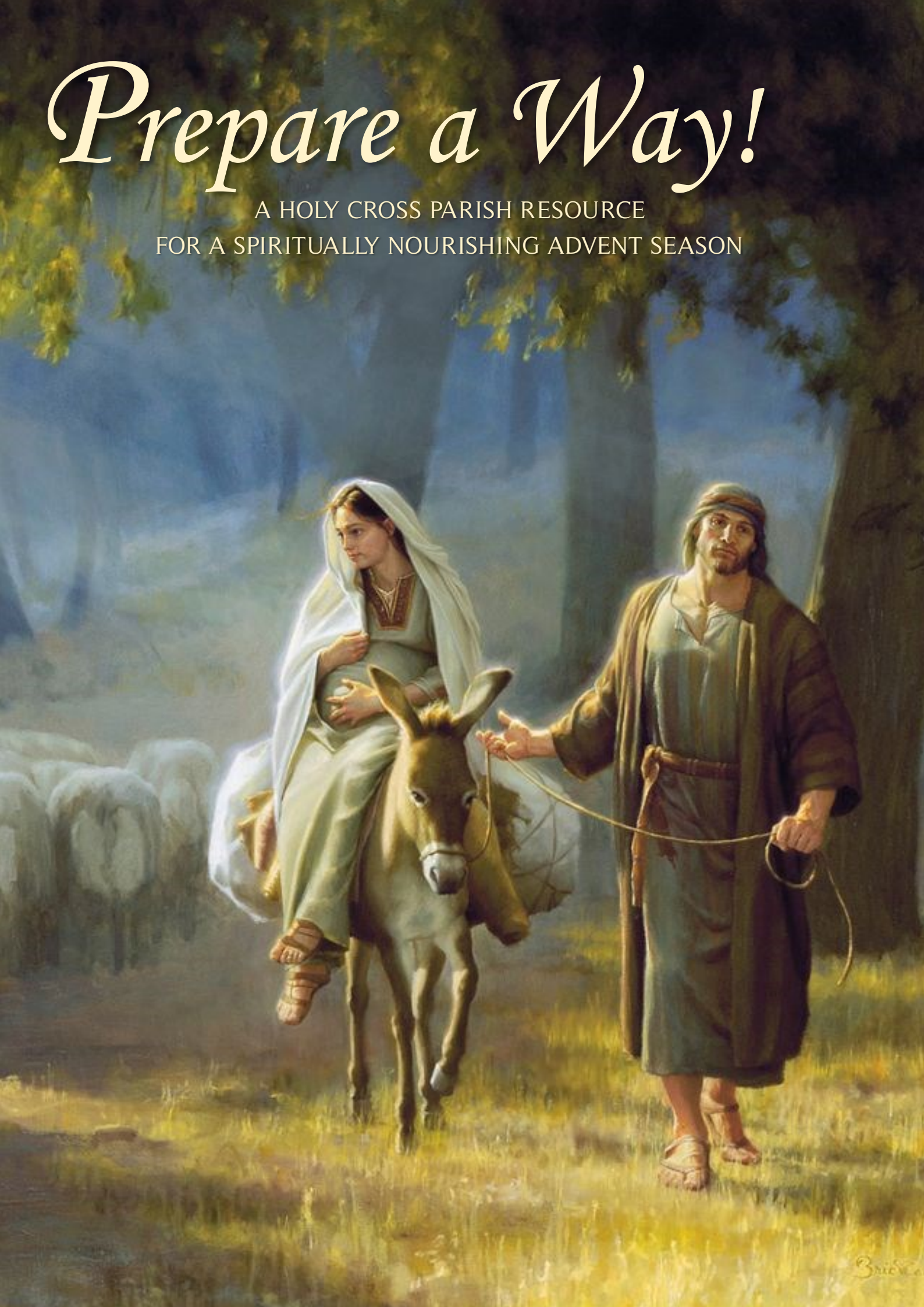


Prepare a Way!

A HOLY CROSS PARISH RESOURCE
FOR A SPIRITUALLY NOURISHING ADVENT SEASON





MAKING THIS ADVENT SEASON

Meaningful!



'Prepare a Way!' is an Advent resource designed to assist the reader set aside some time each day throughout the 4 weeks of Advent to reflect and allow the grace of this holy season to be ingrained into our daily lives. The resource offers daily reflections including antiphons, scripture and prayer.

The resource also makes use of the '*O Antiphons*' 7 in total, traditionally prayed in the 7 days leading to the Solemnity of Christmas. These Antiphons have been described as a "unique work of art...filled with the Spirit of the Word of God."

This resource is ideal for families, who may wish to meditate on each day in a family setting by sharing around the readings or alternatively for individuals seeking an exercise to help them further contemplate on the season by spending quiet time in solitude and prayer to focus deeper on each day's scripture.

It is hoped that this resource will help add an extra layer of prayer to your personal preparation for Christmas.

