taught them with authority.*

P: The Gospel of the Lord.

**A: Praise to you, Lord Jesus Christ.**

### The Homily

*All sit*

*The priest may offer a short reflection or leave a few moments silence.*

### The Creed (The Apostles' Creed)

*All Stand*

**I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord,**

*(At the words that follow, up to and including 'the Virgin Mary', all bow.)*

**who was conceived by the Holy Spirit, born of the Virgin Mary,**

**suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty. From there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.**

*The Prayer of the Faithful (Intercessions) are omitted, so you may wish to use the time while the priest prepares the gifts at the altar to think of your prayers for the Church and the world, and for your own particular intentions for this Mass.*

## THE LITURGY OF THE EUCHARIST

*There will be no procession of gifts or collection at Mass today: your donations to Church may be made online, or placed safely in the boxes.*

*All stand when the priest says:*

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

**A: 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 Gifts

P: O Lord, we bring to your altar these offerings of our service: be pleased to receive them, we pray, and transform them into the Sacrament of our redemption. Through Christ our Lord.

A: Amen.

## The Eucharistic Prayer

P: The Lord be with you.

A: **And with your spirit.**

P: Lift up your hearts.

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

P: Let us give thanks to the Lord our God.

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

*The priest says the Preface, praising God and leading to the song of the host of heaven, in which we join:*

A: **Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

*All kneel*

*The priest says the Eucharistic Prayer, remembering the words of Jesus at the Last Supper. Bread and Wine become the Body and Blood of Jesus for us.*

P: The mystery of faith.

**We proclaim your Death, O Lord, and profess your Resurrection until you come again.**

*The Eucharistic Prayer continues, as we pray for the Church and the World, and ask that this holy sacrifice may help us be an offering to God.*

*The prayer concludes:*

P: Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is yours, for ever and ever.

A: Amen.

*All stand*

## THE COMMUNION RITE

### The Lord's Prayer

P: At the Saviour's command and formed by divine teaching, we dare to say:

A: **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.**

P: Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all

distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ.

A: **For the kingdom, the power and the glory are yours now and for ever.**

P: Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever.

A: Amen.

P: The peace of the Lord be with you always.

A: **And with your spirit.**

P: *(In these or similar words)* Though we do not exchange a sign of peace, we pause for a moment to fill our minds and hearts with thoughts of peace for our families, our neighbours, our enemies and our friends.

### Breaking of the Bread

A: **Lamb of God, you take away the sins of the world, have mercy on us.**

**Lamb of God, you take away the sins of the world, have mercy on us.**

**Lamb of God, you take away the sins of the world, grant us peace.**

*All kneel*

### Invitation to Communion

P: 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.

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

P: *(In these or similar words)* Since we receive Holy Communion in silence, we do not our "Amen" individually, so instead we will now say it together: our "Amen" is our "Yes" to the real presence of Jesus, our act of faith in the gift of His Body and Blood. And so ...

*The priest holds up the Host to the Congregation and says "The Body of Christ" to which the people respond "Amen." In the same way, he elevates the chalice and says, "The Blood of Christ" and again the people respond "Amen."*

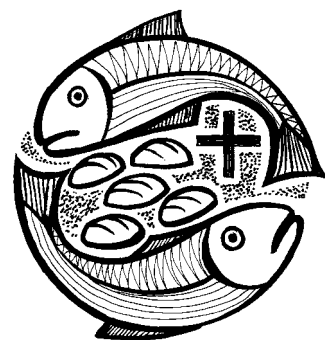
### Communion Antiphon Cf. Ps 30: 17-18

**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.**

### Holy Communion

*Communion is given silently in the*

*hand only, with the communicant standing, and avoiding any physical contact. Please wait in your place until invited to move forward for Holy Communion by the Stewards, always being aware of social distancing and remaining at least two metres away from the person in front of you. When you approach the priest or minister, do so with arms at "full stretch" so that there is a good distance between you. Your hands, palms upwards, one of top of the other, should be extended as flatly as possible. Having received Holy Communion, return to your place in an orderly manner as directed.*



### Act of Thanksgiving After Communion

**Lord Jesus Christ, Son of the living God, who by the will of the Father and the work of the Holy Spirit, through your death gave life to the world; free me by this your most holy Body and Blood from all my sins and from every evil; keep me always faithful to your commandments, and never let me be parted from you.**

### Prayer after Communion

Let us pray. *All stand*  
Nourished by these redeeming gifts, we pray, O Lord, that through this help to eternal salvation true faith may ever increase. Through Christ our Lord.

A: Amen.

## THE CONCLUDING RITES

### Blessing and Dismissal

P: The Lord be with you.

A: **And with your spirit.**

P: May almighty God bless you, the Father, and the Son, ✠ and the Holy Spirit.

A: Amen.

P: Go forth, the Mass is ended.

A: **Thanks be to God.**

*Please leave church promptly, following any one-way system, so that stewards can thoroughly clean the church after Mass. Thank you.*