



**Fourth Sunday in Ordinary Time –  
Pro-Life Sunday  
February 1, 2015**

## **Sunday Liturgy Guide for the Church of the Poor in the Spirit of the New Evangelization**

**The Church of the Poor, through the Basic Ecclesial Communities, serves God’s Kingdom of Integrity, Justice, and Peace through the agenda of the Church of the Poor.**

We are a happy Filipino people, majority poor and oppressed, buoyed up by the visit of Pope Francis who bade us to hear the cry of the poor – victims of “injustice and oppression which give rise to scandalous social inequalities”, to go to Jesus on the Cross for answers to difficult experiences of suffering and death in ordinary natural occurrences and in the conscious quest for justice and peace. Catholics among us are consoled when he asked us to go to Mary, Mother of Jesus Christ and our Mother, because she is the mother who never lets us, her children, down.

With Pope Francis’ departure to the Vatican, what did he leave behind for us?

1. He asked us to encounter Jesus Christ and proclaim his Kingdom, always in dialogue with men and women of other faiths and religions.

2. He asked us to commit ourselves to the poor, to hear their cry and to be in solidarity with their project for development, justice and peace and “break the bonds of injustice and oppression which give rise to glaring, and indeed, scandalous social inequalities.”

3. He asked us to build a modern society – “a society respectful of authentic human values, protective of our God-given human dignity and rights, and ready to confront new and complex political and ethical questions.”

4. He asked us to care for the environment, reminding us that “we are called to make the earth a beautiful garden for the human family. When we destroy our forests, ravage our soil and pollute our seas, we betray that noble calling.”

5. He asked us to care for our children and young people as they face the challenge of integrity: to muster the courage to bear prophetic witness for “honesty and fairness in dealing with others” and for love, to be honest and fair in love.

6. He asked us to care for the family. Our families are subjected to countless sufferings caused by natural disasters, by an economic situation that has “caused families to be separated by migration and the search for employment”, by “financial problems (that) strain many households” and by “forms of ideological colonization.”

7. He asked us to “acknowledge and combat the causes of the deeply rooted inequality and injustice which mar the face of Filipino society, plainly contradicting the teaching of Christ.” In practical terms, he left us a task: “to create “circles of integrity”, networks of solidarity which can expand to embrace and transform society by their prophetic witness.”

We are aware that when we seriously take the exhortations of Pope Francis seriously, then we are dealing with the Decrees and Acts of the Second Plenary Council of the Philippines (PCP II). PCP II has called on Catholics to be a Church Renewed. The sign of this renewal is the Church of the Poor, marked by a Community of Disciples and the Empowerment of the Laity. The instrument needed to bring about this Church of the Poor has always been the Basic Christian Communities in their various names and levels of existence. All in the service of God’s Reign. Thank you, Pope Francis. Hopefully, we can move on to implement the Agenda of the Church of the Poor: Build a Society of Integrity, Justice and Peace with the Poor and without exclusion! ■

## **Introductory Rites**

**Entrance Antiphon:**(Ps 106 (105):47)  
**and make it our glory to praise you.**

P: In the name of the Father, and of the Son, and of the Holy Spirit.

*C: Amen*

P: The Lord be with you.

*C: And with your spirit.*

## **Introduction and Welcome**

P: Dear brothers and sisters: today is the Fourth Sunday of Ordinary Time. This is also Pro-Life Sunday. In a very special way we pray for parents, fathers and mothers, that they will not abandon God's gift of life in the womb for any reason whatsoever. We pray for the unborn, that their right to life and all that it entails may be respected and protected by laws and State policies all over the world. We pray for those unborn children who were killed in the wombs of their mothers by abortion that they may pray for forgiveness and healing for their parents for the cause of God's boundless love for us all.

## **Penitential Act**

P: Brothers and sisters: to celebrate worthily these sacred mysteries, let us now recall to mind our sins and ask God's loving forgiveness and compassion.

P: Lord Jesus, by your incarnation, you chose to be born poor. Lord, have mercy.

*C: Lord, have mercy.*

P: Christ Jesus, by your ministry for the kingdom, you strove to eradicate poverty. Christ, have mercy.