PRACTICAL TIPS FOR A SPIRITUALLY NOURISHING ADVENT

- * Attend Sunday Mass
- * Acts of Good Works (Almsgiving in support of the church and in support of those in need),
- * Fast one day each week or fast from one meal
- * Seek the Sacrament of Penance (Confession)
- * Add a Weekday Mass to your spiritual devotions
- * Attend the December First Friday of the Month Devotions (including Adoration)
- * Attend the December Traditional Latin Mass
- * Pray the Holy Rosary in your homes as a family
- * Set up a prayer space in your home which can help to focus thoughts on Advent
- * Create or set up an Advent wreath in your home and light a candle each week of Advent
- * Pray daily for the Souls of the Faithful Departed, the Holy Souls in Purgatory and all Forgotten Souls.
- * Pray for Persecuted Christians who are forbidden from celebrating Christmas.
- * Pray the Litany of St. Joseph
- * Set up a nativity scene in your homes



Welcome!



THE HOLY SEASON OF ADVENT

In St. Luke's Gospel, St. John the Baptist is described as coming into the country about the River Jordan preaching the baptism of penance for the remission of sins. The words of the prophet Isaiah are applied to him: "The voice of one crying in the wilderness: Prepare ye the way of the Lord: make straight his paths: Every valley shall be filled: and every mountain and hill shall be made low: and the crooked shall be made straight and the rough ways plain: and all flesh shall see the salvation of God."

The Catholic Church has carefully selected this season of the year as a most suitable time for the special preparation which is necessary in order that her children might be ready to celebrate the Solemnity of Our Lord's first coming and the Season of Christmas. She calls to their minds the similarity between the first coming, the preparation for which was the doing of penance and the coming of Our Lord at death when the most salutary preparation will have been the doing of penance for sin. She tells them that as the Church begins every liturgical year with the most holy of seasons, it should be for us, a reminder the Our Lord will come some day for each of us and that our lives, no matter how long or short they may be, are

merely an advent, a preparation for the coming of the Judge.

It is truly fitting that the great Solemnity of Christmas can be celebrated with all due solemnity and joy. The streets in our cities, the many shops and stores, our churches and our homes should, be decorated and adorned to bear witness to the importance of the occasion, celebrated by so many, as a season of Goodwill toward our fellow-man and one of Joy and Peace, in a world in such need of these graces which can only be given by Almighty God. The joyous solemnity among Catholics shows the realisation of the great truth that at the coming of Our Lord Jesus Christ, 2000 years ago, allowed the world to pass from darkness to light.

Through the Fall of Adam, we became slaves to sin but through the birth of Christ, we have been brought back into freedom, therefore it is fitting that we prepare during this time of Advent to celebrate the great solemnity which will follow.



This celebration of the birth of Our Lord, however, will be vain and empty: it will lack sincerity unless it be preceded by a very wholesome preparation in the form of penance and prayer. The soul must be purified, cleansed from all impurity and stain of worldliness and sin. The heart must be torn from the bonds that hold it to the things of earth. The mind must see in the perfect clearness of the vision of Faith that is no other than the Almighty Saviour of Mankind that is to occupy our attention, that is to attract our thoughts, that is to receive our adoration, our love, our respect, our hearts. He who is Purity itself, He who is Truth, Justice, Humility and every other virtue because He is God—it is He whose birthday we are celebrating and because of that it behoves us to be all that He expects us to be.

How can we be joyful on Christmas Day if we be unworthy of the Babe of Bethlehem? Make Advent, then, a time of real preparation for the proper celebration of Christmas.

May this season remind you of the hope, joy, love and peace which can only be found in Christ.

*Adapted from an Editorial
originally published in the
Granville Catholic Church Record.
December, 1938.*



The First Week of Advent

“The Lord will come again”

Also known as the “prophecy candle,” the candle of hope for Advent assures us we can have hope that God will fulfill the prophecies declared in the Old Testament about Jesus.

Hope doesn’t disappoint us (*Romans 5:5*)





SUNDAY OF THE

First Week of Advent



To you, I lift up my soul,
O my God.
In you, I have trusted; let me not be put to shame.
Nor let my enemies exult over me;
and let none who hope in you be put to shame. (CF. Ps 24:1-3)

*A Reading from the Holy Gospel according to Luke
(Lk 21:25-28. 34-36)*

Jesus said to his disciples: 'There will be signs in the sun and moon and stars; on earth nations in agony, bewildered by the clamour of the ocean and its waves; men dying of fear as they await what menaces the world, for the powers of heaven will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand.



Lord God,

Only you can see into my heart and know
that under all the busyness of my life,
there is a deep longing
to make this Advent one that welcomes you
more deeply into my own life.

My heart desires the warmth of your love
and my mind searches for your Light
in the midst of the darkness.

Help me to be a peacemaker this Advent
and to give special love to those
who disagree with me.

Give me the strength and courage
to forgive those who have hurt me.
Help me to free my heart
from the prison of my anger and hurt.

