

January 31, 2021 — Fourth Sunday in Ordinary Time



Catholic Community at Stanford

web.stanfordcatholic.org

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New announcement

* Ash Wednesday, February 17: A Feast of Options

Ash Wednesday is not a holy day of obligation even outside of pandemics. It is, however, a significant and meaningful start to our Lenten journey.

Zoom Mass for Undergrads: Time TBD.

Outdoor Mass @ 3:30pm, St. Raymond's, Menlo Park. For the ashes, a unique sterile swab will be used for each person. (Why 3:30? It's the only time available at St. Raymond's, which is busy with school and services.) **Registration required by noon Ash Wednesday** at <https://www.eventbrite.com/e/catholic-community-at-stanford-330pm-mass-ash-wed-february-17-2021-tickets-139006944513>

Pray with a Priest. Short prayer and ashes with a unique sterile swab for each person.

- **12pm-2pm:** Fr. Dominic and Fr. Xavier will be outside their home (1231 Arbor Rd, Menlo Park, next to St. Raymond's Church; enter the driveway with mailbox 1231).
- **8am-12pm, 1pm-3pm:** Fr. Bob will be at Heritage Park (300 Homer Ave. Palo Alto)

Livestream Mass @ 6:00pm (Pacific) Live on YouTube and available for later viewing as well.

Ashes at Home: If you signed up to pick up a Mardi Gras swag bag, you'll discover blessed ashes and a prayer inside your bag. Sign up for a swag bag at <https://forms.gle/mqeZ4Er7rGiUHNKG6>

Fasting and abstinence:

- On Ash Wednesday and Good Friday, we fast and we abstain from meat (obligatory for those in good health ages 18-59). Fasting means that one full meal, as well as two smaller meals that together are not equal to a full meal, may be eaten.
- On all Fridays during Lent, we abstain from meat (obligatory for those in good health 14 and older).

FOURTH SUNDAY IN ORDINARY TIME JANUARY 31, 2021

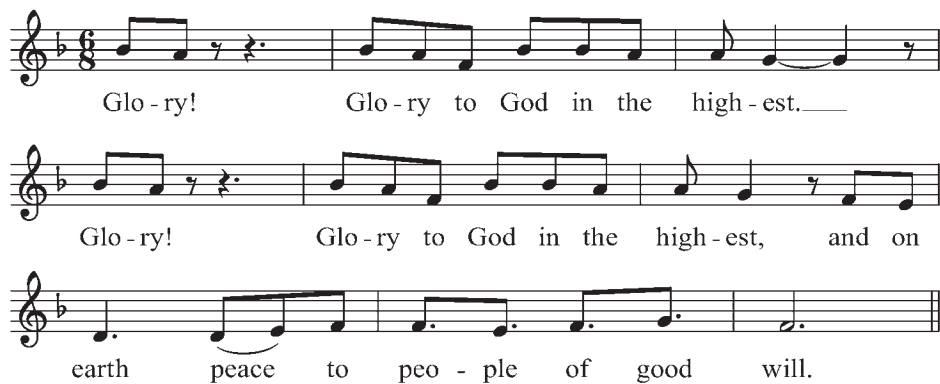
Gathering "10,000 Reasons/Bless the Lord"

Bless the Lord, oh, my soul, oh, my soul.
Wor-ship his ho - ly name. Sing like nev - er be-fore,
oh, my soul. I wor-ship your ho - ly name.

- 1) The sun comes up. It's a new day dawning. It's time to sing Your song again. Whatever may pass and whatever lies before me, Let me be singing when the evening comes.
- 2) You're rich in love and You're slow to anger. Your name is great and Your heart is kind. For all Your goodness I will keep on singing Ten thousand reasons for my heart to find.
- 3) 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 unending Ten thousand years and then forever more.

Words and Music: Matt Redman, Jonas Myrin; arr. by Dan Galbraith, Brad Henderson & Shane Ohlson; orch. by Dan Galbraith. © 2011 Thankyou Music, Said And Done Music, sixsteps, Music SHOUT! Publishing (admin EMI CMG Publishing). All rights reserved. Used by permission.

Gloria *from "Mass of St. Ann"*



Glo-ry! Glo-ry to God in the high-est.____

Glo-ry! 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 adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.

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.

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.

Words: from the English translation of The Roman Missal, © 2010, International Commission on English in the Liturgy Corporation. All rights reserved. Music: Ed Bolduc, © 2011, World Library Publications.

