



Sunday, 28 January 2024 – 11.00 am Solemn Mass (livestreamed)
The Fourth Sunday of Epiphany

Prelude

Variation from *Christ, der du bist der helle Tag*, BWV 766, Johann Sebastian Bach

The Gathering of the Community

Please stand when the bell is rung.

Asperges me (The choir sings the words in italics)

Full

MODE VII

Thou shalt púrge me, O Lórd, with hýs - sop, and I shall be cléan:

thou shalt wásh me, and Í shall be whí - ter than snów.

Have mér - cy up-ón me, O Gód: áf - ter thy great góod - ness.

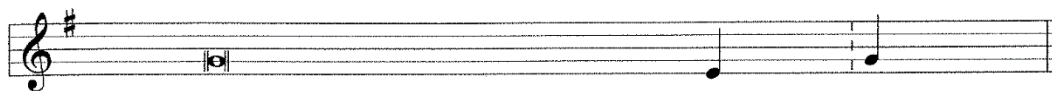
Gló - ry be to the Fá - ther, and to the Són, and to the Hó - ly Ghóst:

As it wás in the be - gín - ning, is nów, and év - er sháll be:

wórl d with - óut énd. A - men. Thou shalt púrge me,

O Lórd, with hýs - sop, and I shall be cléan:

thou shalt wásh me, and Í shall be whí - ter than snów.



Celebrant: O Lord, show thy mercy upon us.

People: **And grant us thy salva-tion.**

Celebrant: O Lord hear my prayer.

People: **And let my cry come un-to thee.**

Celebrant: Pardon and forgive us our sins and offen-ces.

People: **Confirm and strengthen us in all good-ness.**

Celebrant: The Lord be with you.

People: **And with thy Spi-rit .**

Celebrant: Let us pray.

Please remain standing.

May almighty God cleanse you from all your sins, forgive and redeem you, and through the celebration of this Holy Eucharist make you worthy to share at the table of his Kingdom.

People: **Amen.**

Introit

Laetetur cor quaerentium Dominum; quaerite Dominum et confirmamini; quaerite faciem eius semper.

Let the heart of the one who seeks the Lord rejoice; seek the Lord and be strengthened; seek his face always.

Kyrie eleison *Missa Brevis III, Healey Willan*

Lord have mercy. Christ have mercy. Lord have mercy.

Gloria in Excelsis *MISSA DE ANGELIS (The choir sings the text in italics.)*

Full

Gló-ry be to Gód on high, And in éarth péace, good-will to - wálds all.

We práise thee. We bléss thee. We wór - ship thee. We gló-ri-fy thee.

We give thánks to thée for thy great gló-ry. O Lórd Gód, héa-ven-ly Kíng,

Gód the Fá - ther Al - migh - ty. O Lórd, the ón-ly be-got-ten Són,

Jé - su Chríst, O Lórd Gód Lámb of Gód, Són of the Fá - ther.

That tá - kest a - wáy the sín of the wórld, have mér - cy up - ón us.

Thou that tá - kest a - wáy the sín of the wórld, re - ceíve our práyer.

Thou that sí - test at the ríght hánd of Gód the Fá - ther, have mér - cy up - ón us.

For thou ón - ly art hó - ly. Thou ón - ly art the Lórd.

Thou on - ly, O Je - su Chríst, with the Hó - ly Ghóst, art most hích

in the gló - ry of Gód the Fá - ther. A - men.

Celebrant: Let us pray.

Almighty and everliving God, grant unto thy people that they may love the thing which thou commandest, and desire that which thou dost promise; that so, among the sundry and manifold changes of the world, our hearts may surely there be fixed, where true joys are to be found; through Jesus Christ our Lord, who liveth and reigneth with thee in the unity of the Holy Spirit, one God, now and for ever.

People: Amen.

The Proclamation of the Word

First Reading Deuteronomy 18:15-20

The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: 'If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die.' Then the Lord replied to me: 'They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.'

Lector: The word of the Lord.

People: Thanks be to God.

