

ENTRANCE ANTIPHON Cf. Is 45: 8
Drop down dew from above, you heavens, and let the clouds rain down the Just One; let the earth be opened and bring forth a Saviour.

ENTRANCE HYMN

O come, O come, Emmanuel,
and ransom captive Israel,
that mourns in lonely exile here,
until the Son of God appear.

R: Rejoice, rejoice, O Israel, Emmanuel shall come to thee, O Israel.

O come, thou rod of Jesse, free
thine own from Satan's tyranny;
from depths of hell thy people save,
and give them vic'try o'er the grave.

O come, thou dayspring, come and
cheer
our spirits by thine advent here;
disperse the gloomy clouds of night,
and death's dark shadows put to flight.

O come, thou key of David, come
and open wide our heav'nly home;
make safe the way that leads on high,
and close the path to misery.

O come, O come, thou Lord of might,
who to thy tribes on Sinai's height
in ancient times didst give the Law,
in cloud and majesty and awe.

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

People: **Amen.**

Grace to you and peace from God our
Father
and the Lord Jesus Christ.

And with your spirit.

PENITENTIAL ACT

Brethren (Brothers and sisters),
let us acknowledge our sins,
and so prepare ourselves to
celebrate the sacred mysteries.

Lord Jesus, you are mighty God and
Prince of peace:
Lord, have mercy.
Lord, have mercy.

Lord Jesus, you are Son of God and
Son of Mary:
Christ, have mercy.
Christ, have mercy.

Lord Jesus, you are Word made flesh
and splendour of the Father:
Lord, have mercy.
Lord, have mercy.



FOURTH SUNDAY OF ADVENT

19th December 2021

The absolution by the Priest follows:

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

COLLECT

Pour forth, we beseech you, O Lord,
your grace into our hearts,
that we, to whom the Incarnation of
Christ your Son was made known by
the message of an Angel,
may by his Passion and Cross
be brought to the glory of his
Resurrection.

Who lives and reigns with you in the
unity of the Holy Spirit,
God, for ever and ever.

Amen.

THE LITURGY OF THE WORD

SIT

FIRST READING 5:1-4

A reading from the prophet Micah

The Lord says this:
You, Bethlehem Ephrathah,
the least of the clans of Judah,
out of you will be born for me
the one who is to rule over Israel;
his origin goes back to the distant
past, to the days of old.
The Lord is therefore going to
abandon them
till the time when she who is to give
birth gives birth.
Then the remnant of his brothers will
come back
to the sons of Israel.
He will stand and feed his flock
with the power of the Lord,
with the majesty of the name of his
God.

They will live secure, for from then on
he will extend his power
to the ends of the land.
He himself will be peace.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

79:2-3.15-16.18-19.R.v.4

**R. God of hosts, bring us back;
let your face shine on us
and we shall be saved.**

1. O shepherd of Israel, hear us,
shine forth from your cherubim throne.
O Lord, rouse up your might,
O Lord, come to our help. **R.**
2. God of hosts, turn again, we implore,
look down from heaven and see.
Visit this vine and protect it,
the vine your right hand has planted. **R.**
3. May your hand be on the man you
have chosen,
the man you have given your strength.
And we shall never forsake you again:
give us life that we may call upon your
name. **R.**

SECOND READING 10:5-10

**A reading from the letter
to the Hebrews**

This is what Christ said, on coming
into the world:
You who wanted no sacrifice or
oblation,
prepared a body for me.
You took no pleasure in holocausts or
sacrifices for sin; then I said,
just as I was commanded in the scroll
of the book, "God, here I am! I am
coming to obey your will."
Notice that he says first: You did not

want what the Law lays down as the things to be offered, that is: the sacrifices, the oblations, the holocausts and the sacrifices for sin, and you took no pleasure in them; and then he says: Here I am! I am coming to obey your will. He is abolishing the first sort to replace it with the second. And this will was for us to be made holy by the offering of his body made once and for all by Jesus Christ.

The word of the Lord.

Thanks be to God.



ACCLAMATION *Lk 1:38*

Alleluia, alleluia!

**I am the handmaid of the Lord:
let what you have said be done to
me. Alleluia!**

GOSPEL

1:39-44

The Lord be with you.
And with your spirit.
A reading from the holy
Gospel according to Luke.
Glorify to you, O Lord.