*C: Christ, have mercy.*

P: Lord Jesus, by your suffering, death and resurrection, you have shown us the road in the mission for a fuller life. Lord, have mercy.

*C: Lord, have mercy.*

P: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

## *Gloria*

Glory to God in the Highest!

And on earth peace to people 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.

*Amen.*

## **Collect**

P: Let us pray: Grant us, Lord our God, that we may honor you with all our mind, and love everyone in truth of heart. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever.

*C: Amen.*

## **LITURGY OF THE WORD**

**First Reading: Deuteronomy 18:15-20**

L: A reading from the Book of Deuteronomy

Moses spoke to all the people, saying: "A prophet like me will the LORD, your God, raise up for you from among your own kin; to him you shall listen. This is exactly what

you requested of the LORD, your God, at Horeb on the day of the assembly, when you said, ‘Let us not again hear the voice of the LORD, our God, nor see this great fire any more, lest we die.’

And the LORD said to me, ‘This was well said. I will raise up for them a prophet like you from among their kin, and will put my words into his mouth; he shall tell them all that I command him. Whoever will not listen to my words which he speaks in my name, I myself will make him answer for it. But if a prophet presumes to speak in my name an oracle that I have not commanded him to speak, or speaks in the name of other gods, he shall die.’”

L: The Word of the Lord.

C: *Thanks be to God.*

#### **Commentary on Deuteronomy 18:15-20:**

Jonah, just spewed out from the belly This is about the phenomenon of the presence of genuine prophets and false prophets in ancient Israel. False prophets practiced the craft with the help of mediators like divination, magic, sorcery, and the like. On the other hand, genuine prophets only spoke on behalf of God, of what the Lord had put into him to proclaim about. The ultimate criterion for genuine prophecy lay in its being fulfilled; whereas false prophets, notwithstanding using so many mediations, were incapable of making things happen. But if a genuine prophet presumed to speak about an oracle which did not come from Moses or Yahweh, he would be punished with death.

**Responsorial Psalm: Psalm 95:1-2, 6-7, 7-9**

***R. If today you hear his voice, harden not your hearts.***

Come, let us sing joyfully to the

LORD; let us acclaim the rock of our salvation. Let us come into his presence with thanksgiving; let us joyfully sing psalms to him.

***R. If today you hear his voice, harden not your hearts.***

Come, let us bow down in worship; let us kneel before the LORD who made us. For he is our God, and we are the people he shepherds, the flock he guides.

***R. If today you hear his voice, harden not your hearts.***

Oh, that today you would hear his voice: “Harden not your hearts as at Meribah, as in the day of Massah in the desert, Where your fathers tempted me; they tested me though they had seen my works.”

***R. If today you hear his voice, harden not your hearts.***

#### **Commentary on Psalm 95:**

This psalm has two parts: the hymn (vv. 1-7c) and a prophetic oracle (vv. 7d-11). The invitation to praise God is justified by the experience of God our Rock, the great King and guide of all. This has copious descriptions of the movements of the people: to come to his presence, to bow in worship, and to kneel.

#### **Second Reading: 1Cor 7:32-35**

L: The second reading from the First Letter of Paul to the Corinthians

Brothers and sisters: I should like you to be free of anxieties. An unmarried man is anxious about the things of the Lord, how he may please the Lord. But a married man is anxious about the things of the world, how he may please his wife, and he is divided. An unmarried woman or a virgin is anxious about the things of the Lord, so that she may be holy in both body and spirit. A married woman, on the

other hand, is anxious about the things of the world, how she may please her husband. I am telling you this for your own benefit, not to impose a restraint upon you, but for the sake of propriety and adherence to the Lord without distraction.

L: The Word of the Lord.

C: *Thanks be to God.*

#### **Commentary on 1 Corinthians 7:32-35**

Paul is referring now to a new charism in the Church: the gift of celibacy which is good for those who are called to this life. Marriage would not be good for the one called to celibacy; nor celibacy be good to the one called to marriage. Both are oriented to the fulfillment of God's kingdom, to final and definitive salvation. Celibacy is now a symbolic parable of the future.