Gradual

Quis sicut Dominus Deus noster, qui in altis habitat, humilia respicit in caelo et in terra? Suscitans a terra inopem, et de stercore erigens pauperem. Who is like the Lord our God, who dwells on high, and humbles himself to look upon heaven and earth? He raises up the unfortunate from the dust, and lifts the poor out of the mud.

Second Reading 1 Corinthians 8:1-13

Now concerning food sacrificed to idols: we know that 'all of us possess knowledge.' Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him. Hence, as to the eating of food offered to idols, we know that 'no idol in the world really exists', and that 'there is no God but one.' Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist. It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. 'Food will not bring us close to God.' We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling-block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Lector: The word of the Lord.

People: Thanks be to God.

Alleluia

Alleluia. I will worship toward thy holy temple, and sing praises unto thy name. Alleluia.

Please stand.

Sequence Hymn 414 CAITHNESS (*Green New English Hymnal*)

CAITHNESS CM

Melody from the *Scottish Psalter* 1635



O FOR a closer walk with God,
A calm and heavenly frame;
A light to shine upon the road
That leads me to the Lamb!

2 Return, O holy Dove, return,
Sweet messenger of rest;
I hate the sins that made thee mourn,
And drove thee from my breast.

3 The dearest idol I have known,
Whate'er that idol be,
Help me to tear it from thy throne,
And worship only thee.

4 So shall my walk be close with God,
Calm and serene my frame;
So purer light shall mark the road
That leads me to the Lamb.

WILLIAM COWPER 1731-1800

Deacon: The Lord be with you.

People: And with thy spirit.

Deacon: The Holy Gospel of our Lord Jesus Christ according to Mark.

People: Glory be to thee, O Lord.

Gospel Reading Mark 1:21-28

They went to Capernaum; and when the sabbath came, Jesus entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' But Jesus rebuked him, saying, 'Be silent, and come out of him!' And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, 'What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.' At once his fame began to spread throughout the surrounding region of Galilee.

Deacon: The Gospel of Christ.

People: Praise be to thee, O Christ.

The Homily

After the homily, we sit in silent reflection. Please stand when those in the sanctuary stand.

The Nicene Creed MISSA DE ANGELIS

I be-lieve in óne Gód, the Fá-ther Al-mígh-ty, Má-ker of héa-ven and éárh,
 and of áll thínigs ví - si-ble, and in-ví - si-ble. And in óne Lórd Jé-sus Chríst,
 the ón - ly be - gót - ten Són of Gód. Be - gót - ten of the Fá - ther
 be - fóre all wórlds. Gód of Gód, Líght of Líght, Vé - ry Gód of vé - ry Gód.
 Be - gót - ten, not máde, Bé - ing of óne súb - stance with the Fá - ther:
 Through whóm áll thínigs were máde. Who for ús all, and for óur sal - vá - tion,
 came dówn from héa - ven,
 And was crú - ci - fied ál - so for ús: un - der Pón - tius Pí - late.
 He súf - fer - ed, and was bú - ri - ed, And the thírđ dáy he róse a - gáin,
 ac - córd - ing to the Scríp - tures. And as - cénd - ed in - to héa - ven:
 And sít - teth on the ríght hánd of the Fá - ther. And hé shall cóme a - gáin
 with gló - ry. to iúdge both the quíck and the déad: Whose kíng - dom
 shall háve no énd. And I be - liéve in the Hó - ly Ghóst, the Lórd, the Gí - ver of life:

Choir:
And was incarnate by the Holy
Ghost of the Virgin Mary:
And was made man.

Who pro-céed-eth from the Fá-ther and the Són. Who with the Fá-ther and the Són
to - gé - ther is wór-ship-ped, and gló - ri - fi - ed: Who spáke by the Pró - phets.
And I be-líeve one Hó - ly Cá - tho - lic and A - pos - tó - lic Chúrch.
I ac - knów - ledge óne Báp - tísm for the re - mís - sion of síns.
And I lóok for the Re-sur-réc-tion of the dead, and the Life of the wórld to cóme.
A - men.

The Prayers of the People

People:

Lord, have mer-cy.

