



# ST. MARY PARISH

Love ♦ Serve ♦ Grow

3rd Sunday in Ordinary Time  
Sacramento, California  
January 21<sup>st</sup>, 2024



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## Reading I

### **Jon 3:1-5, 10**

The word of the LORD came to Jonah, saying:

“Set out for the great city of Nineveh,  
and announce to it the message that I will tell you.”

So Jonah made ready and went to Nineveh,  
according to the LORD’S bidding.

Now Nineveh was an enormously large city;  
it took three days to go through it.

Jonah began his journey through the city,  
and had gone but a single day’s walk announcing,  
“Forty days more and Nineveh shall be destroyed, “  
when the people of Nineveh believed God;

they proclaimed a fast  
and all of them, great and small, put on sackcloth.

When God saw by their actions how they turned from  
their evil way,

he repented of the evil that he had threatened to do to  
them; he did not carry it out.

*Responsorial Psalm*

**Ps 25:4-5, 6-7, 8-9**

**R. Teach me your ways, O Lord.**

Your ways, O LORD, make known to me;  
teach me your paths,  
Guide me in your truth and teach me,  
for you are God my savior.

**R. Teach me your ways, O Lord.**

Remember that your compassion, O LORD,  
and your love are from of old.  
In your kindness remember me,  
because of your goodness, O LORD.

**R. Teach me your ways, O Lord.**

Good and upright is the LORD;  
thus he shows sinners the way.  
He guides the humble to justice  
and teaches the humble his way.

**R. Teach me your ways, O Lord.**

## Reading II

### **1 Cor 7:29-31**

I tell you, brothers and sisters, the time is running out.  
From now on, let those having wives act as not having  
them,  
those weeping as not weeping,  
those rejoicing as not rejoicing,  
those buying as not owning,  
those using the world as not using it fully.  
For the world in its present form is passing away.

## Alleluia

### **Mk 1:15**

R. Alleluia, alleluia.

The kingdom of God is at hand.  
Repent and believe in the Gospel.

R. Alleluia, alleluia.

## Gospel

### Mk 1:14-20

After John had been arrested,  
Jesus came to Galilee proclaiming the gospel of God:  
“This is the time of fulfillment. The kingdom of God is  
at hand. Repent, and believe in the gospel.”

As he passed by the Sea of Galilee,  
he saw Simon and his brother Andrew casting their  
nets into the sea; they were fishermen.

Jesus said to them,  
“Come after me, and I will make you fishers of men.”  
Then they abandoned their nets and followed him.  
He walked along a little farther  
and saw James, the son of Zebedee, and his brother  
John.

They too were in a boat mending their nets.  
Then he called them.

So they left their father Zebedee in the boat  
along with the hired men and followed him.

# The Summons



1. Will you come and fol - low me If I but  
 2. Will you leave your - self be - hind If I but  
 3. Will you let the blind - ed see If I but  
 4. Will you love the 'you' you hide If I but  
 5. Lord, your sum - mons ech - oes true When you but



call your name? Will you go where  
 call your name? Will you care for  
 call your name? Will you set the  
 call your name? Will you quell the  
 call my name. Let me turn and



you don't know And nev - er be the same?  
 cruel and kind And nev - er be the same?  
 pris - 'ners free And nev - er be the same?  
 fear in - side And nev - er be the same?  
 fol - low you And nev - er be the same.



Will you let my love be shown, Will you  
 Will you risk the hos - tile stare Should your  
 Will you kiss the lep - er clean, And do  
 Will you use the faith you've found To re -  
 In your com - pa - ny I'll go Where your



let my name be known, Will you let my  
 life at - tract or scare? Will you let me  
 such as this un - seen, And ad - mit to  
 shape the world a - round, Through my sight and  
 love and foot - steps show. Thus I'll move and



life be grown In you and you in me?  
 an - swer prayer In you and you in me?  
 what I mean In you and you in me?  
 touch and sound In you and you in me?  
 live and grow In you and you in me.