Amen



MONDAY OF THE *First Week of Advent*

Hear the word of the Lord, O nations;
declare it to the distant lands:
Behold, our Saviour will come;
you need no longer fear. (CF. Jer 31:10; Is 35:4)

*A Reading from the Holy Gospel according to Matthew
(Mt 8:5-11)*

When Jesus went into Capernaum a centurion came up and pleaded with him. 'Sir,' he said 'my servant is lying at home paralysed, and in great pain.' 'I will come myself and cure him' said Jesus. The centurion replied, 'Sir, I am not worthy to have you under my roof; just give the word and my servant will be cured. For I am under authority myself, and have soldiers under me; and I say to one man: Go, and he goes; to another: Come here, and he comes; to my servant: Do this, and he does it.' When Jesus heard this he was astonished and said to those following him, 'I tell you solemnly, nowhere in Israel have I found faith like this. And I tell you that many will come from the east and west to take their places with Abraham and Isaac and Jacob at the feast in the kingdom of heaven.'

Loving God,

I sense that all is your creation
and everything, and all of us,
are being drawn back toward your loving
heart.

Help me to be a person of peace,
To speak about it in an uneasy world,
And to live it among the people
you have put into my life every day.

Light in me a desire to prepare for your
coming;
to stand in the darkness, waiting, eager
and filled with joy.

Amen



TUESDAY OF THE *First Week of Advent*

Behold, the Lord will come,
and all his holy ones with him;
and on that day there will be a great light.
(*CF. Zec 14:5,7*)

*A Reading from the Holy Gospel according to Luke
(Lk 10:21-24)*

Filled with joy by the Holy Spirit, Jesus said, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows who the Son is except the Father, and who the Father is except the Son and those to whom the Son chooses to reveal him.

Then turning to his disciples he spoke to them in private, 'Happy the eyes that see what you see, for I tell you that many prophets and kings wanted to see what you see, and never saw it; to hear what you hear, and never heard it.'



Loving God,

I sense that all is your creation
and everything, and all of us,
are being drawn back toward your loving
heart.

Help me to be a person of peace,
To speak about it in an uneasy world,
And to live it among the people
you have put into my life every day.

Light in me a desire to prepare for your
coming
to stand in the darkness, waiting, eager
and filled with joy.

Amen





WEDNESDAY OF THE

First Week of Advent



The Lord will come and he will not delay.
He will illumine what is hidden in darkness
and reveal himself to all the nations.
(*CF. Hab 2:3; 1 Cor 4:5*)

*A Reading from the Holy Gospel according to Matthew
(Mt 15:29-37)*

Jesus reached the shores of the Sea of Galilee, and he went up into the hills. He sat there, and large crowds came to him bringing the lame, the crippled, the blind, the dumb and many others; these they put down at his feet, and he cured them. The crowds were astonished to see the dumb speaking, the cripples whole again, the lame walking and the blind with their sight, and they praised the God of Israel. But Jesus called his disciples to him and said, 'I feel sorry for all these people; they have been with me for three days now and have nothing to eat. I do not want to send them off hungry, they might collapse on the way.' The disciples said to him, 'Where could we get enough bread in this deserted place to feed such a crowd?' Jesus said to them, 'How many loaves have you?' 'Seven' they said 'and a few small fish.' Then he instructed the crowd to sit down on the ground, and he took the seven loaves and the fish, and he gave thanks and broke them and handed them to the disciples who gave them to the crowds. They all ate as much as they wanted, and they collected what was left of the scraps, seven baskets full.



Lord of all,

You are a God of plenty, a Lord who
provides for us in our need.

As I begin these early days of Advent
help me to believe that you know what
I need.

Give me the courage to listen to your voice
and the freedom;
to open my heart to the graces you are
offering me to place my trust in you.

Amen





THURSDAY OF THE

First Week of Advent



You, O Lord, are close,
and all your ways are truth.
From of old I have known of your decrees,
for you are eternal.
(CF. Ps 118:151-152)

*A Reading from the Holy Gospel according to Matthew
(Mt 7:21. 24-27)*

Jesus said to his disciples: 'It is not those who say to me, "Lord, Lord", who will enter the kingdom of heaven, but the person who does the will of my Father in heaven.

'Therefore, everyone who listens to these words of mine and acts on them will be like a sensible man who built his house on rock. Rain came down, floods rose, gales blew and hurled themselves against that house, and it did not fall: it was founded on rock. But everyone who listens to these words of mine and does not act on them will be like a stupid man who built his house on sand. Rain came down, floods rose, gales blew and struck that house, and it fell; and what a fall it had!'



God of strength and protection,

I turn to you because I need help.
I long to be free enough
to trust that I can lean on you.

But I become afraid.
Help me to trust in you, Lord.
Your strength and power
are a gentle place of protection.

Be a safe refuge
when I am being trampled.
I long for your help, your protecting care.
Help to deliver me from the cold
loneliness of these dark nights.

Amen



FRIDAY OF THE *First Week of Advent*

Behold, the Lord will come
descending with splendour to visit his people with peace,
and he will bestow on them eternal life.

