

Sunday, February 4th, 2024

# THE SUNDAY CALLED SEXAGESIMA

OR

## SECOND SUNDAY BEFORE LENT

PRELUDE J.S. Bach - Prelude in C Minor, BWV 999

OPENING HYMN We gather together - Hymnal 315

**Introit** *Exsurge, quare obdormis (Cf. Ps 44:23-26,1)*

Arise, O Lord, wherefore sleepest thou? Awake, and cast us not away for ever: wherefore hidest thou thy countenance, and forgettest our adversity and misery? Our belly cleaveth unto the ground; arise and save us, O Lord, our helper and our deliverer.

(Ps) O God, we have heard with our ears: our fathers have told us.  
GLORY. Arise...

KYRIE

Missa Marialis

Lord, have mer - cy up - on us.

Lord, have mer - cy up - on us.

Lord, have mer - cy up - on us.

Christ, have mer - cy up - on us. Christ,

have mer - cy up - on us. Christ, have mer - cy

up - on us. Lord, have mer - cy up -

on us. Lord, have mer - cy  
up - on us. Lord,  
have mer - cy up - on us.

Setting: From *Missa Marialis*; Mode 1; Mass 9, "Cum jubilo"; adapt. Charles Winfred Douglas (1867-1944)

## Collect

**O**LORD God, who seest that we put not our trust in any thing that we do: mercifully grant that by thy power, we may be defended against all adversity; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee, in the unity of the Holy Spirit, ever one God, world without end. Amen.

### FIRST READING

Job 7:1-4, 6-7

Job spoke, saying:

"Has not man a hard service upon earth,  
and are not his days like the days of a hireling?  
Like a slave who longs for the shadow,  
and like a hireling who looks for his wages,  
so I am allotted months of emptiness,  
and nights of misery are apportioned to me.  
When I lie down I say, 'When shall I arise?'  
But the night is long,  
and I am full of tossing till the dawn.  
"My days are swifter than a weaver's shuttle,  
and come to their end without hope.  
"Remember that my life is a breath;  
my eye will never again see good."

# GRADUAL PSALM

659

J. TURLE



O PRAISE the Lord,

for it is a good thing to sing praises | unto · our | God; \*  
yea, a joyful and pleasant | thing it | is to · be | thankful.

- 2 The Lord doth | build up · Je- | rusalem, \*  
and gather to- | gether · the | outcasts · of | Israel.
- 3 He healeth those that are | broken · in | heart, \*  
and giveth | medicine · to | heal their | sickness.
- 4 He telleth the number | of the | stars, \*  
and | calleth · them | all · by their | names.
- 5 Great is our Lord, and | great is · his | power; \*  
yea, | and his | wisdom · is | infinite.
- 6 The Lord setteth | up the | meek, \*  
and bringeth the un- | godly | down · to the | ground.

## SECOND READING

1 Corinthians 9:16-19,

Brethren:

If I preach the gospel, that gives me no ground for boasting.  
For necessity is laid upon me.

Woe to me if I do not preach the gospel!

For if I do this of my own will, I have a reward; but if not of  
my own will, I am entrusted with a commission.

What then is my reward?

Just this: that in my preaching I may make the gospel free of  
charge, not making full use of my right in the gospel.

For though I am free from all men,

I have made myself a slave to all, that I might win the more.

To the weak I became weak, that I might win the weak.

I have become all things to all men,

that I might by all means save some.

I do it all for the sake of the gospel,

that I may share in its blessings.

**Tract**

*Commovisti (Ps 60:2,4b,5)*

Thou hast moved the land, O Lord: and divided it.

**V.** Heal the sores thereof: for it shaketh.

**V.** That they may triumph because of the truth: that thy beloved may be delivered.

GOSPEL

Mark 1:29-39

✠ A reading from the Holy Gospel according to Mark.

**R. Glory be to thee, O Lord.**

At that time:

Leaving the synagogue, Jesus entered the house of Simon and Andrew, with James and John.

Now Simon's mother-in-law lay sick with a fever, and immediately they told him of her.

And he came and took her by the hand and lifted her up, and the fever left her; and she served them.