# Here I Am, Lord

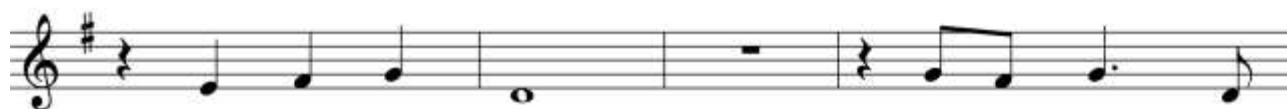
## Verses



1. I, the Lord of sea and sky, I have heard my  
 2. I, the Lord of snow and rain, I have borne my  
 3. I, the Lord of wind and flame, I will tend the



peo - ple cry. All who dwell in dark and sin  
 peo - ple's pain. I have wept for love of them.  
 poor and lame. I will set a feast for them.



My hand will save. I who made the  
 They turn a - way. I will break their  
 My hand will save. Fin - est bread I



stars of night, I will make their dark - ness bright.  
 hearts of stone, Give them hearts for love a - lone.  
 will pro - vide Till their hearts be sat - is - fied.



Who will bear my light to them? Whom shall I send?  
 I will speak my word to them. Whom shall I send?  
 I will give my life to them. Whom shall I send?

## Refrain



Here I am, Lord. Is it I, Lord? I have heard you



call - ing in the night. I will go, Lord, if you



lead me. I will hold your peo - ple in my heart.

# COME, FOLLOW ME

Gael Berberick (ASCAP) and  
Barney Walker (ASCAP)

## Refrain



The Refrain is written on a single staff in G major (one sharp) and 4/4 time. It consists of four lines of music, each with a corresponding line of lyrics. The melody is simple and repetitive, using mostly quarter and eighth notes. The lyrics are: 'Come, fol - low me and live; do not be a - fraid. Be - lieve and trust in me; your faith will give you strength. Leave all your fears be - hind you; let your heart be free, for I will be your guide. Oh, come and fol - low me.'

Come, fol - low me and live; do not be a - fraid. Be -  
lieve and trust in me; your faith will give you strength. Leave  
all your fears be - hind you; let your heart be free, for  
I will be your guide. Oh, come and fol - low me.

## Verses



The Verses are written on a single staff in G major (one sharp) and 4/4 time. They consist of three lines of music, each with a corresponding line of lyrics. The melody is simple and repetitive, using mostly quarter and eighth notes. The lyrics are: '1. Come, fol - low in these foot-steps; I'll lead you gent - ly home. 2. Come, walk a - cross the wa - ter; place all your faith in me. 3. If you re - main with - in me, my words re - main in you.'

1. Come, fol - low in these foot-steps; I'll lead you gent - ly home.  
2. Come, walk a - cross the wa - ter; place all your faith in me.  
3. If you re - main with - in me, my words re - main in you.

to Refrain



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## **For the Healing of the Nations**

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1. For the healing of the nations,  
Lord, we pray with one accord;  
For a just and equal sharing  
Of the things that earth affords.  
To a life of love and action  
Help us rise and pledge our word.
2. Lead us now, Lord, into freedom,  
From despair your world release;  
That redeemed from war and hatred,  
All may come and go in peace.  
Show us how through care and goodness  
Fear will die and hope increase. Amen.

*Text: Fred Kaan, b.1929, alt., © 1968, Hope Publishing Co.*

# This Is the Time of Fulfillment! / ¡Se Ha Cumplido el Tiempo!

The musical score is written on two staves in G major (one sharp) and common time. The melody is simple and hymn-like. The lyrics are written below the notes, with some words split across lines. The first staff ends with a double bar line. The second staff continues the melody and ends with a double bar line.

This is the time of ful - fill - ment! The  
¡Se ha cum - pli - do el tiem - po! ¡Ya es - tá

reign of God is at hand!  
cer - ca el rei - no de Dios!

Text: Mark 1:15, James J. Chepponis, b.1956; tr. by Ronald F. Krisman, b.1946  
Tune: James J. Chepponis, b.1956  
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1 Return to the Lord with repentant hearts,  
Repentant hearts. (C4)

2 O turn from sin, and be filled with new life,  
Be filled with new life. (C5)

3 Reform your lives and believe the Good News,  
Believe the Good News. (B1)

4 O serve the lord and follow his way,  
And follow his way. (B5)