*A Reading from the Holy Gospel according to Matthew
(Mt 9:27-31)*

As Jesus went on his way two blind men followed him shouting, 'Take pity on us, Son of David.' And when Jesus reached the house the blind men came up with him and he said to them, 'Do you believe I can do this?' They said, 'Sir, we do.' Then he touched their eyes saying, 'Your faith deserves it, so let this be done for you.' And their sight returned. Then Jesus sternly warned them, 'Take care that no one learns about this.' But when they had gone, they talked about him all over the countryside.



Jesus, protector,

I long for your coming.
The promise of new light is there
if only I can believe.

Protect me from dangers
and lead me through the
gloom and darkness
to the joy I so long to find in you.

Lift me from my lowly sins
and give me the promise of salvation
with no more shame,
only the light and saving grace of your
love.

Let the ancient dream be fulfilled in you
and peace come to this life and world.

Amen



SATURDAY OF THE *First Week of Advent*

Come and show us your face, O Lord,
who are seated upon the Cherubim, and will be saved
(Cf. Ps 79:4,2)

*A Reading from the Holy Gospel according to Matthew
(Mt 9:35—10:1.6-8)*

Jesus made a tour through all the towns and villages, teaching in their synagogues, proclaiming the Good News of the kingdom and curing all kinds of diseases and sickness.

And when he saw the crowds he felt sorry for them because they were harassed and dejected, like sheep without a shepherd. Then he said to his disciples, 'The harvest is rich but the labourers are few, so ask the Lord of the harvest to send labourers to his harvest.'

He summoned his twelve disciples, and gave them authority over unclean spirits with power to cast them out and to cure all kinds of diseases and sickness. These twelve Jesus sent out, instructing them as follows: 'Go rather to the lost sheep of the House of Israel. And as you go, proclaim that the kingdom of heaven is close at hand. Cure the sick, raise the dead, cleanse the lepers, cast out devils. You received without charge, give without charge.'



God of us all,

Thank you for the gift of Mary in my life.
I rely on her to intercede for me with her
son,
and to guide me, especially in my family.

Help me to learn the grace of humility,
and give me the courage to say "yes" to you
without always knowing where it will lead.

Release me from the fears that grip me,
the pride and stubbornness
that keep me from you and others.

Let me turn to Mary, so human,
for an example of how I might live my
own life more freely,
more loving and more aware of you.

Amen





The Second Week of Advent

“Prepare the Way for the Lord”

The peace of God allows us to look at others through heaven's eyes and help guide the world to see God's here and not-yet here kingdom. Peace from God, biblical peace, allows us to trust in God's promises (Proverbs 3:5), through restful, tranquil faith, despite the dark, uncertain world around us.





SUNDAY OF THE

Second Week of Advent



O people of Sion, behold, the Lord will come to save the nations,
and the Lord will make the glory of his voice heard in the joy of your heart. (CF. Is 30:19,30)

A Reading from the Holy Gospel according to Luke (Lk 3:4. 6)

In the fifteenth year of Tiberius Caesar's reign, when Pontius Pilate was governor of Judaea, Herod tetrarch of Galilee, his brother Philip tetrarch of the lands of Ituraea and Trachonitis, Lysanias tetrarch of Abilene, during the pontificate of Annas and Caiaphas, the word of God came to John son of Zechariah, in the wilderness. He went through the whole Jordan district proclaiming a baptism of repentance for the forgiveness of sins, as it is written in the book of the sayings of the prophet Isaiah:

A voice cries in the wilderness;
Prepare a way for the Lord,
make his paths straight.
Every valley will be filled in,
every mountain and hill be laid low,
winding ways will be straightened
and rough roads made smooth.
And all mankind shall see that salvation of God.



Dear Lord,

Through the darkness,
I look for your wisdom.
I want my heart to be open to you.
But sometimes in these days, it seems that
so many things come between us.

Help me to be awake and aware
of the radiance you bring to my life.
Help me to be grateful each day
for the blessings of family and friends.
Let me be a peacemaker
in my own life, and in the world.

Let me pray especially for this difficult
world and those who are so in need of an
end to violence.
My heart begs for this as my Advent
prayer today.

Amen





MONDAY OF THE

Second Week of Advent



Hear the word of the Lord, O nations;

declare it to the distant lands:

Behold, our Saviour will come; you need no longer fear. (CF. Jer 31:10; Is 35:4)

A Reading from the Holy Gospel according to Luke (Lk 5:17-26)

Jesus was teaching one day, and among the audience there were Pharisees and doctors of the Law who had come from every village in Galilee, from Judaea and from Jerusalem. And the Power of the Lord was behind his works of healing. Then some men appeared, carrying on a bed a paralysed man whom they were trying to bring in and lay down in front of him. But as the crowd made it impossible to find a way of getting him in, they went up on the flat roof and lowered him and his stretcher down through the tiles into the middle of the gathering, in front of Jesus. Seeing their faith he said, 'My friend, your sins are forgiven you.' The scribes and the Pharisees began to think this over. 'Who is this man talking blasphemy? Who can forgive sins but God alone?' But Jesus, aware of their thoughts, made them this reply, 'What are these thoughts you have in your hearts? Which of these is easier to say, "Your sins are forgiven you" or to say "Get up and walk?" But to prove to you that the Son of Man has authority on earth to forgive sins', – he said to the paralysed man – 'I order you: get up, and pick up your stretcher and go home.' And immediately before their very eyes he got up, picked up what he had been lying on and went home praising God.