That evening, at sundown, they brought to him all who were sick or possessed with demons.

And the whole city was gathered together about the door.

And he healed many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

And in the morning, a great while before day, he rose and went out to a lonely place, and there he prayed.

And Simon and those who were with him followed him, and they found him and said to him, "Every one is searching for you."

And he said to them, "Let us go on to the next towns, that I may preach there also; for that is why I came out."

And he went throughout all Galilee, preaching in their synagogues and casting out demons.

The Gospel of the Lord.

**R. Praise be to thee, O Christ.**

HOMILY

NICENE CREED

**I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible;**

**And in one Lord (*bow*) Jesus Christ, the Only Begotten Son of God,**

**begotten of his Father before all worlds,**

**God of God, Light of Light, very God of very God,**

**begotten, not made, being of one substance with the Father;**

**by whom all things were made; who for us men and for our**

salvation came down from heaven,

*Genuflect*

and was incarnate by the Holy Ghost of the Virgin Mary,  
and was made man;

*Stand*

and was crucified also for us under Pontius Pilate;  
he suffered and was buried; and the third day he rose again  
according to the Scriptures, and ascended into heaven,  
and sitteth on the right hand of the Father; and he shall come  
again, with glory, to judge both the quick and the dead;  
whose kingdom shall have no end.

And I believe in the Holy Ghost the Lord, the Giver of Life,  
who proceedeth from the Father and the Son;  
who with the Father and the Son together is

*(bow)* worshipped and glorified;

who spake by the Prophets.

And I believe one holy Catholic and Apostolic Church;

I acknowledge one Baptism for the remission of sins;

and I look for the resurrection of the dead,

✠ and the life of the world to come. Amen.

PRAYERS OF THE PEOPLE      Form III: Mass Booklet page 29

PENITENTIAL RITE

Mass Booklet page 5

*Facing the People, the Priest or Deacon says the exhortation. The People kneel. The Priest, facing the altar, begins the following prayer, and the People join in saying:*

**Almighty God, Father of our Lord Jesus Christ,  
maker of all things, judge of all men:**

**We acknowledge and bewail our manifold sins and  
wickedness, which we from time to time most grievously  
have committed, by thought, word, and deed, against thy  
divine majesty, provoking most justly thy wrath and  
indignation against us.**

**We do earnestly repent, and are heartily sorry for these our  
misdoings; the remembrance of them is grievous unto us,  
the burden of them is intolerable.**

**Have mercy upon us, have mercy upon us, most merciful  
Father; for thy Son our Lord Jesus Christ's sake, forgive us  
all that is past; and grant that we may ever hereafter serve  
and please thee in newness of life, to the honour and glory  
of thy Name; through Jesus Christ our Lord. Amen.**

# To Thee, O Gracious Father

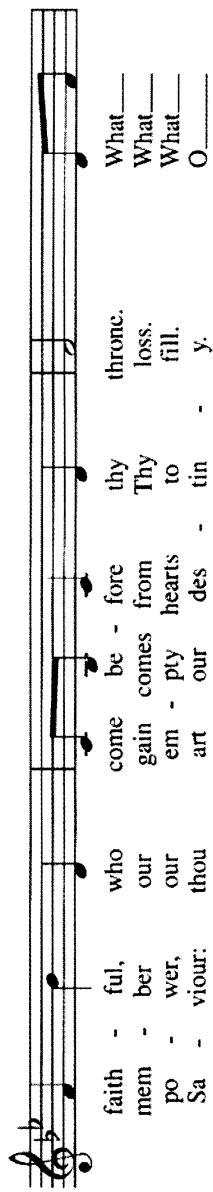
1. To \_\_\_\_\_  
 2. To \_\_\_\_\_  
 3. To \_\_\_\_\_  
 4. To \_\_\_\_\_

Thee, O Gra - cious Fa - ther, we lift our lo - ving  
 Thee, O Christ our Sa - viour we come for sa - ving  
 Thee, O Ho - ly Spi - rit, we whis - per our de -  
 Thee, O Tri - une God - head sal - va - tion is come