Mary set out at that time and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, "Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of the Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



PROFESSION OF FAITH

**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,
(All bow during the next three lines)
and by the Holy Spirit was incarnate
of the Virgin Mary,
and became man.**

**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.**

PRAYER OF THE FAITHFUL



LITURGY OF THE EUCHARIST



Raising the host, the priest says:
Blessed are you, Lord, God of all
creation, for through your goodness
we have received the bread we offer
you: fruit of the earth and work of
human hands,
it will become for us the bread of life.
Blessed be God for ever.

**The priest pours wine and a little water
into the chalice, saying quietly:**
By the mystery of this water and wine
may we come to share in the divinity
of Christ,
who humbled himself to share in our
humanity.

Raising the chalice, the priest says:
Blessed are you, Lord, God of all
creation, for through your goodness
we have received the wine we offer
you: fruit of the vine and work of
human hands,
it will become our spiritual drink.
Blessed be God for ever.

Bowing the priest says quietly:
With humble spirit and contrite heart
may we be accepted by you, O Lord,
and may our sacrifice in your sight
this day be pleasing to you, O Lord.

**Then the priest washes his hands, saying
quietly:**
Wash me, O Lord, from my iniquity;
and cleanse me from my sin.



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

**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
May the Holy Spirit, O Lord,
sanctify these gifts laid upon your
altar, just as he filled with his power
the womb of the Blessed Virgin Mary.
Through Christ our Lord.
Amen.

EUCCHARISTIC PRAYER III

PREFACE: Advent II

The Lord be with you.

And with your Spirit.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right and just.

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 all the oracles of the prophets foretold him, the Virgin Mother longed for him with love beyond all telling, John the Baptist sang of his coming and proclaimed his presence when he came.

It is by his gift that already we rejoice at the mystery of his Nativity, so that he may find us watchful in prayer and exultant in his praise. And so, with Angels and Archangels, with Thrones and Dominions, and with all the hosts and Powers of heaven, we sing the hymn of your glory, as without end we acclaim:

**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.

◀ KNEEL ▶

You are indeed Holy, O Lord, and all you have created rightly gives you praise, for through your Son our Lord Jesus Christ, by the power and working of the Holy Spirit, you give life to all things and make them holy, and you never cease to gather a people to yourself, so that from the rising of the sun to its setting a pure sacrifice may be offered to your name.

Therefore, O Lord, we humbly implore you: by the same Spirit graciously make holy these gifts we have brought to you for consecration, that they may become the Body and ✠ Blood of your Son our Lord Jesus Christ, at whose command we celebrate these mysteries.

For on the night he was betrayed he himself took bread, and, giving you thanks, he said the blessing, broke the bread and gave it to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.**

In a similar way, when supper was ended, he took the chalice, and, giving you thanks, he said the blessing, and gave the chalice to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY FOR THE FORGIVENESS OF SINS.**

DO THIS IN MEMORY OF ME.

The mystery of faith

**Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.**

Then the Priest, with hands extended, says:

Therefore, O Lord, as we celebrate the memorial of the saving Passion of your Son, his wondrous Resurrection and Ascension into heaven, and as we look forward to his second coming, we offer you in thanksgiving this holy and living sacrifice.

Look, we pray, upon the oblation of your Church and, recognising the sacrificial Victim by whose death you willed to reconcile us to yourself, grant that we, who are nourished by the Body and Blood of your Son and filled with his Holy Spirit, may become one body, one spirit in Christ. May he make of us an eternal offering to you, so that we may obtain an inheritance with your elect, especially with the most Blessed Virgin Mary, Mother of God, with blessed Joseph, her Spouse, with the blessed Apostles and glorious

Martyrs (with Saint N., the Saint of the day or Patron Saint) and with all the Saints, on whose constant intercession in your presence we rely for unfailing help.

May this Sacrifice of our reconciliation, we pray, O Lord, advance the peace and salvation of all the world. Be pleased to confirm in faith and charity your pilgrim Church on earth, with your servant Francis, our Pope, and N. our Bishop, his assistant Bishop(s) the Order of Bishops, all the clergy, and the entire people you have gained for your own. Listen graciously to the prayers of this family, whom you have summoned before you: in your compassion, O merciful Father, gather to yourself all your children scattered throughout the world. To our departed brothers and sisters and to all who were pleasing to you at their passing from this life, give kind admittance to your kingdom. There we hope to enjoy for ever the fullness of your glory

The Priest joins his hands.

through Christ our Lord, through whom you bestow on the world all that is good. †

The Priest takes the chalice and the paten with the host and, elevating both, he says:

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

Amen.

