



**Saint Thomas More**  
CATHOLIC COMMUNITY

## Fourth Sunday in Ordinary Time

JANUARY 28, 2024

### THE INTRODUCTORY RITES

#### Processional

“Joyful, Joyful, We Adore You”



1. Joy - ful, joy - ful, we a - dore you, God of glo - ry,  
2. All your works with joy sur - round you, Earth and heav'n re -  
3. You are giv - ing and for - giv - ing, Ev - er bless - ing,  
4. Mor - tals, join the might - y cho - rus, Which the morn - ing



Lord of love; Hearts un - fold like flow'rs be - fore you,  
flect your rays, Stars and an - gels sing a - round you,  
ev - er blest, Well - spring of the joy of liv - ing,  
stars be - gan; God's own love is reign - ing o'er us,



O - p'ning to the sun a - bove. Melt the clouds of  
Cen - ter of un - bro - ken praise. Field and for - est,  
O - cean - depth of hap - py rest! God our Fa - ther,  
Join - ing peo - ple hand in hand. Ev - er sing - ing,



sin and sad - ness; Drive the dark of doubt a - way;  
vale and moun - tain, Flow - 'ry mead - ow, flash - ing sea,  
Christ our broth - er, Let your light up - on us shine;  
march we on - ward, Vic - tors in the midst of strife;



Giv - er of im - mor - tal glad - ness, Fill us with the light of day!  
Chant - ing bird, and flow - ing foun - tain Sound their praise e - ter - nal - ly!  
Teach us how to love each oth - er, Lift us to the joy di - vine.  
Joy - ful mu - sic leads us sun - ward In the tri - umph - song of life.

Text: Henry van Dyke, 1852–1933, alt.

Tune: HYMN TO JOY, 8 7 8 7 D; arr. from Ludwig van Beethoven, 1770–1827, by Edward Hodges, 1796–1867

## Sign of the Cross & Greeting

### Penitential Act

Mass of Joy and Peace

*Priest, deacon, or cantor, then all:*

(Invocation) Ký - ri - e, e - lé - i - son.

*Priest, deacon, or cantor, then all:*

(Invocation) Chri - ste, e - lé - i - son.

*Priest, deacon, or cantor, then all:*

(Invocation) Ký - ri - e, e - lé - i - son.

Music: *Mass of Joy and Peace*, Tony E. Alonso, © 2010, GIA Publications, Inc.

### Glory to God

Mass in Honor of St. Benedict

*All:*

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

*Cantor/Choir or All:*

Fa - ther. Lord Je-sus Christ, On-ly Be-got-ten Son,

The music is continued on the following page.

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. *All:* 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, a - men.

Text: *The Roman Missal*, © 2010, ICEL. All rights reserved.  
 Music: *Mass in Honor of Saint Benedict*, Robert LeBlanc, © 2010.  
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## Collect

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## THE LITURGY OF THE WORD

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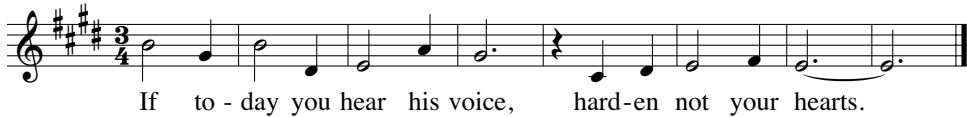
### First Reading

Deuteronomy 18:15-20

I will raise up a prophet and I will put my words into his mouth.

### Responsorial Psalm

Psalm 95



Text: *Lectionary for Mass*, © 1969, 1981, 1997, ICEL  
Music: Michel Guimont, © 1994, GIA Publications, Inc.

### Second Reading

1 Corinthians 7:32-35

A virgin is anxious about the things of the Lord that she may be holy.

### Gospel Acclamation

Mass for John Carroll



Music: *Mass for John Carroll*, Michael Joncas, © 1990, GIA Publications, Inc.

### Gospel

Mark 1:21-28

He taught them as one having authority.

### Homily

Rev. R.J. Fichtinger, S.J.

## 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 during the following two lines.)**

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.

## **Universal Prayer**

**R/.** Lord, hear our prayer.

### **Prayer of St. Thomas More**

O Lord, give us a mind that is humble,  
quiet, peaceable, patient, and charitable,  
and a taste of your Holy Spirit  
in all our thoughts, words, and deeds.

