

**Gentle reminder: When the lights have been lowered, please use this time for silent reflection. The 5:30 PM Vigil and 8:15 AM Sunday Masses are livestreamed.**



# Welcome to the Church of the Ascension

## 4<sup>TH</sup> SUNDAY IN ORDINARY TIME

**February 1, 2026**

### **Seek the Lord**

**Refrain:** Seek the Lord while he may be found,  
call to him, while he is still near.

1. Today is the day and now the proper hour to forsake our sinful lives and turn to the Lord.
2. As high as the sky is above the earth, so high above our ways, the ways of the Lord.
3. Open your heart to hear the voice of God, whose words, whose ways lead us to life.

Text: Isaiah 55: 6 – 9; Roc O'Connor, SJ, b. 1949 Music: Roc O'Connor Text & Music © 1975 New Dawn Music

## **Glory to God**

*Mass of St. Ann*

Glory, glory to God in the Highest. Glory, glory  
to God in the Highest and on earth peace  
to people of good will.

1. 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.
2. 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.
3. 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!

Ed Bolduc © 1992, 2011 WLP

## **CHILDREN'S DISMISSAL 10:30 SUNDAY MASS**

### **FOUR-YEARS-OLD TO SECOND GRADE**

#### **We Send You Forth**

We send you forth to hear the word of the Lord,  
take these words to heart and walk in God's ways.

Text and music © 1994, World Library Publications. Contributors: Sterling Picard

### **THE LITURGY OF THE WORD**

#### **FIRST READING**

#### ***Zephaniah 2: 3, 12 – 13***

"Seek the LORD, all you humble of the earth," said Zephaniah the prophet. Do what is right. "Seek justice." Those who take refuge in the Lord shall pasture their flocks.

#### **PSALM 146: FOURTH SUNDAY IN ORDINARY TIME, YEAR A**

Mary Kate Westrich

R. Bless - ed are the poor in spir - it; the  
king - dom of heav - en is theirs!

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## **SECOND READING**

## ***1 Corinthians 1: 26 – 31***

The weak of the world are chosen by God. "Whoever boasts, should boast in the Lord."

## **GOSPEL ACCLAMATION**

## **GOSPEL**

## ***Matthew 5: 1 - 12a***

Jesus upset the standards of worldly justice in this charter of the heavenly reign: It belongs not to the rich but to the poor in spirit, not to the powerful but to the lowly, not to warmongers but to peacemakers.

## **HOMILY**

## PROFESSION OF FAITH

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 (***\*A SLIGHT BOW\****) and by the *Holy Spirit was incarnate of the Virgin Mary and became man.* (***\*PLEASE RISE\****)

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.

## NICENE CREED

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## UNIVERSAL PRAYERS

## **PRESENTATION OF THE GIFTS**

### **Prayer of Saint Francis**

1. Make me a channel of your peace. Where there is hatred, let me bring your love. Where there is injury, your pardon Lord. And where there's doubt, true faith in you.
2. Make me a channel of your peace. Where there's despair in life let me bring hope. Where there is darkness, only light, and where there's sadness ever joy.
3. O Master, grant that I may never seek so much to be consoled, as to console, to be understood, as to understand, to be loved, as to love, with all my soul.
4. Make me a channel of your peace. It is in pardoning that we are pardoned, in giving of ourselves that we receive, and in dying that we're born to eternal life.

Text: Based on the prayer traditionally ascr. To St. Francis of Assisi, 1182-1226; Sebastian Temple, b. 1928. Music: Sebastian Temple © 1967 OCP Publications.

## **THE LITURGY OF THE EUCHARIST**

### **EUCHARISTIC RITE**

Holy, Holy, Holy  
When We Eat This Bread  
Great Amen

### **COMMUNION RITE**

The Lord's Prayer  
Peace  
Lamb of God

### **FOURTH SUNDAY IN ORDINARY TIME** **COMMUNION ANTIPHON [II]**

Steve Angrisano, Sarah Hart, and Curtis Stephan

Bless - ed are the poor in spir - it, for theirs is the  
king-dom of heav - en. Bless - ed are the meek, for  
they shall pos - sess the land. 2

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## COMMUNION SONG(S)

### We Are the Light of the World

1. Blessed are they who are poor in spirit, theirs is the kingdom of God. Bless us, O Lord, make us poor in spirit; Bless us, O Lord, our God.

**Refrain:** We are the light of the world, may our light shine before all, that we may see the good that we do and give glory to God.

2. Blessed are they who are meek and humble, they will inherit the earth. Bless us, O Lord, make us meek and humble; Bless us, O Lord, our God.

3. Blessed are they who will mourn in sorrow, they will be comforted. Bless us, O Lord, when we share their sorrow; Bless us, O Lord, our God.

4. Bless those who hunger and thirst for justice, they will be satisfied. Bless us, O Lord, hear our cry for justice; Bless us, O Lord, our God.

5. Blessed are they who show others mercy, they will know mercy too. Bless us, O Lord, make us cry for mercy; Bless us, O Lord, our God.

6. Blessed are hearts that are clean and holy, they will behold the Lord. Bless us, O Lord, make us pure and holy; Bless us, O Lord, our God.

Continued...

**Refrain:** We are the light of the world, may our light shine before all, that we may see the good that we do and give glory to God.

7. Blessed are they who bring peace among us, they are the children of God. Bless us, O Lord, may your peace be with us; Bless us, O Lord, our God.
8. Bless those who suffer from persecution, theirs is the kingdom of God. Bless us, O Lord, when they persecute us; Bless us, O Lord, our God.

Text: Matthew 5; adapt. by Jean Anthony Greif, 1898-1981. Music: Jean Anthony Greif © 1966, 1983, Vernacular Hymns Publishing Co.

**PLEASE NOTE**

## **Mass Time Change for the 8:15 Mass**

Starting February 22, the First Sunday of Lent, the 8:15 AM Mass will begin at 8:30 AM. This will be a permanent change moving forward. Woohoo!

## **The Body of Christ**

This is the Body of Christ, beautiful, broken and blessed;  
miracle of the greatest of loves, presence of God in our  
midst. This is the Cup that he shares, endlessly emptied  
and poured; sacrifice made so that we might be saved now  
and forevermore.

**Refrain:** Amen, amen! We are healed by the Bread of life.  
Amen, amen! We are one in the Body of Christ. We are one  
in the Body of Christ.

This is the Body of Christ, word become flesh by his grace;  
miracle of a myst'ry no tongue ever could fully explain. This  
is the Blood of the Lamb, gift of a heart open wide; poured  
from the Cross to the altar where love comforts and fills and  
provides.

This is the Body of Christ, gathered in hope and in faith;  
bound by this love, this Body and Blood he offers again and  
again. All of the hunger we have, satisfied only by this; so  
we receive, we remember, believe and share so that others  
may live.

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## **REPOSITION OF THE BLESSED SACRAMENT** **The Body of Christ refrain**

## SENDING FORTH

### God Has Chosen Me

God has chosen me, God has chosen me to bring good news to the poor. God has chosen me, God has chosen me to bring new sight to those searching for light: God has chosen me, chosen me.

**Refrain:** And to tell the world that God's kingdom is near, to remove oppression and breakdown fear, yes, God's time is near, God's time is near, God's time is near, God's time is near.

God is calling me, God is calling me in all whose cry is unheard. God is calling me, God is calling me to raise up the voice with no power or choice: God is calling me, calling me.

Text and Music: Bernadette Farrell, b. 1957 © 1990 OCP Publications.

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