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*"Landscape with Snow" by Vincent Van Gogh*

**Winter Worship Aid  
Ordinary Time I ~ Fourth Sunday**

**February 1, 2026 at 4PM**

## Welcome and Announcements

### **GONG**

Good evening. Whether you are joining us online or in person, welcome to Mary Magdalene the Apostle Catholic Community based in San Diego, CA, on the unceded territories of the many tribes and bands of the Kumeyaay nation, our neighbors. Tonight, we continue in Ordinary Time.

My name is... one of your lectors this evening. Our other lector is... Suzie Knapp is our in-person homilist and presider. Nancy Corran is our online presider.

We'd like to welcome any visitors with us today. For those on Zoom, please feel free to introduce yourselves on chat. For those visitors in person, if you feel comfortable, we invite you to stand and introduce yourselves and tell us where you are from. Know that wherever you are and whoever you are, you are welcome here, just as you are. We are glad you are joining us.

*[Pause for introductions] If in-person visitors are present, please read the following paragraph:*

Our communal spoken responses are in the Assembly Worship Aid. The songs are on the white song sheet inserted in the Worship Aid.

For those of you joining us online, the worship aid is available on our website and is posted in the chat. You may wish to have bread and wine or something similar with you to share in our communion. After our liturgy concludes, we invite our online participants to stay online for some social time.

## COMMUNITY ANNOUNCEMENTS

- February 6th is the first Friday of February when we will again pray the Contemporary Rosary (9:30am to 10:00am). The link will be sent out the day before. All are welcome.
- Please see our bulletin for other community happenings and information.
- General donations to MMACC are appreciated. In-person donations can be placed in the basket on the welcome table. Online donations can be made through our website.
- Please take a prayerful moment as we prepare for liturgy.

### **GONG**

## INTRODUCTORY RITES

### Opening Song – "10,000 Reasons"

Redman

***Bless our God, oh, my soul, oh, my soul. Worship God's holy name.  
Sing like never before, oh, my soul. We worship Your holy name.***

The sun comes up. It's a new day dawning.  
It's time to sing Your song again.  
Whatever may pass and what ever lies before us,  
let us be singing when the ev'ning comes. **R**

You're rich in love and You're slow to anger.  
Your name is great and Your heart is kind.  
For all Your goodness we will keep on singing,  
ten thousand reasons for our heart to find. **R**

And on that day when my strength is failing,  
the end draws near and my time has come,  
still my soul will sing Your praise un-ending,  
ten thousand years and then for ever more. **R**

### Opening Rite

We begin our liturgy with the sign of our faith:  
*In the name of God who is Beloved Community, Jesus who created Beloved Community,  
and the Holy Spirit who inspires Beloved Community, we pray.... Amen.*

May the grace of Jesus the Christ, the love of God, and the peace of the Holy Spirit be with you.  
**And also with you.**

### Knowing God's Loving-Kindness

*We pause for a moment to hold tenderly those times this past week that we lost sight of hope...*

Holy Love, Holy Wisdom, Holy Spirit,  
When we do not pause to contemplate You in creation...  
**Forgive us. Help us to breathe.**

When we do not seek Sophia-Wisdom to guide our ways...  
**Forgive us. Help us to listen.**

When we do not speak out and take just action on behalf of the silenced...  
**Forgive us. Help us to embody You in the world.**

**ALL: Holy One, forgive us when we do not honor You, Your Creation, and Your people.  
Gift us with awesome wonder, holy curiosity, and courage, we pray, Amen.**

## Opening Prayer

*Blessed One, You draw us into the mystery of divine blessing, the mystery of the beatitudes. As we seek to follow Your ways, help us to trust that humility is greater than power; that strength resides in weakness; and that love is stronger than death. Help us break open the joy of righteousness; and teach us what it **truly** means to be blessed and to be a blessing, we pray... **Amen.***

## LITURGY OF THE WORD

### First Reading

*Zephaniah 2:3, 3:12-13*

#### A Reading from Prophet Zephaniah

Seek God, all you humble of the land!  
 You who have observed the law:  
 Seek justice! Seek humility!  
 Thus you will be sheltered  
 on the day of God's anger.