First Reading Deuteronomy 18:15–20

Moses spoke to the people; he said:

*“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.”*

Updated info

* All Community Mardi Gras
Party—Tuesday, February 16

6:30pm-7:30pm (Pacific)

We will be gathering to play games and get
a chance to visit with one another—this year
over Zoom! **See the weekly email for the
Zoom info.** (Don't get our weekly email?
Sign up for it on our website: [db.stanford-
catholic.org/sign-up-for-updates](http://db.stanford-catholic.org/sign-up-for-updates))

Sign up for a Swag Bag that you can pick
up Sunday Feb. 14 or Monday Feb. 15.
Swag Bags will include things to enjoy both
during the party and for Lent: dice for the
games, a sweet made by Fr. Bob, Mardi
Gras beads, and Hurricane cocktail mix
PLUS ashes and instructions to self-apply
for Ash Wednesday, prayers, a Lenten book-
let and a Catholic Relief Services Rice Bowl.
Sign up for a Swag Bag at [https://forms.gle/
mqeZ4Er7rGiUHNKG6](https://forms.gle/mqeZ4Er7rGiUHNKG6)

Contact us with questions ahead of time:
M'Lis Berry at meberry@stanford.edu

First announced January 24

* Reading Group

Our next meeting will be on **Monday Feb.
22nd at 7:30pm (Pacific) via Zoom** to
discuss Pope Francis's new book *Let
Us Dream: The Path to a Better Future*,
available in book form or on Kindle. Francis'
critique of the current social and political
crisis and plea for reform of political institu-
tions and social policy for the common good
is an urgent call as we seek to move to a
more just and more compassionate society
in our country. Anyone not on the mailing list
who wants to join the conversation should
contact Albert Gelpi (agelpi@stanford.edu).
The Zoom link will be sent to the list closer
to the date of the meeting.

First announced January 17

* Online Community Road Trip: Proclaim the Promise

This year it's really easy to enjoy the big annual Catholic [Religious Education Congress, February 18-21](#). Because it's online, it's easy to attend and doesn't require a commitment to the whole weekend.

There will be a combination of live talks by nationally-known speakers, live Masses celebrating different cultures, and workshops available on demand throughout the weekend. English, Spanish, and Vietnamese are employed, and there's even a track for high school students.

Undergrads and grad students, **if you sign up at https://docs.google.com/forms/d/e/1FAIpQLSdjlkpQa955-O2EuR6KTLNuK_J0oJ9F6h2KYGvjgflPpR3uQA/viewform?usp=sf link by Friday, February 12**, Catholic Community at Stanford will register you and cover your fee.

Permanent community members, including high schoolers, can register themselves at <https://recongress.org/>. But then also sign up at https://docs.google.com/forms/d/e/1FAIpQLSdjlkpQa955-O2EuR6K-TLNuK_J0oJ9F6h2KYGvjgflPpR3uQA/viewform?usp=sf link so that our staff can help our community members connect with each other.

This is the largest and best gathering of its kind in the world. Don't miss out. We'll have opportunities during and after the conference for our community members to discuss with each other what they've learned and experienced.

Psalm (1:00 Outdoor Mass) (Ps. 95)

(spoken response)

R: If today you hear God's voice, harden not your hearts.

O come, let us sing to the Lord;
let us make a joyful noise to the rock of our salvation!
Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!
(R.)

O come, let us worship and bow down,
let us kneel before the Lord, our Maker!
For he is our God, and we are the people of his pasture,
and the sheep of his hand.
(R.)

O that today you would listen to his voice!
Do not harden your hearts, as at Meribah,
as on the day at Massah in the wilderness,
when your ancestors tested me,
and put me to the proof,
though they had seen my work.
(R.)

Psalm (4:30 Live Stream) "If Today" (Ps. 95)

REFRAIN: All

If to-day ____ you hear the voice ____ of God, ____ if to-
day ____ you hear ____ God's own voice, ____ hard - en not your heart, ____
hard - en not your heart, ____ hard - en not your heart. ____
to - day. ____ To - day. ____

1-3 to Verses Final Fine

VERSES 1, 2: Cantor

1. Sing out, oh peo - ple, ____ with songs of glad - ness. ____
2. Come, let us wor - ship ____ the God who made ____ us, ____

to Refrain

1. Let us ac - claim the rock of our ____ sal - va - tion. ____
2. the one who guides and shep - herds us ____ with love. ____

Words from Psalm 95, adapted by Bob Hurd. Music by Bob Hurd and Joe Bellamy.