O Lord, give us a lively faith,  
a firm hope, a fervent charity, a love of you.  
Take from us all luke-warmness in meditation  
and all dullness in prayer.

Give us fervor and delight in thinking of you,  
your grace, and your tender compassion toward us.

O Lord, give us the grace to work for  
the things we pray for. Amen.

St. Thomas More relies on the generosity of its beloved parishioners and many welcome guests. In addition to the collection basket, contributions may be made online by visiting [www.morecommunity.org/give](http://www.morecommunity.org/give).



## THE LITURGY OF THE EUCHARIST

### Preparation of the Gifts

4:30 p.m. & 8 a.m., "There Is a Balm in Gilead"

There is a balm in Gil-e-ad To make the wound-ed whole;  
There is a balm in Gil-e-ad To heal the sin-sick soul.

### Verses

1. Some - times I feel dis - cour - aged And  
2. Don't ev - er be dis - cour - aged, For  
3. If you can - not preach like Pe - ter, If you  
think my work's in vain, But then the Ho - ly  
Je - sus is your friend; And if you lack for  
can - not pray like Paul, You can tell the love of  
Spir - it Re - vives my soul a - gain.  
knowl - edge, He'll ne'er re - fuse to lend.  
Je - sus, And say, "He died for all!"

Text: African American spiritual  
Tune: BALM IN GILEAD, 7 6 7 6 with refrain; African American spiritual

10:30 a.m., "Song for World Peace"  
Traditional Round; Marty Haugen  
Arranged by Nancy Grundahl

Dona nobis pacem. (Lord, grant us peace.)

Lead us from death to life,  
from falsehood to truth,  
from despair to hope,  
from fear to trust.

Lead us from hate to love,  
from war to peace,  
let peace fill our hearts,  
let peace fill our world,  
let peace fill our universe.



## Holy, Holy, Holy

## A Community Mass

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

The musical score is written on five staves in G major (one sharp) and common time. The melody is simple and hymn-like, with lyrics written below each staff. The first staff ends with a quarter rest. The second staff ends with a half note. The third staff ends with a quarter rest. The fourth staff ends with a half note. The fifth staff ends with a quarter note and a repeat sign.

Text: ICEL, © 2010  
Music: *A Community Mass*, Richard Proulx, © 1971, GIA Publications, Inc.


## Memorial Acclamation

When we eat this Bread and drink this Cup, we pro-  
claim your Death, O Lord, un - til you come a - gain.

The musical score is written on two staves in G major (one sharp) and common time. The melody is simple and hymn-like, with lyrics written below each staff. The first staff ends with a quarter note. The second staff ends with a quarter note and a repeat sign.

Text: ICEL, © 2010  
Music: *A Community Mass*, Richard Proulx, © 1988, 2010, GIA Publications, Inc.

**Great Amen**




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

The musical notation for 'Great Amen' is written on a single staff in C major, 4/4 time. It begins with a treble clef and a common time signature. The melody consists of eighth and quarter notes, with a final half note and a quarter rest. The lyrics 'A - men, a - men, a - men.' are written below the staff, with hyphens indicating the syllables are spread across multiple notes.

Music: *A Community Mass*, Richard Proulx (adapt.), © 1971, 2011, GIA Publications, Inc.

**Lamb of God**



*Cantor or choir:* Lamb of God, *All:* you take a - way the sins of the world,

*To repeat* have mer-cy on us. *Last time* grant us peace.

The musical notation for 'Lamb of God' is written on two staves in D major, 4/4 time. The first staff is for the 'Cantor or choir' and the second for 'All:'. The melody for the first staff includes a triplet of eighth notes. The lyrics are written below the staves, with hyphens indicating the syllables are spread across multiple notes. The second staff has two parts: 'To repeat' and 'Last time', separated by a double bar line.

Music: *Holy Cross Mass*, David Clark Isele, © 1979, GIA Publications, Inc.