On that day, in the midst of ruins,  
 I, your God, will leave, as a remnant, a people humble and lowly.  
 The remnant of My people will take refuge in My Holy Name.

They will do no wrong They will speak no lies.  
 A deceitful tongue will not be found in their mouths.  
 They will pasture and lie down with none to disturb them.

Hear what the Spirit is saying to God's people.  
***Thanks be to God.***

### Psalm

*Psalm 146:5-6, 7-9, 3-4, Merrill, adapted*

The Psalm Response is: ***We are companions to one another.***

Blessed are those whose strength is in the Beloved,  
 whose trust is in You, O Divine Lover,  
 Who gave birth to the Cosmos – the heavens, Earth, and sea, and all that is within them.  
 You are ever-faithful.

***R: We are companions to one another.***

You uphold the cause of the oppressed.  
 You fill the hungry. You set prisoners free.  
 You give sight to the blind, and insight to those who would see.  
 You lift up those made low,  
 and love those who walk in integrity.

***R: We are companions to one another.***

God protects the resident alien,  
and aids those bereft of family or support.  
God gives succor to those who weep.  
You watch over all those on journey.  
O, that we might become companions and guides  
to one another!

***R: We are companions to one another.***

Put not your trust in riches, in the allure of power,  
in illusory things that fade away.  
For when our day comes to depart this world,  
at that very time, we carry only the love  
imprinted upon our soul.

***R: We are companions to one another.***

## Second Reading

1 Cor 1:26-31

### A Reading from Paul's 1st Letter to the Corinthians 1:26-31

Beloved, consider what you were when you were called. Not many of you were wise by human standards, not many were influential, not many were of noble birth. Rather, God chose the "foolish" of the world to shame the "wise". God chose the weak of the world to shame the strong. God chose those who are low and despised in the world, people who count for nothing, to reduce to nothing those who are something. This way, no one can boast before God! God is the source of your life in Jesus the Christ, who became for us Wisdom from God. Christ is our righteousness, our holiness, and our redemption. Therefore, as it is written, "Let the one who boasts, boast in God."

Hear what the Spirit is saying to God's people  
***Thanks be to God.***

## Gospel Acclamation

Mass of Renewal, C. Stephan

***Alleluia, Alleluia, Alleluia! Alleluia, Alleluia, Alleluia!***

## Gospel

Mt 5:1-12

God is with you. ***And also with you.***

A Reading from the Gospel attributed to Matthew. ***Glory to you, O God.***

Seeing the crowds, Jesus went up a mountain. When he sat down, his disciples came to him.  
Jesus began to speak, teaching them.

"Blessed are the poor in spirit,  
     for theirs is the kin-dom of heaven.  
 Blessed are those who mourn,  
     for they will be comforted.  
 Blessed are the gentle,  
     for they will inherit the earth.  
 Blessed are those who hunger and thirst for justice,  
     for they will have their fill.  
 Blessed are the merciful,  
     for they will be shown mercy.  
 Blessed are the pure of heart,  
     for they will see God.  
 Blessed are the peacemakers,  
     for they will be called children of God.  
 Blessed are those who are persecuted for the sake of righteousness,  
     for theirs is the kin-dom of heaven.

And blessed are you when people insult you and persecute you and utter all kinds of slander against you, falsely, on my account. Rejoice and be glad, for your gift is great in heaven. In the very same way, they persecuted the prophets who were before you."

The Gospel of God.

***Praise to You, Jesus the Christ.***

***Beatitudes as rendered by Rod Stephens:***

Jesus sat down with the people and began to teach them:

Blessed are all who have poverty of spirit,  
     Who proclaim heaven in their need.  
 Blessed are all who mourn,  
     And those who offer hope and comfort to the mournful.  
 Blessed are all who live in meekness  
     it is their strength and the inheritance of peace.  
 Blessed are all who hunger and thirst for what is good and just.  
     It is our hunger and thirst that will call the world in peace.  
 Blessed are all who live in compassion.  
     It grows and nourishes all.  
 Blessed are all whose hearts are untarnished by fear.  
     God is revealed in them.  
 Blessed are all who live in peace;  
     they are servants of the Holy One.  
 Blessed are all who, when encountering fear and hate,  
     proclaim heaven with a response of love.  
 Blessed are all who stand facing pain, loss, and war;  
     They are recognized as whole and holy.  
 Let us rejoice! Be glad! Have hope and peace.  
 These are all the rewards we need!



