

Twenty-Second Sunday in Ordinary Time – August 30, 2026

Opening:

Take Up Your Cross



1. "Take up your cross," the Sav - ior said, "If
2. Take up your cross; let not its weight Fill
3. Take up your cross, heed not the shame, And
4. Take up your cross, then, in his strength, And
5. Take up your cross and fol - low Christ, Nor



you would my dis - ci - ple be; Take up your cross with
your weak spir - it with a - larm; His strength shall bear your
let your fool - ish pride be still; The Lord for you ac -
calm - ly ev - 'ry dan - ger brave: It guides you to a
think till death to lay it down; For those who hum - bly



will - ing heart, And hum - bly fol - low af - ter me."
spir - it up, And brace your heart, and nerve your arm.
cept - ed death Up - on a cross on Cal - v'ry's hill.
bet - ter home And leads to vic - t'ry o'er the grave.
bear the cross One day will wear the glo - rious crown.

Text: Charles W. Everest, 1814–1877, alt.

Tune: ERHALT UNS HERR, LM; Klug's *Geistliche Lieder*, 1543; harm. by J. S. Bach, 1685–1750

Psalm:



My soul is thirst-ing for you, O Lord,
thirst - ing for you my God.

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.

Preparation:

Only This I Want

Refrain



On-ly this I want: but to know the Lord,
and to bear his cross so to wear the crown he wore.

Verses

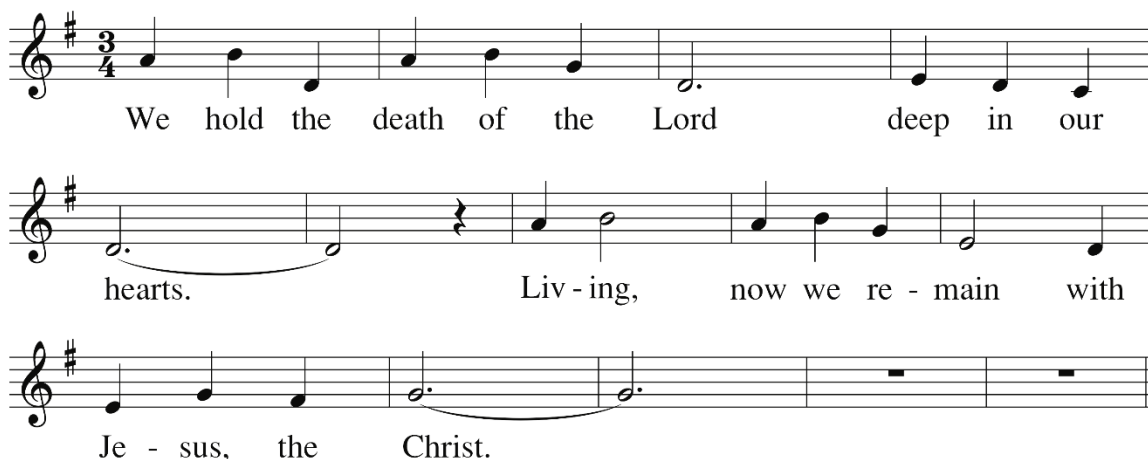


1. All but this is loss, worth-less ref - use to me,
2. I will run the race; I will fight the good fight,
3. Let your heart be glad, al - ways glad in the Lord,
for to gain the Lord is to gain all I need.
so to win the prize of the King-dom of my Lord.
so to shine like stars in the dark - ness of the night.

Communion:

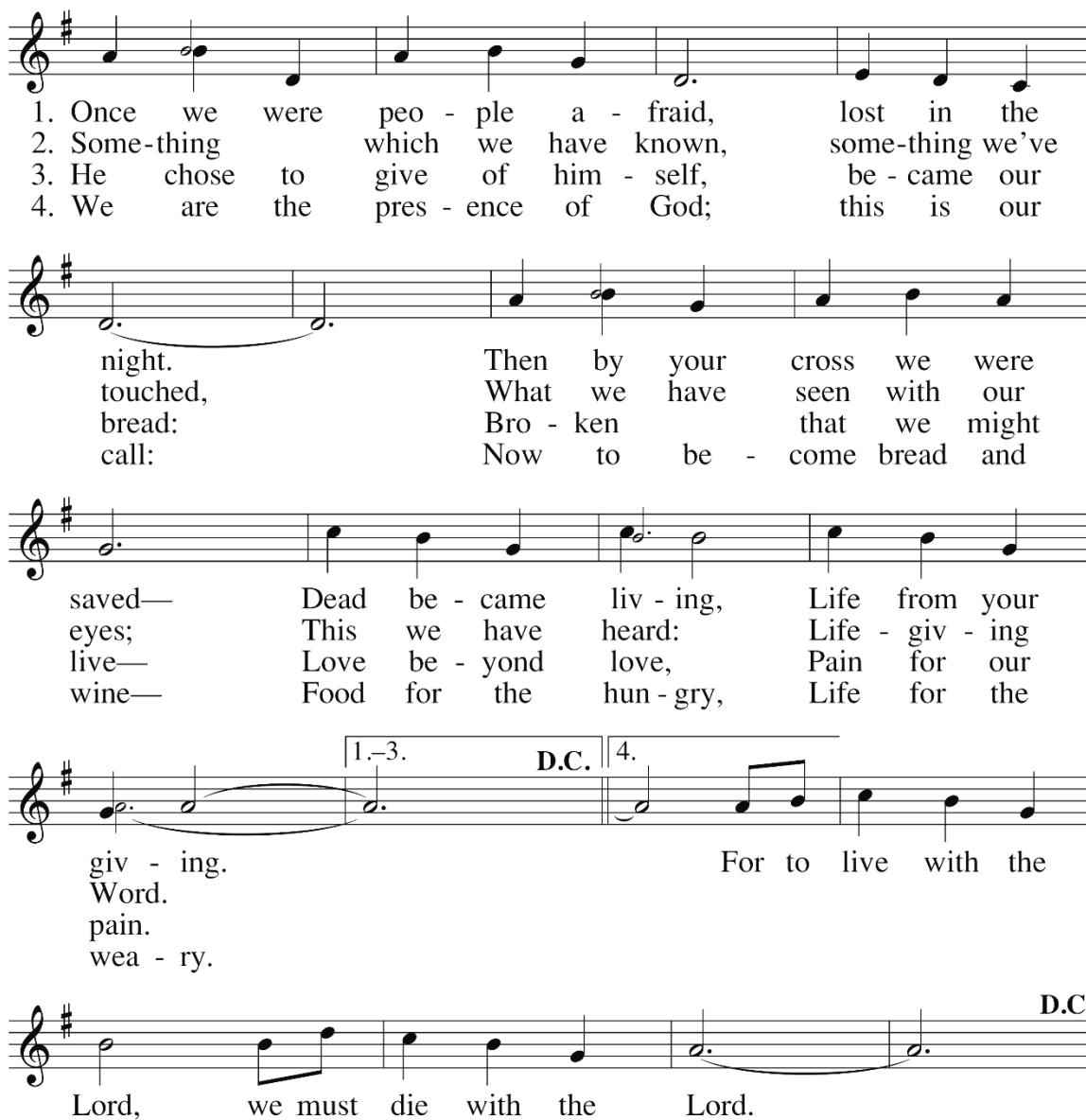
Now We Remain

Refrain



We hold the death of the Lord deep in our
hearts. Liv - ing, now we re - main with
Je - sus, the Christ.

Verses

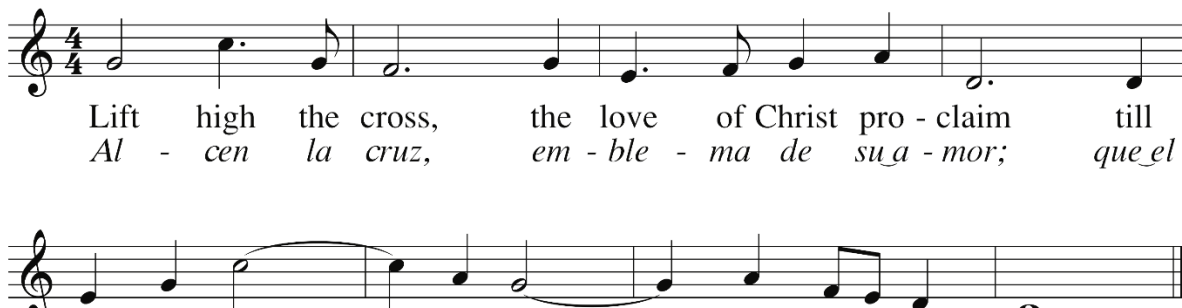


1. Once we were peo - ple a - fraid, lost in the
2. Some-thing which we have known, some-thing we've
3. He chose to give of him - self, be - came our
4. We are the pres - ence of God; this is our
night. Then by your cross we were
touched, What we have seen with our
bread: Bro - ken that we might
call: Now to be - come bread and
saved— Dead be - came liv - ing, Life from your
eyes; This we have heard: Life - giv - ing
live— Love be - yond love, Pain for our
wine— Food for the hun - gry, Life for the
giv - ing. For to live with the
Word.
pain.
wea - ry.
Lord, we must die with the Lord.

Closing:

Lift High the Cross / Alcen la Cruz

Refrain



The musical notation for the Refrain is written on a single staff in 4/4 time. It consists of two lines of music. The first line has a treble clef and a key signature of one sharp (F#). The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (half). The second line has a treble clef and a key signature of one sharp (F#). The notes are: D4 (half), C4 (half), B3 (half), A3 (half), G3 (half), F#3 (half), E3 (half), D3 (half). The lyrics are written below the notes.

Lift high the cross, the love of Christ pro - claim till
Al - cen la cruz, em - ble - ma de su a - mor; que el

all the world a - dore his sa - cred name.
mun-do al fin co - noz - ca al Sal - va - dor.

Verses



The musical notation for the Verses is written on a single staff in 4/4 time. It consists of one line of music. The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (half). The lyrics are written below the notes.

1. Come, Chris - tians, fol - low where our Sav - ior trod, Our
2. Led on their way by this tri - um - phant sign, The
3. Each new - born ser - vant of the Cru - ci - fied Bears
4. O Lord, once lift - ed on the glo - rious tree, Your

1. Va - mos, cris - tia - nos, tras nues - tro Se - ñor; El
2. Ba - jo es - te sig - no de su gran po - der El
3. Ca - da cre - yen - te del que en cruz mu - rió En
4. Cuan - do te al - za - ron glo - rio - so en la cruz, A -

D.C.



The musical notation for the D.C. section is written on a single staff in 4/4 time. It consists of one line of music. The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (half). The lyrics are written below the notes.

King vic - to - rious, Christ, the Son of God.
hosts of God in con - quering ranks com - bine.
on the brow the seal of him who died.
death has bought us life e - ter - nal - ly.

rey vic - to - rio - so, Cris - to, Hi - jo de Dios.
pue - blo de Dios a - van - za sin te - mer.
su fren - te lle - va el sig - no en que ven - ció.
llí pro - me - tis - te lle - var - nos a la luz.