COMMUNION RITE

◀ STAND ▶

At the Saviour's command and formed by divine teaching, we dare to say:

Our Father, who art in heaven . . .

Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ.

**For the kingdom, the power and the
glory
are yours, now and for ever.**

Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give
you, look not on our sins,
but on the faith of your Church,
and graciously grant her peace and
unity in accordance with your will.
Who live and reign for ever and ever.
Amen.

The peace of the Lord be with you
always.

And with your Spirit.

The priest may add these or similar words.

Let us offer each other the sign of peace.

*The priest places a small piece of the host in
the chalice saying quietly:*

May this mingling of the body and
blood of our Lord Jesus Christ
bring eternal life to us who receive it.

Meanwhile the people sing or say:

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

◆ **(KNEEL)** ◆

The priest says quietly:

May the receiving of your Body and
Blood, Lord Jesus Christ,
not bring me to judgment and
condemnation,
but through your loving mercy
be for me protection in mind and body,
and a healing remedy.

Raising the host the priest says:

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.

And together with the people he says once:

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

May the Body of Christ
keep me safe for eternal life.

*The Priest reverently consumes the Body of
Christ.*

Then he takes the chalice and says quietly:

May the Blood of Christ
keep me safe for eternal life.

*The Priest raises a host slightly and shows it
to each of the communicants, saying:*

The Body of Christ.
Amen.

COMMUNION ANTIPHON *Is 7: 14*
**Behold, a Virgin shall conceive and
bear a son; and his name will be
called Emmanuel.**

COMMUNION HYMN

**My soul glorifies the Lord,
my spirit rejoices in God my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.**

**The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.**

**He puts forth his arm in strength,
and scatters the proudhearted.
He fills the starving with good things,
sends the rich away empty.**

**He protects Israel his servant,
remembering his mercy,
the mercy promised to our fathers,
for Abraham and his children for ever.**

**Give praise to the Father Almighty,
to his Son Jesus Christ, the Lord,
to the Spirit who dwells in our hearts,
both now and for ever. Amen.**

PRIVATE PRAYER AFTER COMMUNION

My Jesus, present in my soul,
I thank you for the way in which you
gradually prepared the minds of men
and women for your coming.
Give me now all the longing desires of
your saints in the Old Testament.
Help me to prepare for the feast of your
birth as Mary your mother prepared for
the first Christmas.
Help me to imitate her prayer, her
spotless purity, so that this Advent may
make me more ready to receive you,
and more alert to watch for your second
coming at the end of time.

◆ **(STAND)** ◆

PRAYER AFTER COMMUNION

Having received this pledge of eternal
redemption, we pray, almighty God,
that, as the feast day of our salvation
draws ever nearer, so we may press
forward all the more eagerly to the
worthy celebration of the mystery of
your Son's Nativity. Who lives and
reigns for ever and ever. **Amen.**

CONCLUDING RITES

The Lord be with you.
And with your spirit.

May the almighty and merciful God,
by whose grace you have placed your
faith in the First Coming of his Only
Begotten son and yearn for his coming
again sanctify you by the radiance of
Christ's Advent and enrich you with
his blessing.
Amen.

As you run the race of this present life,
may he make you firm in faith,
joyful in hope and active in charity.
Amen.

So that you, rejoicing now with
devotion at our Redeemer's coming in
the flesh, you may be endowed with
the rich reward of eternal life
when he comes again in majesty.
Amen.

And may the blessing of almighty God,
the Father, and the Son, ✠ and the
Holy Spirit, come down on you and
remain with you for ever.
Amen.

Go forth, the Mass is ended,
Thanks be to God.

RECESSIONAL HYMN

**O come, divine Messiah!
The world in silence waits the day
when hope shall sing its triumph,
and sadness flee away.**

*R. Dear Saviour, haste; come, come to
earth:
dispel the night, and show your face,
and bid us hail the dawn of grace.
O come, divine Messiah!
The world in silence waits the day
when hope shall sing its triumph,
and sadness flee away.*

**O come, desired of nations,
whom priests and prophets long
foretold,
will break the captive fetters,
redeem the long-lost fold. R.**

**O come in peace and meekness,
for lowly will thy cradle be:
all clothed in human weakness
shall we your Godhead see. R.**