## Prayers of the Faithful 02-01-26

4th Sunday in the order of time

“God chose those who are low and despised in the world, people who count for nothing, to reduce to nothing those who are ‘something.’” As we re-affirm our commitments in light of these prophetic words, let us ask for all that we and all creation need.

Our response: Rejoice and be glad, for your gift is great in heaven.

***All: Rejoice and be glad, for your gift is great in heaven.***

That it might be truthfully said of us that we do no wrong and speak no lies ... we pray ...

***All: Rejoice and be glad, for your gift is great in heaven.***

That we keep Jesus’s “Blessed are ...” teachings in the front of our hearts and minds as we discern our path as a community of Gospel faith and work in these challenging times ... we pray ...

***All: Rejoice and be glad, for your gift is great in heaven.***

Scripture commands us to treat foreigners the same as citizens, and to love them equally, remembering that we, too, were once foreigners. Let us work to make our country welcoming to migrants, immigrants, asylum seekers, and refugees ... we pray ...

***All: Rejoice and be glad, for your gift is great in heaven.***

That we, most of whom are “nobodies” in human terms, might know deep down that we are “somebody” to the Beloved Who knows our name ... we pray ...

***All: Rejoice and be glad, for your gift is great in heaven.***

The Earth contains the dust of countless generations of our ancestors, as well as the blood of Jesus, of those who perished in the Holocaust, and of our contemporaries killed in war. May this God-beloved Earth become for them and for us the garden of resurrection and new life ... we pray ...

***All: Rejoice and be glad, for your gift is great in heaven.***

That when our day comes to depart this world, at that very time we carry only the Love imprinted on our soul ... and so we pray as Jesus said we should ...

***All: Rejoice and be glad, for your gift is great in heaven.***

Now it is time to bring to God the personal prayers and intentions of our hearts.

All who wish to share a prayer here in person, please come forward to the microphone. All who wish to share a prayer online, please raise your physical or digital hand and you will be called on in turn, or type your prayer in the chat and these will be read aloud.

We ask that your prayers be brief petitions, and in consideration of our diversity of perspectives, remember the universal needs of all people.

**[After each petition:]**

***All: Rejoice and be glad, for your gift is great in heaven.***

**[After all petitions have been spoken:]**

We lift up all those living with illness, injury, loss, and suffering, those who have gone home in Holy Mystery, and all the prayers here today that have remained unspoken, deep in the silence of our hearts...

**(Short pause)**

For these intentions and for all the prayers remaining in the chat and in our community prayer book ... we pray ...

**All: Rejoice and be glad, for your gift is great in heaven.**

**Closing Presider's Prayer:** *God of All, we trust that those who mourn will be comforted; that those who hunger will be filled; that gentleness will prevail; and that all who suffer injustice will know divine blessing. Receive our prayers as blessings for the world, we pray... Amen.*

## LITURGY OF THE EUCHARIST

### Offertory Song – "One Bread, One Body"

*John Foley, SJ*

***One bread, one body, one God of all, one cup of blessing which we bless.  
And we, though many, throughout the earth, we are one body in this one God.***

Gentile or Jew, servant or free, woman or man, no more. **(R)**

Many the gifts, many the works, one in our God of all. **(R)**

Grain for the fields, scattered and grown, gathered to one, for all. **(R)**

### Our Eucharist

Blessed are you, God of all creation. Through your goodness we have this bread to offer, which Earth has given and human hands have made. It will become for us the bread of life.

***Blessed be God forever.***

Blessed are you, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will be our spiritual drink.

***Blessed be God forever.***

Friends, pray that sharing this bread and wine will awaken in us a passion for equity and generosity of spirit, that all may be brought to the table of abundance.