#### **Alleluia Verse: (Matthew 4:16)**

**R: Alleluia, alleluia.** The people who sit in darkness have seen a great light; on those dwelling in a land overshadowed by death, light has arisen. **Alleluia, alleluia.**

#### **Gospel: Mark 1:21-28**

P: The Lord be with you.

C: *And with your spirit.*

P: A reading from the Holy Gospel according to Mark.

C: *Glory to you, O Lord.*

Then they came to Capernaum, and on the sabbath Jesus entered the synagogue and taught. The people were astonished at his teaching, for he taught them as one having authority and not as the scribes. In their synagogue was a man with an unclean spirit; 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!" Jesus rebuked him and said, "Quiet! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another,

"What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." His fame spread everywhere throughout the whole region of Galilee.

P: The Gospel of the Lord.

C: *Praise be to you, O Lord Jesus Christ.*

#### **Commentary on Mark 1:21-28**

Capernaum was a coastal town of fishers by the Sea of Galilee. A new alternative missionary community would be born around this area: the community of fishers of people who would serve the kingdom of God, not the kingdom of chaos of the deep. A contrast was being made: Jesus teaching with authority versus the educated teaching with the help of the Law. The demoniac symbolized the old Jewish society of his time. It was sick: the synagogue and its leaders who were supposed to lead the battle against evil were incapable of doing so because they were morally rotten from within; they lost their authority. Jesus on the other hand destroyed them because he had the authority from God to liberate them for the new life in the Reign of God.

Join Fr. Ben Alforque, MSC of the Missionaries of the Sacred Heart in **GOSPEL BREAK**, a short yet entertaining and insightful discussion of this Sunday's Gospel on YouTube.

Visit **gospelbreak.wordpress.com**. Or scan this QR code with your Smartphone or tablet.



**Homily: The Church of the Poor, through the Basic Ecclesial Communities, serves God’s Kingdom of Integrity, Justice, and Peace through the agenda of the Church of the Poor.**

Summary of the Sunday Reading Message	Concrete description of the poor people and their situation	Reflection/ Points for reflection/ Call/ Challenge
The Church of the Poor, through the Basic Ecclesial Communities, serves God’s Kingdom of Integrity, Justice, and Peace through the agenda of the Church of the Poor.	Can you provide for each other opportunities of encounter with the poor, with the landless peasants and farmers, with the workers and the urban poor, with fishers and the indigenous peoples, with the migrant workers and the families they’ve left behind, with women doubly victimized by machismo, with the abandoned children and victims of child-trafficking and exploitation, with the struggle for the integrity of creation?	We are called to “acknowledge and combat the causes of the deeply rooted inequality and injustice which mar the face of Filipino society, plainly contradicting the teaching of Christ” by creating “circles of integrity”, networks of solidarity which can expand to embrace and transform society by their prophetic witness.”

**Profession of Faith**

A: I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

**Prayers of the Faithful:**

P: Dear sisters and brothers: let us now elevate our hearts and minds to God our Father, and, with joy, humbly present to him our prayers. For every prayer let our response be: Lord, hear the cry of the poor.

**R: Lord, hear the cry of the poor.**

L: Let us pray for the Church: that, being a Church of the Poor spread all over the world, she may be strengthened by the Holy Spirit in her continuing missionary activity of proclaiming and giving witness to the absolute dignity of

life from conception to natural death according to the perspective and values of the Kingdom of God. Let us pray to the Lord.

**R: Lord, hear the cry of the poor.**

L: For our Holy Father, Pope Francis I, for the bishops, priests, deacons, for those in consecrated life and for all those who are entrusted with the care and administration of the church as People of God: that, by sharing the sentiments of the heart of Christ, they may continue to educate for the prophetic destruction of the rotten social order and prophetically proclaim the alternative way of life according to the new structures of integrity, justice and peace of God's kingdom. Let us pray to the Lord.

**R: Lord, hear the cry of the poor.**

L: For world leaders and all those entrusted with governance and administration of the goods of the earth: that they may continue to promote the common good by defending the rights of the unborn, the weak, the sick, the elderly and the dying through facilities and laws that reject abortion, euthanasia and social exclusion. Let us pray to the Lord.