They were all astounded and praised God, and were filled with awe, saying, 'We have seen strange things today.'



Dear Lord,

God of Strength,

I need your courage.

You offer to make firm the knees that are weak.

Only you know how frightened I so often am.

And you do offer me strength.

There is the promise of your Son's coming and knowing that you will save me.

I can't do this on my own no matter how often I think I can.

Give me the humility to ask for your help and open heart to accept your healing and love in my life.

Amen





TUESDAY OF THE *Second Week of Advent*



Behold, the Lord will come,
and all his holy ones with him;
and on that day there will be a great light.
(*CF. Zec 14:5,7*)

*A Reading from the Holy Gospel according to Matthew
(Mt 18:12-14)*

Jesus said to his disciples: 'Tell me. Suppose a man has a hundred sheep and one of them strays; will he not leave the ninety-nine on the hillside and go in search of the stray? I tell you solemnly, if he finds it, it gives him more joy than do the ninety-nine that did not stray at all. Similarly, it is never the will of your Father in heaven that one of these little ones should be lost.'



Almighty God,
I hear it over and over: you are coming to me.

I feel my heart stir in anticipation,
and I sense that you are inviting me
to enter more deeply
into the mystery of your birth.

Help me to feel renewed patience
settle in my heart,
and to lift my face in joy.

I have been like a lost lamb,
but I hear your voice calling me
and I feel how deeply you want me to return.
Somehow I know that you rejoice in my
desire to find you.

Help me not to be afraid to say out loud,
to believe: Here is God, coming into my life.

Amen



WEDNESDAY OF THE *Second Week of Advent*

The Lord will come and he will not delay.
He will illumine what is hidden in darkness
and reveal himself to all the nations.
(*CF. Hab 2:3; 1 Cor 4:5*)

*A Reading from the Holy Gospel according to Matthew
(Mt 11:28-30)*

Jesus exclaimed, 'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'



The Immaculata and the Terror of Demons
by Adonai Camilleri Cauchi (Malta-Gozo, 2019)
Commissioned by Fr. Donald Calloway, MIC
Available at www.consecrationtoJoseph.org

Lord Jesus, I can see your special love
of those who are so often invisible in this world.
You sent your mother to give hope to the
poor by appearing to your faithful.

Open my heart to fill with compassion
for those who are hungry and without dignity.
Grant me the ability to live simply and to see
you in the faces of those around me.

In the darkness of these Advent nights
let me be guided by the light of your word.
Give me the humility to be led by you and the
wisdom to learn from you.

I am grateful for the Saviour who awaits us,
and eagerly await the time of rejoicing.
Let me look forward in hope
and turn to you with great trust,
knowing you will guide my steps
along the unknown path of this day.

Amen





THURSDAY OF THE *Second Week of Advent*



You, O Lord, are close,
and all your ways are truth.
From of old I have known of your decrees,
for your are eternal.
(*CF. Ps 118:151-152*)

*A Reading from the Holy Gospel according to Matthew
(Mt 11:11-15)*

Jesus spoke to the crowds: 'I tell you solemnly, of all the children born of women, a greater than John the Baptist has never been seen; yet the least in the kingdom of heaven is greater than he is. Since John the Baptist came, up to this present time, the kingdom of heaven has been subjected to violence and the violent are taking it by storm. Because it was towards John that all the prophecies of the prophets and of the Law were leading; and he, if you will believe me, is the Elijah who was to return. If anyone has ears to hear, let him listen!'



Dear Lord,

like a loving parent,
you offer me your comforting hand
and tell me not to be afraid.

Help me to wait for your coming with
patience and to listen to what you ask of me.
I want so much to be one of your children
and to live my life in you.

Thank you for the way you bless my life.
Thank you for listening to my prayers
and for planting deep in my heart
the knowledge that with you,
nothing is impossible.

Amen





FRIDAY OF THE

Second Week of Advent



Behold, the Lord will come
descending with splendour to visit his people with peace,
and he will bestow on them eternal life.

*A Reading from the Holy Gospel according to Matthew
(Mt 11:16-19)*

Jesus spoke to the crowds: 'What description can I find for this generation? It is like children shouting to each other as they sit in the market place:

"We played the pipes for you,
and you wouldn't dance;
we sang dirges,
and you wouldn't be mourners"

'For John came, neither eating nor drinking, and they say, "He is possessed." The Son of Man came, eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax collectors and sinners." Yet wisdom has been proved right by her actions.'



Lord Jesus,

In the darkness, of these Advent nights
let me be guided by the light of your word.