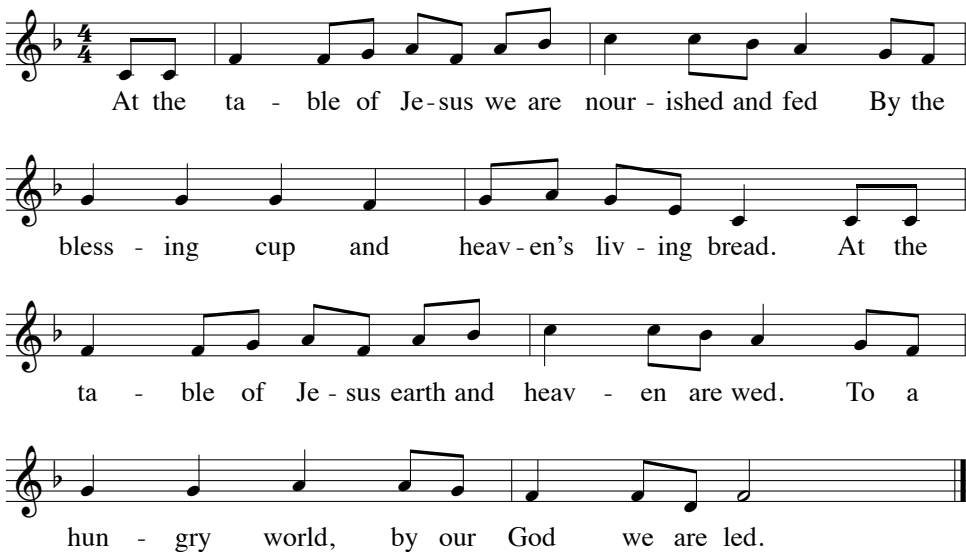
**Communion Antiphon**

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.  
Cf. Psalm 31:17-18

# Communion Song

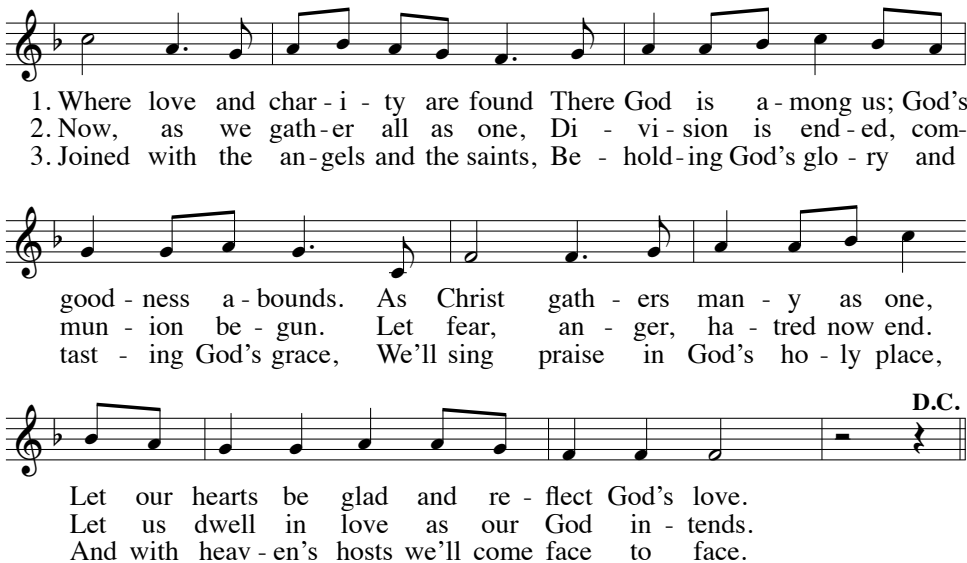
“At the Table of Jesus”

## Refrain



At the ta - ble of Je - sus we are nour - ished and fed By the  
 bless - ing cup and heav - en's liv - ing bread. At the  
 ta - ble of Je - sus earth and heav - en are wed. To a  
 hun - gry world, by our God we are led.

## Verses



1. Where love and char - i - ty are found There God is a - mong us; God's  
 2. Now, as we gath - er all as one, Di - vi - sion is end - ed, com -  
 3. Joined with the an - gels and the saints, Be - hold - ing God's glo - ry and  
 good - ness a - bounds. As Christ gath - ers man - y as one,  
 mun - ion be - gun. Let fear, an - ger, ha - tred now end.  
 tast - ing God's grace, We'll sing praise in God's ho - ly place,  
 D.C.  
 Let our hearts be glad and re - flect God's love.  
 Let us dwell in love as our God in - tends.  
 And with heav - en's hosts we'll come face to face.

