

Fifth Sunday in Ordinary Time

The readings for Mass may be found at:

www.usccb.org/readings

THE INTRODUCTORY RITES

Proclamation Hymn

“How Firm a Foundation”

How firm a foundation, you saints of the Lord,
Is laid for your faith in Christ Jesus, the Word!
What more can he say than to you has been said,
To you who for refuge to Jesus have fled?

“The soul that on Jesus still leans for repose,
I will not, I will not desert to its foes;
That soul, though all hell should endeavor to shake,
I’ll never, no never, no never forsake!”

Text: 2 Peter 1:4; John Rippon’s *A Selection of Hymns*, 1787, alt.

Tune: FOUNDATION, 11 11 11 11; Funk’s *Compilation of Genuine Church Music*, 1832; harm. by Richard Proulx, 1937-2010, © 1975, GIA Publications, Inc.

Entrance Antiphon

*O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.
Psalm 95: 6-7*

Sign of the Cross & Greeting

Penitential Act

Glory to God

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 Fa-ther. A - men, a - men.

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Steven R. Janco
 Music © 2010, WLP

Collect

THE LITURGY OF THE WORD

First Reading

Job 7: 1-4, 6-7

Responsorial Psalm

Psalm 147



Text: *The Revised Grail Psalms*, © 2010, Conception Abbey and The Grail, admin. by GIA Publications, Inc.;

refrain tr. © 1969, ICEL

Music: Michel Guimont, © 1994, GIA Publications, Inc.

Second Reading

1 Corinthians 9: 16-19, 22-23

Gospel Acclamation



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Gospel

Mark 1: 29-39

Homily

Profession of Faith

Universal Prayer

R./ Lord, hear our prayer

THE LITURGY OF THE EUCHARIST

Our parish relies on the generosity of its parishioners and many welcome guests. You may give online at <https://seasparish.weshareonline.org/> or text SEASPARISH to 555888.

Preparation of the Gifts

“Healer of Our Every Ill”

Refrain

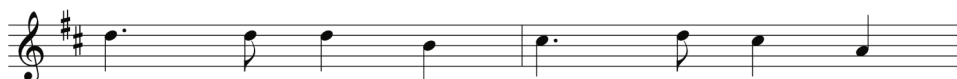


Heal - er of our ev - 'ry ill, light of each to - mor - row,



give us peace be - yond our fear and hope be - yond our sor - row.

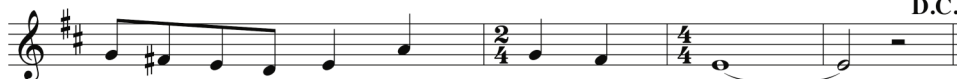
Verses



1. You who know our fears and sad - ness,
2. In the pain and joy, be - hold - ing
3. Give us strength to love each oth - er,
4. You who know each thought and feel - ing,



Grace us with your peace and glad - ness.
How your grace is still un - fold - ing,
Ev - 'ry sis - ter, ev - 'ry broth - er,
Teach us all your way of heal - ing.



Spir - it of all com - fort, fill our hearts.
Give us all your vi - sion, God of love.
Spir - it of all kind - ness, be our guide.
Spir - it of com - pas - sion, fill each heart.

D.C.

Holy, Holy, Holy

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.
Heav'n and earth are full of your glo - ry. Ho -
san-na, ho - san - na, ho - san-na in the high - est.
Bless-ed is he who comes in the name of the Lord. Ho -
san-na, ho - san - na, ho-san-na in the high - est. —

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Music © 1999, 2010, WLP

Memorial Acclamation

We pro - claim your Death, O Lord, and pro - fess your
Res - ur - rec-tion un - til you come a - gain.

Text © 2010, ICEL

Steven R. Janco
Music © 2010, WLP

Great Amen

A-men, a-men, a - men. a - men.

Steven R. Janco
Music © 1999, WLP

Lamb of God

The musical score is written for a Cantor and an All group. It is in the key of D major (two sharps) and 6/8 time. The Cantor part is marked with a treble clef and a 'Cantor' label. The All part is marked with a treble clef and an 'All' label. The lyrics are: 'Lamb of God, you take a-way the sins of the world, have mer-cy on us, have mer-cy on us. grant us peace, grant us peace. grant us peace, grant us peace.' The score includes various musical notations such as eighth notes, quarter notes, and rests, with some measures containing multiple notes beamed together.

Cantor
Lamb of God, you take a - way the sins of the world, —
— have mer-cy on us, ——— have mer-cy on us. ———
Cantor
Lamb of God, you take a-way the sins of the world,
grant us peace, grant us peace,
Cantor
grant us peace, grant us peace.

Steven R. Janco
Music © 2000, WLP

Communion Antiphon

*Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.
Cf. Psalm 107: 8-9*

Communion Hymn

“10,000 Reasons (Bless the Lord)”

Chorus

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

Verse 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

Verse 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

Verse 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

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Reflection

“Walk in Peace”

By Sally Ann Morris & Adam Tice

An 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.

Prayer after Communion

THE CONCLUDING RITES

Blessing & Dismissal

Recessional Music