The Peace

Celebrant: The peace of the Lord be al-ways with you.

People: And with thy spir-it.

The Celebration of the Eucharist

Offertory Hymn 341 FRANCONIA (Green New English Hymnal)

FRANCONIA SM

W. H. Havergal 1793–1870 adapted from
a six-line melody in König's
Harmonischer Lieder-Schatz Frankfurt 1738



BLEST are the pure in heart,
For they shall see our God,
The secret of the Lord is theirs,
Their soul is Christ's abode.

2 The Lord, who left the heavens
Our life and peace to bring,
To dwell in lowliness with men,
Their pattern and their King;

3 Still to the lowly soul
He doth himself impart,
And for his dwelling and his throne
Chooseth the pure in heart.

4 Lord, we thy presence seek;
May ours this blessing be;
Give us a pure and lowly heart,
A temple meet for thee.

JOHN KEBLE 1792–1866
and others

Please be seated.

Offertory Sentence

It is a good thing to give thanks unto the Lord; and to sing praises unto thy name, O most highest.

Motet Ave Verum Corpus, Stephanie Martin

Ave verum corpus natum de Maria Virgine, vere passum immolatum in cruce pro homine, cuius latus perforatum unde fluxit sanguine. Esto nobis praegustatum in mortis examine. O dulcis, O pie, O Jesu fili Mariae, miserere nobis. Amen. Hail, true body, born of the Virgin Mary, who truly suffered, sacrificed on the cross for humanity, whose side was pierced, from which blood flowed. Be for us a foretaste of the trials of death. O gentle one, O merciful one, O Jesus, Mary's son, have mercy on us. Amen.

Please stand when the thurifer turns to cense the congregation.

Celebrant: Pray, my brothers and sisters, that this, my sacrifice and yours, may be acceptable to God the almighty Father.

People: **The Lord receive this sacrifice at thy hands, to the praise and glory of his holy name, to our benefit and that of all his holy Church.**

Celebrant: Let us pray.

Receive, we beseech thee, O Lord, the oblations of our love; and let the power of thy Holy Spirit so quicken us through this offering that we may have strength for the accomplishing of thy service; through Jesus Christ our Lord.

People: Amen.

Celebrant: *People:*

The Lórd be with you. And with thy spí - rit.

Lift up your héarts. We lift them úp un - to the Lórd.

Lét us give thanks un - to our Lórd God. It is méet and ríght só to dó.

Celebrant: It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God, creator and preserver of all things, who by water and the Holy Spirit hast made us a holy people in Jesus Christ our Lord; thou dost renew that mystery in bread and wine and nourish us, to show forth thy glory in all the world. Therefore with angels and archangels, and with all the company of heaven, we laud and magnify thy glorious name; evermore praising thee and saying:

At the sound of the bells, please kneel or remain standing.

Sanctus *Missa Brevis III, Healey Willan*

Holy, holy, holy, Lord God of Hosts, heaven and earth are full of thy glory. Glory be to thee, O Lord most high. Blessed is he that cometh in the name of the Lord: Hosanna in the highest.

Celebrant: All glory be to thee, O Lord our God, who didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again; who, in the same night that he was betrayed, took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, Drink this, all of you; for this is my blood of the new covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in