**R: Lord, hear the cry of the poor.**

L: For all of us, inhabitants of the earth and citizens of heaven: that we may inspire one another to envision and build a future human community as communion, by providing for each other opportunities of encounter with the poor, with the landless peasants and farmers, with the workers and the urban poor, with fishers and the indigenous peoples, with the migrant workers and the families they left behind, with women doubly victimized by machismo, mistreatment and violence, with the abandoned children and victims of child-trafficking and exploitation,

with the struggle for the integrity of creation. Let us pray to the Lord.

**R: Lord, hear the cry of the poor.**

L: For our beloved dead: that in the forgiveness of their sins, they may find eternal rest in the heart of our Lord and Savior Jesus Christ. Let us pray to the Lord.

**R: Lord, hear the cry of the poor.**

L: For our special intentions, in the silence of our hearts. (*pause*)... Let us pray to the Lord.

**R: Lord, hear the cry of the poor.**

P: Lord God of love and compassion, listen to the prayers of your people. Help us to follow the way of your Son, who taught with the authority of heaven, in our life here on earth as we journey towards you in the fullness of joy and life. We ask this through the Christ our Lord.

R: *Amen*

## LITURGY OF THE EUCHARIST

### Preparation of the Altar and the Gifts

P: Blessed are you, Lord God of all creation, ....

C: *Blessed be God forever.*

P: Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

C: *May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.*

### Prayer over the Offerings

P: O Lord, we bring to your altar these offerings of our service: be pleased to receive them, we pray, and transform them into the Sacrament of our redemption. Through Christ our Lord.

C: *Amen.*

### Prayer of the Eucharist

P: The Lord be with you.

C: *And with your spirit.*

P: Lift up your hearts.

C: *We lift them up to the Lord.*

P: Let us give thanks to the Lord our God.

C: *It is right and just.*

P: It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

For by his birth he brought renewal to humanity's fallen state, and by his suffering, canceled out our sins; by his rising from the dead he has opened the way to eternal life, and by ascending to you, O Father, he has unlocked the gates of heaven.

And so, with the company of Angels and Saints, we sing the hymn of your praise, as without end we acclaim:

*A: Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.*

### **Acclamation**

P: The mystery of faith.

**We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

*(Concluding the Eucharistic Prayer,  
the priest says:)*

Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever.

C: *Amen.*

### **Communion Rite**

The Lord's Prayer

### **Doxology**

*C: For yours is the kingdom, and the power, and the glory forever and ever.*

### **Sign of Peace**

P: Lord Jesus Christ, who said to your Apostles; Peace ... Who live and reign for ever and ever.

C: *Amen.*

P: The peace of the Lord be with you always.

C: *And with your spirit.*

P: Let us offer each other the sign of peace.

### **Breaking of the Bread**

*A: Lamb of God, you take away the sins of the world ... grant us peace.*

### **Communion**

P: Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

*A: Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.*

**Communion Antiphon:** Cf. Ps 31 (30):17-18

***Let your face shine on your servant.  
Save me in your merciful love. O Lord,  
let me never be put to shame, for I call  
on you.***

### **Prayer after Communion**

P: Let us pray: Nourished by these redeeming gifts, we pray, O Lord, that through this help to eternal salvation true faith may ever increase. Through Christ our Lord.

C: *Amen.*

### **Final Blessing**

P: The Lord be with you.

C: *And with your spirit.*

P: Bow down for the blessing: May the God of all consolation order your days in his peace and grant you the gifts of his blessing.

C: *Amen.*

P: May he free you always from every distress and confirm your hearts in his love.

C: *Amen.*

P: So that on this life's journey you may be effective in good works, rich in gifts of hope, faith and charity, and may come happily to eternal life.

C: *Amen.*

P: And may the blessings of almighty God, + the Father, and the Son, and the Holy Spirit, come down upon you and remain with you forever.

C: *Amen.*

### **Dismissal**

P: Go in the peace and glorify God by your life.

C: *Thanks be to God.* ■

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OF THE POOR,  
THROUGH THE  
BASIC  
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SERVES GOD'S  
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JUSTICE, AND  
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THE CHURCH OF  
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