***Transform us to be Your loving and courageous prophets.***

### Prayer with our Gifts

*Holy Love, With this bread, bless our broken places. With this wine, bless our lives poured out. As we share this meal, remind us that we are companions and guides to one another, we pray... Amen.*



## Eucharistic Prayer\*

God dwells in you. ***And also in you.***  
 Come to the table with thankful hearts!  
***We open our hearts to God and one another.***

**Presider:** Wise and faithful Indwelling Spirit, we thank and praise you! You birthed the Cosmos in wisdom and love that life might emerge and thrive.

### Voice 1 (online)

We witness around us Your creative power in the unfolding story of the universe. We, Your creatures, often deviate from Wisdom, hindering Your evolutionary and revolutionary presence in our midst.

### Voice 2 (online)

You sent Jesus, Your Messiah, to live among us as friend, prophet, and liberator. In Jesus, You reveal humanity come of age; divinity-in-humanity. Through Jesus, You extend the invitation to wholeness.

### Voice 3

Indwelling Spirit, You companion us on the journey, calling us as a people of faith to embrace the cosmos and our world with new vision. In union with all throughout time who have lifted their voices in joy, we, too, acclaim our song of praise:

## Sanctus [Sung]

*Mass of Renewal, C. Stephan*

***Holy, holy, holy, O God of hosts, Heaven and earth are full of your glory.  
 Hosanna in the highest. Blessed are all who come in Your Name, Holy God.  
 Hosanna in the highest. Hosanna in the highest.***

*(Please extend your hand, palm up, toward the bread and wine.)*

### Presider:

We invoke Your Spirit upon these gifts of grain and vine, that they may become the body and blood of Jesus in us, to nurture in us the discerning gifts of wisdom, life, and truth.

***ALL: The night before Jesus died, he gathered around the table of shared wisdom with his disciples. Jesus took bread; blessed You, God of all good gifts; broke the bread and gave it to the disciples, saying: Take this all of you and eat. This is my body which is for you.***

*[Pause]*

***After the meal, Jesus took a cup, gave thanks, and shared the cup with his friends, saying: Take this all of you and drink. This is the cup of my life-blood, the cup of love, a sign of the new and everlasting covenant. In prophetic solidarity, it is poured out for you and for all. Sustain one another in the power of sacred memory.***

**Presider:** Let us proclaim the mystery of our faith *(sung)*:

*Mass of Renewal, Stephan*

***We proclaim Your death O Jesus, and profess Your resurrection,  
 until You come again.***

**Voice 4:** As we celebrate this sacred meal, we remember the blessings of ages past, and we look forward in hope, knowing that You, Holy Love, will continue to empower us in our earthly mission.

**Presider:** In union with all peoples living and dead, we unite our longings and prayers, asking for wisdom and courage:

**Voice 5:** to discern Your Voice in the circumstances of our daily lives;

**Voice 6:** to act justly in confronting the desecration of Earth and its peoples, their pain and their suffering;

**Voice 7:** to take risks to be creative and proactive on behalf of those who are poor and marginalized;

**Voice 8:** and to love all people, beyond all our labels, with generosity of heart.

**Presider:** As our world unfolds amid pain and beauty, inspire us to attend to new things Sophia Spirit makes possible. Remind us that we are co-creators in the wise and wonderful work of creation, and our future.

*Through God, - Loving Creator*

*Through Christ, - Liberator,*

*Through Sophia, - Enlivening Spirit,*

*we give thanks and praise, now and always. Amen.*

## The Great Amen

*Mass of Renewal, C. Stephan*

*A-a-men, a-a-men, a-men!*

## COMMUNION RITE

### The Prayer of Jesus

*Fresen/Willman/Klotz, adapted*

*The prayer often called the "Our Father" has been translated and rendered in many ways over the last 2,000 years. Feel free to pray using the language and words most comfortable to you. We offer this contemporary recited version.*

*Birther of the Cosmos, you breathe life into us.*

*May your Wisdom guide us and all creation.*

*May your love be acknowledged*

*in its home in each human heart,*

*as it is at home throughout the cosmos.*

*Grant us today both bread and insight*

*that we may become bread for others.*

*Loose the cords of wrongs that bind us.*

*In this freedom, help us loose the cords we bind round others.*

*Don't let surface things delude us, but free us from clouded vision,*

*from all that holds us back from loving.*

*For in you is born the astonishing fire that gives life to all*

*and the song that beautifies all, here, now and always, Amen.*

## Sign of Peace

May the peace of Christ be with you.