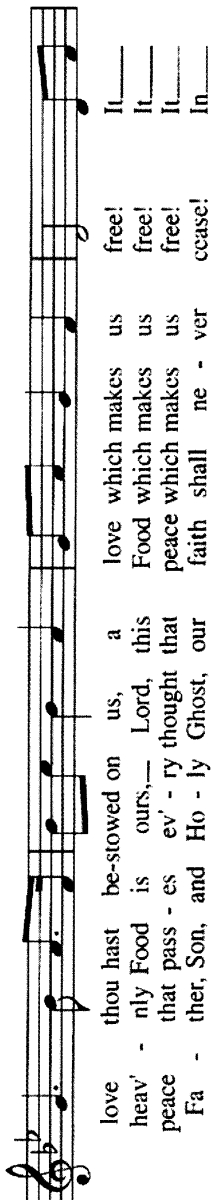
to \_\_\_\_\_ us the Bread of Hea - ven e - ter - nal life im -  
 we \_\_\_\_\_ see how ten - der love \_\_\_\_\_ is by loo - king on Thy  
 our \_\_\_\_\_ lives are em - pty ves - sels: Lord, man - kind re - ceives his  
 down; A - tone - ment now is gi - ven, fill them with Thy

parts. We \_\_\_\_\_ thank thee for thy fa - vor that \_\_\_\_\_  
 face. Keep \_\_\_\_\_ us from all things hurt - ful by the  
 fire. Make \_\_\_\_\_ us Thy faith - ful peo - ple who \_\_\_\_\_  
 crown. In \_\_\_\_\_ Sa - cra - ment tre - men - dous we \_\_\_\_\_

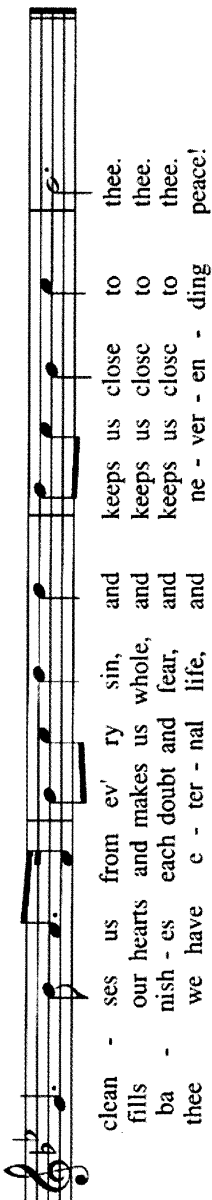
marks us as thine own; Lord \_\_\_\_\_ keep us e - ver  
 po - wer to do Thy Cross; and \_\_\_\_\_ help us to re -  
 seek to do thy will; give \_\_\_\_\_ us thy gifts of  
 touch e - ter - ni - ty; we \_\_\_\_\_ love thee God our



faith - ful, mem - ber, po - wer, Sa - viour: who our thou  
 come be - fore gain comes from em - pty hearts art our des - tin - y.  
 thy throne. Thy loss. to fill. What What What O



love thou hast be-stowed on us, a heav' - nly Food is ours, - Lord, this  
 peace that pass - es ev' - ry thought that Fa - ther, Son, and Ho - ly Ghost, our  
 love which makes us free! Food which makes us free! peace which makes us free!  
 It It It In



clean - ses us from ev' ry sin, and fills our hearts and makes us whole, and  
 ba - nish - es each doubt and fear, and thee we have e - ter - nal life, and  
 keeps us close to thee. keeps us close to thee. keeps us close to thee.  
 ne - ver - en - ding peace!

Text: Fr. Christopher G. Phillips, 1990  
 Tune: *Thaxted*, Gustav Holst, 1874-1925

*The Priest concludes with a prayer asking for God's mercy and pardon.*

## Offertory

*Perfice gressus meos (Ps 17:5,6b,7)*

O hold thou up my goings in thy paths, that my footsteps slip not; incline thine ear to me, and hearken unto my words: show thy marvellous loving-kindness, O Lord; thou that art the Saviour of them that put their trust in thee.