*Brothers and sisters,
let each of you lead the life
that the Lord has assigned,
to which God has called you.*

*I want you to be free from anxieties.
The unmarried man is anxious about the affairs of the Lord,
how to please the Lord;
but the married man is anxious about the affairs of the world,
how to please his wife,
and his interests are divided.*

*The unmarried woman and the virgin
are concerned about the affairs of the Lord,
so that they may be holy in body and spirit;
but the married woman is concerned about the affairs of the world,
how to please her husband.*

*I say this for your own benefit,
not to put any restraint upon you,
but to promote good order and unhindered devotion to the Lord.*

Their Stories: You're the Hero

Hopefully you've had a chance to read our email that shares our students', alumni, and community members' stories. If you haven't read the stories yet, you can pick up the link to them on our home page at stanfordcatholic.org

St. Anthony's Padua Dining Room

During this time of pandemic, CC@S continues to help prepare take-away hot meals for those in need at St. Anthony's Padua Dining Room in Menlo Park (<http://paduadining-room.com>) every first and fourth Saturday of the month. However, to reduce the risk of virus transmission we are not able to accept new volunteers, currently. Please stay tuned for volunteer opportunities to resume. For further information, please contact gary.glover@stanford.edu (650-302-6902).

Marriage Preparation

Were you going to be married at Stanford's Memorial Church or were you being prepared by the Catholic Community at Stanford to be married elsewhere but now are unable to find a wedding prep program? If so, contact Fr. Xavier (xavierop@stanford.edu) about the possibility of joining our online program.

Reading Genesis in a Different Light: Tuesday Scripture Seminar

Tuesdays at 7:30pm, online via Zoom

<https://stanford.zoom.us/j/96461476814>

For passcode, see weekly email or contact Fr. Xavier (xavierop@stanford.edu, 650-291-4590)

Come explore the Book of Genesis. What do you need? A Bible. How do you prepare? Just read the few chapters assigned. What do you offer? Your insights and the insights of others you've read. Genesis tells with issues and questions that still plague us. Length 45-55 minutes. Come to as many or as few as you want.

February 2nd: The Flood: A lesson to see ourselves or how God is? Read Gen 6-9

February 9th: The Tawdry Mess Begins Again: God's Crazy Solution. Read Genesis 10-11:20

Some Upcoming topics: (1) Being chosen means having a mission. (2) Sibling Rivalry: Be the Wrong Person (3) Sacrifice his Son? (4) I am your brother Joseph: A Call to Us.

Gospel Acclamation from "Mass from Age to Age"

Al - le-lu - ia, al - le - lu - ia, al - le-lu - ia.

Al - le-lu - ia, al - le - lu - ia, al - le-lu - ia.

First time to verse *Last time*
al - le - lu - ia.

Music: Chris de Silva, © 2010, GIA Publications, Inc.

Gospel Mark 1:21–28

*The disciples 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, convulsing the man
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 Jesus’ fame began to spread
throughout the surrounding region of Galilee.*

Apostles’ Creed

I believe in God, the Father almighty, Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,

[bowing:] who was conceived by the Holy Spirit, born of the Virgin Mary,

suffered under Pontius Pilate, was crucified, died and was buried;
he descended into hell; on the third day he rose again from the dead;
he ascended into heaven, and is seated at the right hand of God, the Father almighty;
from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints,
the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Offertory

“Come, My Way, My Truth, My Life”



1. Come, my Way, my Truth, my Life: Such a
2. Come, my Light, my Feast, my Strength: Such a
3. Come, my Joy, my Love, my Heart: Such a



way as gives us breath; Such a truth as ends all
light as shows a feast; Such a feast as mends in
joy as none can move; Such a love as none can



strife; Such a life as kill - eth death.
length; Such a strength as makes his guest.
part; Such a heart as joys in love.

Words: George Herbert, 1593-1632. Music: THE CALL by Ralph Vaughan Williams, 1872-1958, from Five Mystical Songs.

Offertory

If you have found spiritual encouragement from our virtual Sunday Mass, please consider making an offering. CC@S relies on individual donations from supporters all over the country to fund Sunday Mass, spiritual programs for students, faculty, staff and other permanent community members.

- To make an online donation through Venmo, Venmo @stanford-catholic
- To make a tax-deductible donation through PayPal, Check, or stock transfers, see stanfordcatholic.org/give/ways-to-give

Sanctus

from “Mass from Age to Age”



Ho - ly, Ho - ly, Ho - ly, Lord God of hosts.



Heav-en and earth are full of your glo-ry. Ho - san - na in the



high - est. Ho - san - na ho - san - na ho - san - na in the high - est.



Bless-ed is he who comes in the name of the Lord. Ho -



san - na ho - san - na ho - san - na in the high - est. Ho -



san - na ho - san - na ho - san - na in the high - est.

Memorial Acclamation from “Mass from Age to Age”

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

The musical notation is in G major (one sharp) and 4/4 time. It consists of two staves. The first staff begins with a quarter rest, followed by a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G. The second staff begins with a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G.

Great Amen from “Mass from Age to Age”

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

The musical notation is in G major (one sharp) and 4/4 time. It consists of two staves. The first staff begins with a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G. The second staff begins with a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G.