Give me the humility to be led by you
and the wisdom to learn from you.

I feel your light in my life and in the world.
I am grateful for the Saviour who awaits us,
and eagerly await the time of rejoicing.

Let me look forward in hope
and turn to you with great trust,
knowing you will guide my steps
along the unknown path of this day.

Amen





SATURDAY OF THE

Second Week of Advent



Come and show us your face, O Lord,
who are seated upon the Cherubim, and we will be saved.
(Cf. Ps 79:4.2)

*A Reading from the Holy Gospel according to Matthew
(Mt 17:10-13)*

As they came down from the mountain the disciples put this question to Jesus, 'Why do the scribes say that Elijah has to come first?' 'True' he replied; 'Elijah is to come to see that everything is once more as it should be; however, I tell you that Elijah has come already and they did not recognise him but treated him as they pleased; and the Son of Man will suffer similarly at their hands.' The disciples understood then that he had been speaking of John the Baptist.



Lord Jesus,

In the darkness, of these Advent nights
let me be guided by the light of your word.

Give me the humility to be led by you
and the wisdom to learn from you.

I feel your light in my life and in the world.
I am grateful for the Saviour who awaits us,
and eagerly await the time of rejoicing.

Let me look forward in hope
and turn to you with great trust,
knowing you will guide my steps
along the unknown path of this day.

Amen





The Third Week of Advent

“Rejoice in the Lord always”

Otherwise known as the Shepherd Candle, this third candle of Advent reflects the joy that comes through Jesus' arrival, and through the salvation he has gifted us.





SUNDAY OF THE

Third Week of Advent



Rejoice in the Lord always; again I say, rejoice.

Indeed, the Lord is near.

(CF. Is 30:19,30)

A Reading from the Holy Gospel according to Luke

(Lk 3:10-18)

When all the people asked John, 'What must we do?' he answered, 'If anyone has two tunics he must share with the man who has none, and the one with something to eat must do the same.' There were tax collectors too who came for baptism, and these said to him, 'Master, what must we do?' He said to them, 'Exact no more than your rate.' Some soldiers asked him in their turn, 'What about us? What must we do?' He said to them, 'No intimidation! No extortion! Be content with your pay!'

A feeling of expectancy had grown among the people, who were beginning to think that John might be the Christ, so John declared before them all, 'I baptise you with water, but someone is coming, someone who is more powerful than I am, and I am not fit to undo the strap of his sandals; he will baptise you with the Holy Spirit and fire. His winnowing-fan is in his hand to clear his threshing-floor and to gather the wheat into his barn; but the chaff he will burn in a fire that will never go out.' As well as this, there were many other things he said to exhort the people and to announce the Good News to them.



I lift my heart up to you, Lord,
to thank you for the blessings
you shower on me each day.

You are the 'joy of my soul.'
I know that in your great love,
I am held and protected by you.

I pray and listen to the good news you send;
I ask and feel the healing.
I am freed by you
from the things in this world
that let me hide from you.

I rejoice, I rejoice, down to my soul.
Help me to prepare my heart
to be open and able to receive your
immense love.

Amen





MONDAY OF THE

Third Week of Advent



Hear the word of the Lord, O nations;
declare it to the distant lands:
Behold, our Saviour will come; you need no longer fear.
(CF. Jer 31:10; Is 35:4)

*A Reading from the Holy Gospel according to Matthew
(Mt 21:23-27)*

Jesus had gone into the Temple and was teaching, when the chief priests and the elders of the people came to him and said, 'What authority have you for acting like this? And who gave you this authority?' 'And I' replied Jesus 'will ask you a question, only one; if you tell me the answer to it, I will then tell you my authority for acting like this. John's baptism: where did it come from: heaven or man?' And they argued it out this way among themselves, 'If we say from heaven, he will retort, "Then why did you refuse to believe him?"; but if we say from man, we have the people to fear, for they all hold that John was a prophet.' So their reply to Jesus was, 'We do not know.' And he retorted, 'Nor will I tell you my authority for acting like this.'



Oh, God of wisdom,
I want to praise you and give you my life.

Like a loving parent,
you bless me.
You have watched over me,
knowing my history
and the path that led me to you.

Thank you for the peace
you promise peace in my life.
I ask that I be always aware
of the strength of your great power.
May it never leave me.

So many people before me
in so many generations,
have served you so humbly,
answering your call.
Please give me the wisdom and courage
to be your humble servant.

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!