OFFERTORY HYMN            To Thee O Gracious Father (Insert)  
ORATE FRATRES

*The Priest kisses the altar, turns towards the People, extends and then joins his hands, and says aloud:*

Pray, brethren, that my sacrifice and yours may be acceptable unto God, the Father Almighty.

*The People stand and respond:*

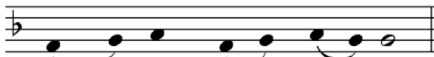
**May the Lord accept the sacrifice at thy hands, for the praise and glory of his Name, for our good and the good of all his holy Church.**

## Prayer over the Offerings

**W**E beseech thee, O Lord: that this sacrifice, which we offer unto thee, may evermore avail to quicken and defend us; through Jesus Christ our Lord. Amen.

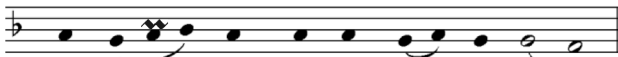
## SURSUM CORDA

*Priest*            The Lord be with you.



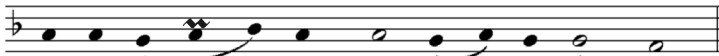
*People*            And with thy spi - rit.

*Priest*            Lift up your hearts.



*People*            We lift them up un - to the Lord.

*Priest*            Let us give thanks unto the Lord our God.



*People*            It is meet and right so to do.

## SANCTUS AND BENEDICTUS

Missa Marialis





God of Hosts: Hea - ven and earth are full  
of thy glo - ry. Glo - ry be to thee, O Lord Most High.  
Bless - ed is he that com - eth in the name of the Lord.  
Ho san - a in the high est.

Setting: From *Missa Marialis*; Plainsong, Mode 5; Mass 9; adapt. Charles Winfred Douglas (1867-1944)

## EUCCHARISTIC PRAYER

Mass Booklet page 13

The mystery of faith:

**We proclaim thy Death, O Lord, and profess thy  
Resurrection, until thou come again.**

## LORD'S PRAYER

**The Priest sings or says:**

As our Saviour Christ hath commanded and taught us, we  
are bold to say:

**And here he begins the Lord's Prayer, as the People continue  
with him:**

OUR FA-THER, who art in heav-en, hal-low - ed be thy Name,  
thy king-dom come, thy will be done,  
on earth as it is in heav-en. Give us this day our daily bread.  
And for-give us our tres-pass-es, as we for-give those who tres-pass a-against us.



And lead us not in-to temp-ta - tion, but de-liv-er us from e - vil.

**The Priest alone continues:**

Deliver us, O Lord, we beseech thee, from all evils, past, present, and to come; and at the intercession of the blessed and glorious ever-Virgin Mary, Mother of God, with thy blessed Apostles Peter and Paul, and with Andrew, and all the Saints, favourably grant peace in our days, that by the help of thine availing mercy we may ever both be free from sin and safe from all distress.

**The Priest joins his hands. The People respond:**



For thine is the king-dom, and the pow-er, and the glo - ry,



for ev-er and ev - er. A-men.

PEACE

(Kneel after response)

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

*People:* **And with thy Spirit.**

PASCHA NOSTRUM

(kneeling)

*Priest:* Christ our Passover is sacrificed for us.