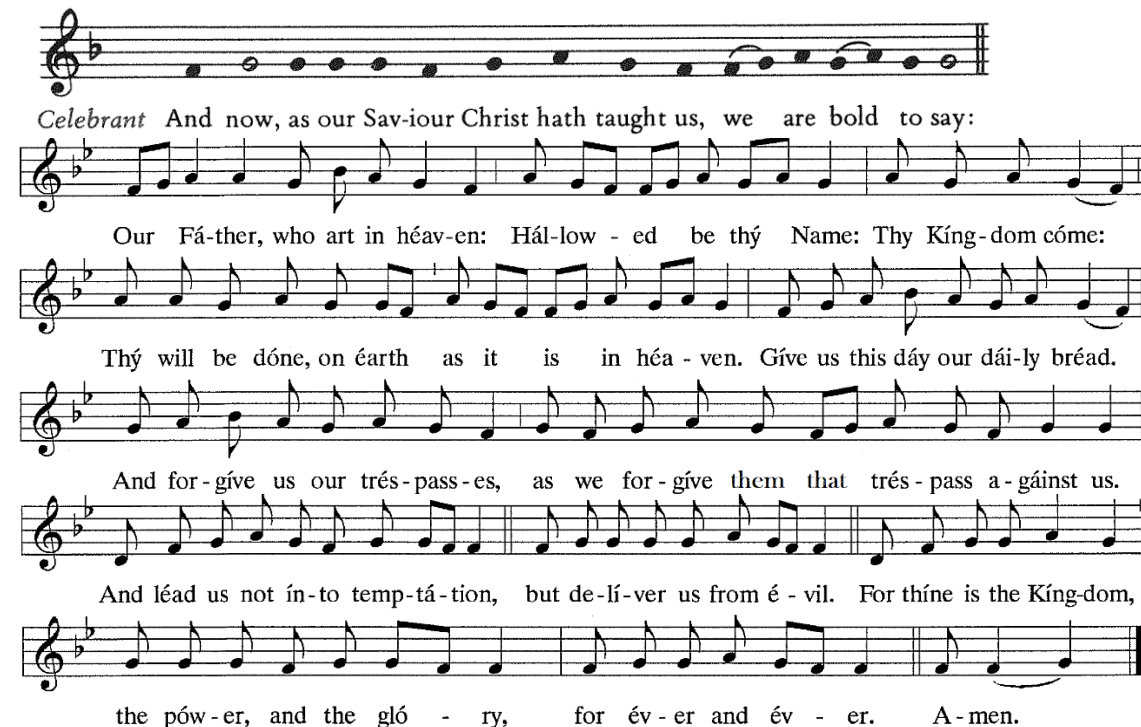
remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension, and looking for his coming again with power and great glory. And we most humbly beseech thee, O merciful Father, to hear us, and with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the body and blood of thy dearly-beloved Son Jesus Christ.

People: **We praise thee, we bless thee, we thank thee, and we pray to thee, Lord our God.**

Celebrant: And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, ourselves, our souls and bodies. Grant, we beseech thee, that all who partake of this holy communion may worthily receive the most precious body and blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord, by whom, and with whom, and in whom, in the unity of the Holy Spirit all honour and glory be unto thee, O Father Almighty, world without end.

People: **Amen.**

The Lord's Prayer



The musical notation for 'The Lord's Prayer' is presented in a single staff with a treble clef and a key signature of one flat (B-flat). The melody is written in a simple, hymn-like style. The lyrics are written below the staff, with some words in Irish Gaelic. The text is as follows:

Celebrant And now, as our Sav-iour Christ hath taught us, we are bold to say:

Our Fá-ther, who art in héav-en: Hál-low - ed be thý Name: Thy Kíng-dom cóme:

Thý will be dóne, on éarth as it is in héa - ven. Gíve us this dáy our dáí-ly bréad.

And for - gíve us our trés-pass-es, as we for - gíve them that trés - pass a - gáinst us.

And léad us not ín-to temp-tá-tion, but de-lí-ver us from é - vil. For thíne is the Kíng-dom,

the pów-er, and the gló - ry, for év - er and év - er. A - men.

The Breaking of the Bread

Celebrant: Christ our Passover is sacrificed for us.

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

Celebrant: The gifts of God for the people of God.

People: **Thanks be to God.**

Agnus Dei *Missa Brevis III, Healey Willan*

O Lamb of God, that takest away the sin of the world: have mercy upon us.

O Lamb of God, that takest away the sin of the world: grant us thy peace.

The Communion

*At this time you are invited to come up to communion. Please follow the directions of the sidespeople. If you would prefer to make a spiritual communion, please remain in your pew. We invite you to use the following words as inspiration: **My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things, and I long for you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.***

Communion Sentence

Show thy servant the light of thy countenance, O Lord, and save me for thy tender mercy's sake; let me not be confounded, for I have called upon thee. (The Ritual Choir repeats the Communion sentence, interspersed with verses from Psalm 31.)