Text: Based on *Ubi Caritas*; Tony E. Alonso, b.1980  
 Tune: SIMPLE GIFTS, 8 11 8 10 refrain; Joseph Brackett, Jr., 1797-1882; arr. by Marty Haugen, b.1950  
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## Reflection

10:30 a.m., "We Will Sing for Joy"  
Music by Domenico Scarlatti (Sonata K 64)  
Text and Arr. by Helenclaire Lowe  
Based on Psalm 105

We will sing for joy,  
we'll sing to the Lord with psalms of praise.  
Sing for joy!  
We'll sing to the Lord the King.  
The earth, the sea, the sun,  
the moon all show His might.  
To the Lord, we will sing for joy!  
Alleluia! Sing Alleluia!  
Let all who serve the Lord rejoice!  
Rejoice and sing.  
Be glad that we belong to Him,  
Let all who serve the Lord  
extol His Name.  
He is the Lord,  
the God of all,  
Who made us and protects us  
with his constant love.  
Give thanks and praise,  
clap hands and shout!  
All nations bow before the Lord  
and sing for joy!

## Prayer after Communion

## THE CONCLUDING RITES

### Blessing & Dismissal

#### Recessional

“Let All Things Now Living”

1. Let all things now liv - ing A song of thanks - giv - ing  
2. The Law God en - forc - es, The stars in their cours - es,

To God the Cre - a - tor tri - um - phant - ly raise,  
The sun in its or - bit o - be - dient - ly shine;

Who fash - ioned and made us, Pro - tect - ed and stayed us,  
The hills and the moun - tains, The riv - ers and foun - tains,

By guid - ing us on to the end of our days.  
The depths of the o - cean pro - claim God di - vine.

God's ban - ners are o'er us, Pure light goes be - fore us,  
We too should be voic - ing Our love and re - joic - ing;

A pil - lar of fire shin - ing forth in the night,  
With glad ad - o - ra - tion a song let us raise

Till shad - ows have van - ished And dark - ness is ban - ished,  
Till all things now liv - ing U - nite in thanks - giv - ing:

As for - ward we trav - el from light in - to light.  
“To God in the high - est, ho - san - na and praise!”

Text: Katherine K. Davis, 1892–1980, alt., © 1939, 1966, E. C. Schirmer Music Co.  
Tune: ASH GROVE, 66 11 66 11 D; Welsh melody







## News & Announcements

JANUARY 28, 2024

### **Synod Conversation with Lisa, Rhonda, and Aaron**

FEBRUARY 1, 7 PM, ST. IGNATIUS HALL

Parishioners Aaron Sinner, Rhonda Miska, and Lisa Amman, all traveled to Rome during the Synod assembly in October. Join us to hear their insights into the Synodal process from their time in Rome, dissect the Synod Synthesis Report, and check in on the next steps of the Synod and its path to conclusion this October. Visit [www.morecommunity.org/synod-conversation](http://www.morecommunity.org/synod-conversation) for more information.

### **Scout Troop 45 Pancake Breakfast**

FEBRUARY 4, 9 AM – 1 PM, ST. IGNATIUS HALL

Join us in supporting Scout Troop 45 as they host a pancake breakfast for our community. Come and enjoy breakfast and fellowship! Visit [www.morecommunity.org/pancakes](http://www.morecommunity.org/pancakes) for more information.

### **Theological and Practical Insights into NFP**

FEBRUARY 10, 5:30 PM, ST. IGNATIUS HALL

Through the lens of Saint Pope Paul VI's encyclical *Humanae Vitae* and the Creighton Model FertilityCare System of charting a woman's cycle, we will explore the theology behind this practical tool for living into God's vision for our sexuality. Broadly, you'll come away with a better understanding of this natural method of family planning and its applications for cycle health and fertility, as well as deeper insight into the Church's teaching on virtuous, life-giving relationships. Refreshments will be provided—please register in advance at [www.morecommunity.org/fertilitycare](http://www.morecommunity.org/fertilitycare).

### **Celebrating the Life, Music, and Faith of Mary Lou Williams**

FEBRUARY 11, 2 – 3 PM, STM CHURCH

Williams was a mid-20th century jazz musician performing throughout the United States and Europe. Overwhelmed by the darker side of the jazz scene, she left music and converted to Catholicism. This free concert will feature the musical work of Williams and biographical talks sharing her story. Music will be performed by the music ministry of St. Thomas More, the Swing Sisterhood Big Band, and community musicians from around the Twin Cities. Visit [www.morecommunity.org/mary-lou-williams](http://www.morecommunity.org/mary-lou-williams) for more information.



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