*People:* **Therefore let us keep the feast.**

AGNUS DEI

Missa Marialis



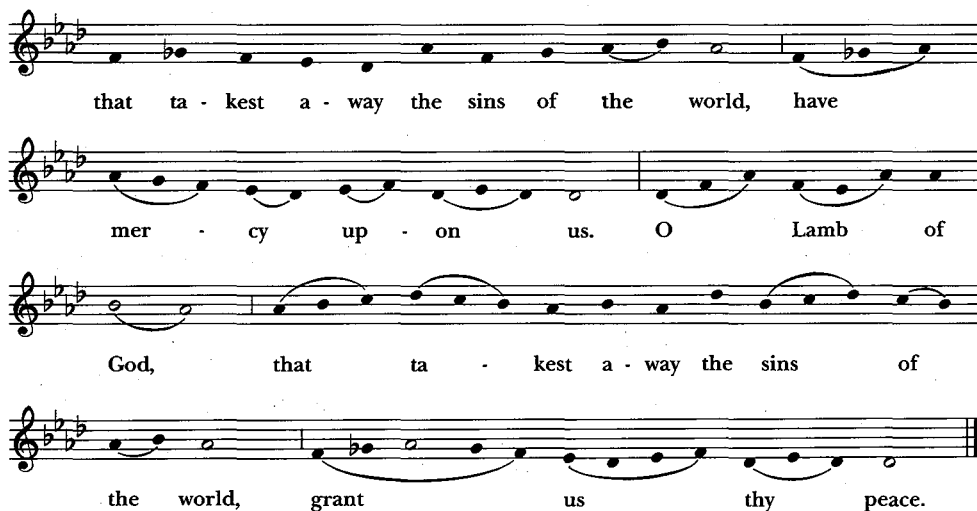
O Lamb of God, that ta - kest a - way



the sins of the world, have mer - cy



up - on us. O Lamb of God,



that ta - kest a - way the sins of the world, have  
mer - cy up - on us. O Lamb of  
God, that ta - kest a - way the sins of  
the world, grant us thy peace.

Setting: From *Missa Marialis*; Plainsong, Mode 5; Mass 9; adapt. Charles Winfred Douglas (1867-1944)

## PRAYER OF HUMBLE ACCESS

The Priest says with all who shall receive Communion:

**We do not presume to come to this thy Table,  
O merciful Lord, trusting in our own righteousness,  
but in thy manifold and great mercies.**

**We are not worthy so much as to gather up the  
crumbs under thy Table. But thou art the same  
Lord whose property is always to have mercy.**

**Grant us therefore, gracious Lord, so to eat the flesh  
of thy dear Son Jesus Christ, and to drink his Blood,  
that our sinful bodies may be made clean by his Body,  
and our souls washed through his most precious Blood,  
and that we may evermore dwell in him, and he in us.**

**Amen.**

ECCE AGNUS DEI

(said by the Priest)

Behold the Lamb of God, behold him that taketh away the sins  
of the world. Blessed are those who are called to the Supper of  
the Lamb.

DOMINE NON SUM DIGNUS

**Lord, I am not worthy that thou shouldest come under my  
roof, but speak the word only, and my soul shall be healed.**

**Communion**

*Introibo* (Ps 43:4)

I will go unto the altar of God: even unto the God of my joy  
and gladness.

## DISTRIBUTION OF HOLY COMMUNION

*Those in full communion with the Catholic Church are welcome to receive Holy Communion. We encourage communion on the tongue as the most traditional and reverent manner of receiving the Sacrament. The Priest will administer the Blessed Sacrament in both kinds by intinction. If you wish to receive only the Host, please indicate "one kind" by placing "one hand" on your breast.*

POSTCOMMUNION HYMN Bread of the world - Hymnal 196  
THANKSGIVING AFTER COMMUNION (kneeling)

**Almighty and everliving God,  
we most heartily thank thee for that thou dost feed us, in  
these holy mysteries, with the spiritual food of the most  
precious Body and Blood of thy Son our Saviour Jesus  
Christ; and dost assure us thereby of thy favour and  
goodness towards us; and that we are very members  
incorporate in the mystical body of thy Son, the blessed  
company of all faithful people; and are also heirs, through  
hope, of thy everlasting kingdom, by the merits of the most  
precious death and Passion of thy dear Son.**

**And we humbly beseech thee, O heavenly Father, so to  
assist us with thy grace, that we may continue in that holy  
fellowship, and do all such good works as thou hast  
prepared for us to walk in; through Jesus Christ our Lord,  
to whom, with thee and the Holy Spirit, be all honour and  
glory, world without end. Amen.**

### Postcommunion

**W**E humbly beseech thee, Almighty God: that we whom  
thou dost vouchsafe to regenerate with thy holy  
Sacraments, may continually serve thee in all virtuous and godly  
living; through Jesus Christ our Lord. Amen.

BLESSING AND DISMISSAL Mass Booklet page 23-24

CLOSING HYMN Give Praise and Glory - Hymnal 287

ANGELUS

POSTLUDE

V. Engel - Postlude in D major

Please join us after mass for coffee hour and fellowship.