Agnus Dei from “Mass from Age to Age”

Cantor: Lamb of God, *Assembly:* you take a-way the sins of the
world, have mer-cy on us, Lamb of God. *Cantor:* Lamb of
God, *Assembly:* you take a-way the sins of the world, have
mer-cy on us, Lamb of God. *Cantor:* Lamb of world,
grant us peace, grant us peace, grant us peace.

The musical notation is in G major (one sharp) and 4/4 time. It consists of six staves. The first staff begins with a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G. The second staff begins with a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G. The third staff begins with a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G. The fourth staff begins with a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G. The fifth staff begins with a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G. The sixth staff begins with a quarter note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G.

Mass from Age to Age—Holy, Holy, Holy / Memorial Acclamation / Amen / Lamb of God—Revised Order of Mass:
Music: Chris de Silva, © 2010, GIA Publications, Inc.

Communion Prayer

Lord Jesus, you promised to be with your church until the end of time.
Help us to believe that you are with us now in our hour of need.

We long to experience your presence more deeply and more intimately,
even when we can't gather together as your church to celebrate the Eucharist.

Deepen our belief that you are present within us
and that you bind us together in communion with you.

May our communion with you and one another
move us to reach out to others, especially those who seek justice.

We know that you abide with those whom you created.
Never let us forget your love. Amen.

Communion "The Lord Is My Light"

The Lord is my light, the Lord is my light, the
Lord is my light and my sal - va - tion. Tell me now,
who should I fear? The Lord is the strong-hold, the
strength of my life. Tell me now, who should I fear?

The musical score is written in 3/4 time with a key signature of two flats (B-flat and E-flat). It consists of four staves of music. The first staff begins with a repeat sign and a first ending bracket. The second staff includes a first ending marked '1 (Fine)' and a second ending marked '2'. The lyrics are placed below the notes.

- 1) One thing I ask, one thing I seek: to dwell in the house of the Lord
all of my days; only to gaze on the wonder of the Lord,
for the Lord will hide me in his shelter.
In times of trouble the Lord covers me.
- 2) When evil abounds, and hatred surrounds,
please save me, Lord, from my despair.
Show me your way, lead me this day on the path that takes me there.
I believe that I shall see your goodness. In the land of the living, I will find peace.

[after verse 2, the first part of the refrain is sung 4 times.]

Words and Music: Michael Avolicino

We Are Stanford's Guest

Catholic Community at Stanford is a parish and campus ministry operating as a guest of Stanford University. Stanford graciously offers us the use of several offices as well as access to hold Masses on campus. We are extremely grateful. However, we do not receive financial support from Stanford University. Our expenses are funded from individual gifts to CC@S.

Ways to Give

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If you need any help with your donation, please contact M'Lis Berry at meberry@stanford.edu

Join the Live-Stream Choir!

At the end of our live streamed Masses, singers and instrumentalists from all over the world join together to lead our community in song.

Would you like to “join” the choir?

It's not difficult and you don't have to be a recording star to join in. The music is pre-recorded and then mixed together, so your voice is blended with others.

God is calling us in many different ways these days. Perhaps Live-stream choir is a way to help others pray through song about mercy, grace, forgiveness, and hope.

For more info, contact Eric (elebel@stanford.edu)

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Reporting sexual misconduct:

Contact the Diocese of San Jose Office for the Protection of Children and Vulnerable Adults (OPCVA), by phone at 408-983-0113, or online at <https://opcva.ethicspoint.com>. All reports are confidential. See <https://www.dsj.org/ministries/protecting-gods-children/> for more information

Recessional “Lead Me, Lord”

Verses



1. Bless - ed are the poor in spir - it, long - ing for their
2. Bless - ed are the mer - ci - ful, for mer - cy shall be
3. Blest are they who through their life-times sow the seeds of



1. Lord, for God's com - ing king - dom shall be theirs.
2. theirs, and the pure in heart shall see their God.
3. peace, all will call them chil - dren of the Lord.



1. Bless - ed are the sor - row - ing, for they shall be con -
2. Blest are they whose hun - ger on - ly ho - li - ness can
3. Blest are you, though per - se - cu - ted in your ho - ly



1. soled, and the meek shall come to rule the world.
2. fill, for I say they shall be sat - is - fied.
3. life, for in heav - en, great is your re - ward.

Refrain



Lead me, Lord, lead me, Lord, by the light of truth to



seek and to find the nar - row way. Be my way;



be my truth; be my life, my Lord, and lead me, Lord, to -



1-2 to Verses Final
day. day. And lead me, Lord, to - day.

Words based on Matthew 5:3-12; 7:7, 13; John 14:6. Words and music © 1987, John D. Becker. Published by OCP. All rights reserved.

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