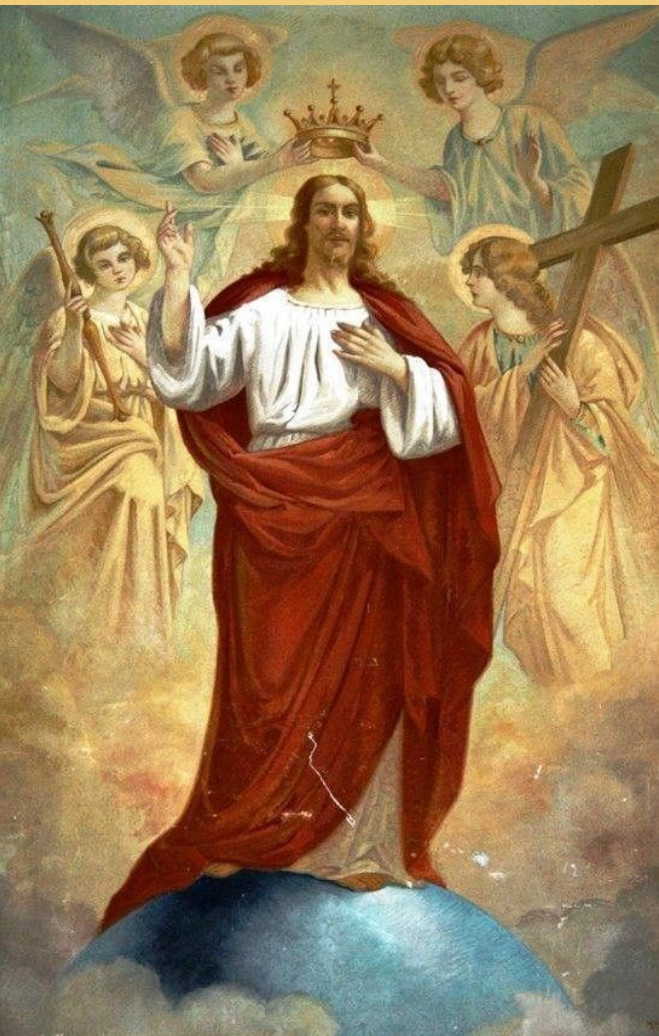
TUESDAY OF THE *Third Week of Advent*

Behold, the Lord will come, and all his holy ones with him;
and on that day there will be a great light.

(CF. Zec 14:5,7)

*A Reading from the Holy Gospel according to Matthew
(Mt 21:28-32)*

Jesus said to the chief priests and the elders of the people, 'What is your opinion? A man had two sons. He went and said to the first, "My boy, you go and work in the vineyard today." He answered, "I will not go," but afterwards thought better of it and went. The man then went and said the same thing to the second who answered, "Certainly, sir," but did not go. Which of the two did the father's will?' 'The first' they said. Jesus said to them, 'I tell you solemnly, tax collectors and prostitutes are making their way into the kingdom of God before you. For John came to you, a pattern of true righteousness, but you did not believe him, and yet the tax collectors and prostitutes did. Even after seeing that, you refused to think better of it and believe in him.'



Oh, *Adonai*, dearest Lord,
Compassionate God of justice,
so many areas of my life seem imprisoned
but you promise me real freedom
and peace in my life.

Renew my spirit and free my soul.
Please, open my heart which you have
bathed in the longing of Advent.

I am awe-struck as your glory fills the
earth and I want to follow you in caring for
others.

Grant me the grace to see how you shine
your light on the poor who have such a
special place in your heart.

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!



WEDNESDAY OF THE *Third Week of Advent*

The Lord will come and he will not delay.
He will illumine what is hidden in darkness
and reveal himself to all the nations.
(*CF. Hab 2:3; 1 Cor 4:5*)

*A Reading from the Holy Gospel according to Luke
(Lk 7:19-23)*

John, summoning two of his disciples, sent them to the Lord to ask, 'Are you the one who is to come, or must we wait for someone else?' When the men reached Jesus they said, 'John the Baptist has sent us to you, to ask, "Are you the one who is to come or have we to wait for someone else?"' 'It was just then that he cured many people of disease and afflictions and of evil spirits, and gave the gift of sight to many who were blind. Then he gave the messengers their answer, 'Go back and tell John what you have seen and heard: the blind can see again, the lame walk, lepers are cleansed, and the deaf hear, the dead are raised to life, the Good News is proclaimed to the poor and happy is the man who does not lose faith in me.'



Oh, Jesus who descended from Jesse,
you are a sign of God's love.
I feel hopeful and expectant,
filled with a rebirth of joy and love.

I depend you so much.
You are a rock for my belief
and a sign of God's love.

Fill me with your praise!
I want to sing your glory,
filled with joy for the message of hope you send.

I don't always understand
when you are acting on my behalf.
Thank you for the message of hope you send
me.
Give me true faith and love
as I celebrate the mystery
of how you came to be with us.

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!



THURSDAY OF THE *Third Week of Advent*

You, O Lord, are close, and all your ways are truth.
From of old I have known of your decrees, for you are eternal.
(*CF. Ps 118:151-152*)

*A Reading from the Holy Gospel according to Luke
(Lk 7:24-30)*

When John's messengers had gone Jesus began to talk to the people about John, 'What did you go out into the wilderness to see? A reed swaying in the breeze? No? Then what did you go out to see? A man dressed in fine clothes? Oh no, those who go in for fine clothes and live luxuriously are to be found at court! Then what did you go out to see? A prophet? Yes, I tell you, and much more than a prophet: he is the one of whom scripture says: See, I am going to send my messenger before you. I tell you, of all the children born of woman, there is no greater than John: yet the least in the kingdom of God is greater than he is. All the people who heard him, and the tax collectors too, acknowledged God's plan by accepting baptism from John; but by refusing baptism from him the Pharisees and the lawyers had thwarted what God had in mind for them.'