The Sending Forth of the Community


Celebrant: Let us pray.

Please stand.

O God, who dost nourish us with the gift of our redemption: Grant that by this aid of eternal salvation we may show forth thy glory in all the world; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever.

People: **Amen.**

The celebrant blesses the people, after which follow any notices or announcements.



Deacon De _____ part _____ in peace. —
People Thanks _____ be _____ to God —

During the singing of the final hymn the sanctuary party moves to the statue of our Lady. After the final hymn we will say the Angelus, then the sanctuary party will disperse.

Final Hymn 328 GOD BE IN MY HEAD (*Green New English Hymnal*)

GOD BE IN MY HEAD 12 10 10 10 11

H. Walford Davies 1869–1941

The first system of the hymn is written for organ and voice. The organ part is in the treble clef, and the voice part is in the bass clef. The key signature is D major (two sharps). The organ part begins with a piano (*p*) dynamic and a melodic line. The voice part enters with the lyrics "God be in my head,". The organ part has a melodic line with a slur over the last two measures. The voice part has a melodic line with a slur over the last two measures.

p
Org.
p
God be in my head,

The second system of the hymn continues the organ and voice parts. The organ part has a melodic line with a slur over the last two measures. The voice part has a melodic line with a slur over the last two measures. The lyrics are "and in my un - der - stand - ing; God be in mine".

and in my un - der - stand - ing; God be in mine

The third system of the hymn continues the organ and voice parts. The organ part has a melodic line with a slur over the last two measures. The voice part has a melodic line with a slur over the last two measures. The lyrics are "eyes, and in my look-ing; God be in my mouth, and in my".

eyes, and in my look-ing; God be in my mouth, and in my

speak - ing; God be in my heart, and in my

think - ing; God be at mine end, and at my de - part - ing.

Horae B. V. M. (Sarum) 1514

The Angelus

Celebrant: The angel of the Lord brought tidings to Mary;

People: **And she conceived by the Holy Ghost.**

Celebrant: Hail Mary, full of grace, the Lord is with thee; blessèd art thou among women, and blessèd is the fruit of thy womb, Jesus.

People: **Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.**

Celebrant: Behold the handmaid of the Lord.

People: **Be it unto me according to thy word.**

Celebrant: Hail Mary, full of grace, the Lord is with thee; blessèd art thou among women, and blessèd is the fruit of thy womb, Jesus.

People: **Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.**

Celebrant: And the Word was made flesh;

People: **And dwelt among us.**

Celebrant: Hail Mary, full of grace, the Lord is with thee; blessèd art thou among women, and blessèd is the fruit of thy womb, Jesus.

People: **Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.**

Celebrant: Pray for us, O Holy Mother of God:

People: **That we may be made worthy of the promises of Christ.**

Celebrant: Let us pray. We beseech thee, O Lord, pour thy grace into our hearts, that as we have known the incarnation of thy Son Jesus Christ by the message of an angel, so by his cross † and passion we may be brought unto the glory of his resurrection; through the same Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God now and forever.

People: Amen.

Postlude *Variation from Christ, der du bist der helle Tag, BWV 766, Johann Sebastian Bach*

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Thanks to Andrew Warren for being our guest Organist today.

Celebrant Father Jake Cunliffe
Deacon & Homilist Father Eric Beresford
Subdeacon Mark Stenabaugh
Director of Music David Simon

Land acknowledgement for the Church of St Mary Magdalene

We wish to acknowledge this land on which the Church of St Mary Magdalene stands. For thousands of years it has been the traditional land of the Haudenosaunee Confederacy, the Huron-Wendat, the Seneca, the Anishinaabe, and the Mississaugas of the Credit. This land is part of the Dish with One Spoon Treaty, and the Two Row Wampum Belt. Today, this meeting place is still home to many Indigenous people from across Turtle Island, and we are grateful to have the opportunity to care for the plants and creatures provided by the Creator, and to live and worship on this land. (Compiled by Jo-Ann Dawson and Richard Woolrich)