**And also with you.**

Let us offer one another, and the whole world, God's peace.

## Lamb of God

*Mass of Renewal, C. Stephan*

***Jesus Christ, you call us to the gospel of hope, O Jesus, O Jesus, the Christ.***

***Jesus Christ, you call us to the gospel of love, O Jesus, O Jesus, the Christ.***

***Jesus Christ, you call us to the gospel of peace, grant us, grant us peace.***

In and through the Spirit, we are God's hands and heart in the world.

***We are happy and blessed to share this sacred work.***

*We believe that this is God's table, not ours; all are truly welcome and invited to receive the gluten free eucharistic bread, and consecrated red wine or white grape juice. May all who share this communion be united in the Body of Christ that knows no bounds. **Amen!***

## Communion Song - "Blest Are They"

Blest are they, the poor in spirit, theirs is the kin-dom of God.

Blest are they, full of sorrow, they shall be consoled.

***Rejoice and be glad! Blessed are you, holy are you!***

***Rejoice and be glad! Yours is the kin-dom of God!***

Blest are they, the lowly ones, they shall inherit the earth.

Blest are they who hunger and thirst, they shall have their fill. **(R)**

Blest are they who show mercy, mercy shall be theirs.

Blest are they, pure of heart, they shall see God! **(R)**

Blest are they who seek peace; they are the children of God.

Blest are they who suffer in faith, the glory of God is theirs. **(R)**

## Prayer After Communion

*Source of all Blessings; Source of all that is good and right,*

*We thank you for the spiritual sustenance of this communion. May it remind us that to seek Your blessing is to seek out those who are poor in body and spirit; those who suffer; those who face violence with peace in their hearts and blessings on their lips. And may we not only seek out but also seek to be the prophets who hunger and thirst for justice, we pray...*

## CONCLUDING RITES

### Closing Blessing

*John Philip Newell*

*May we continue to hope even when all seems hopeless;  
Let the church say... **Amen.***

*May we never mistake privilege for blessing;  
Let the church say... **Amen.***

*May we use whatever privilege we have challenge systems of domination and bless others;  
Let the church say... **Amen.***

*And may we see as God sees;  
Let the church say: **Amen.***

### Sending Forth

This mass is ended. Ordinary Time continues.  
***Thanks be to God!***

### Closing Song - "Do Not Fear to Hope"

*Rory Cooney*

***Do not fear to hope though the wicked rage and rise.  
Our God sees not as we see; success is not the prize.  
Do not fear to hope, for though the arc be long,  
The race shall not be to the swift, the fight not to the strong.***

Look to God when vic-to-ry, seems out of jus-tice's sight.  
Look to God, whose loving hand, brought forth bright day and the beauty of the night. **R**

Look to God when reason fails, and terror reigns in our sight.  
Look upon the crucified and see beyond into Easter's dawning light. **R**

Hope is for a pilgrim people, searching for a promised land.  
Hope is like a rose in winter or an open hand.  
It celebrates the light of morning while working in the dark and cold.  
It gathers us together to share what we've been told. **R**

\*\*\*\*\*

*We are grateful to have shared in worship today!  
At Mary Magdalene Apostle Catholic Community, we have embraced the dream of a transformed Roman Catholic Church. We seek to support a full-time paid pastor or equivalent and a variety of social justice activities, giving a percentage of our Sunday offering back to the community  
To support our community, please visit <http://www.mmacc.org/donate>*

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*Some song lyrics have been adapted to align with our commitment to inclusive language.*

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*\*The Eucharistic Prayers (EP), "Wisdom" and "Calling Forth the Adult" were composed by Diarmiud O'Murchu. The two EPs were adapted by the MMACC Liturgy Committee for use in this worship aid.*