Oh, Jesus, you hold the key
that will unlock my constricted heart.
It gives me great hope
that Mary said yes to you and your plan.
She was filled with the Spirit
and put aside her own doubts.

I know you are ready to answer my prayers,
ease my doubts and calm my fears.
Sometimes I don't hear your messengers
because they aren't what I expect.
They aren't wearing wings or halos
but are the people standing in front of me.

How many times have I not listened?
How often have I balked at your messages
and your messengers?

Fill me with the light of your Spirit
and enter, in all your glory
into my life.
Let me rejoice!

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!





FRIDAY OF THE

Third Week of Advent



*O Wisdom, you came forth from the mouth
of the Most High and, reaching from beginning
to end, you ordered all things mightily and
sweetly. Come, and teach us the way of
prudence.*

*A Reading from the Holy Gospel according to Matthew
(Mt 1:1-17)*

Abraham was the father of Isaac,
Isaac the father of Jacob,
Jacob the father of Judah and his brothers,
Judah was the father
of Perez and Zerah, Tamar being their mother,
Perez was the father of Hezron,
Hezron the father of Ram,
Ram was the father of Amminadab,
Amminadab was the father of Nahshon,
Nahshon the father of Salmon,
Salmon was the father of Boaz, Rahab being his
mother,
Boaz was the father of Obed, Ruth being his mother,
Obed was the father of Jesse;
and Jesse was the father of King David.

David was the father of Solomon, whose mother had
been Uriah's wife,
Solomon was the father of Rehoboam,
Rehoboam the father of Abijah,
Abijah the father of Asa,
Asa was the father of Jehoshaphat,
Jehoshaphat the father of Joram,
Joram the father of Azariah,
Azariah was the father of Jotham,
Jotham the father of Ahaz,
Ahaz the father of Hezekiah,
Hezekiah was the father of Manasseh,
Manasseh the father of Amon,
Amon the father of Josiah;
and Josiah was the father of Jechoniah and his
brothers.

Then the deportation to Babylon took place.

After the deportation to Babylon:
Jechoniah was the father of Shealtiel,
Shealtiel the father of Zerubbabel,
Zerubbabel was the father of Abiud,
Abiud the father of Eliakim,
Eliakim the father of Azor,
Azor was the father of Zadok,
Zadok the father of Achim,
Achim the father of Eliud,
Eliud was the father of Eleazar,
Eleazar the father of Matthan,
Matthan the father of Jacob;
and Jacob was the father of Joseph the husband
of Mary;
of her was born Jesus who is called Christ.

The sum of generations is therefore: fourteen
from Abraham to David; fourteen from David to
the Babylonian deportation; and fourteen from
the Babylonian deportation to Christ.

Loving God,

It is growing in my heart:
An awareness and gratitude
of your constant love for me;

Like the sun rising in the East
to warm and comfort my life
and to bring new growth.

Thank you for these weeks of prayer.
In the spirit of the season
my waiting, my patience,
feels sacred.

Bless my heart with generosity
and make me ready to receive you.
Come, Lord Jesus! Come!

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!



SATURDAY OF THE *Third Week of Advent*

O Adonai and Ruler of the House of Israel, you appeared to Moses in the fire of the burning bush and on Mount Sinai gave him your law. Come, and with outstretched arm redeem us.

*A Reading from the Holy Gospel according to Matthew
(Mt 1:18-24)*

This is how Jesus Christ came to be born. His mother Mary was betrothed to Joseph, but before they came to live together she was found to be with child through the Holy Spirit. Her husband Joseph, being a man of honour and wanting to spare her publicity, decided to divorce her informally. He had made up his mind to do this when the angel of the Lord appeared to him in a dream and said, 'Joseph son of David, do not be afraid to take Mary home as your wife, because she has conceived what is in her by the Holy Spirit. She will give birth to a son and you must name him Jesus, because he is the one who is to save his people from their sins.' Now all this took place to fulfil the words spoken by the Lord through the prophet:

The virgin will conceive and give birth to a son
and they will call him Emmanuel,

a name which means 'God-is-with-us'. When Joseph woke up he did what the angel of the Lord had told him to do: he took his wife to his home.



Oh, king of us all.
I find myself standing before
your strength and splendour watching, waiting
and filled with total joy.

You have lifted my mind in hope.
Now help me to open my life
to the coming of the Spirit.

I want to be like Mary, your mother.
Her wonderful courage and strength
inspire me to do the same.
She simply said Yes and the impossible was done.

Thank you for this Advent journey.
The anticipation has filled my life
and made me long for
a closer relationship with you.

My life gets so busy that I forget to focus.
Thank you for guidance.
Thank you for the quiet moments
when I have felt your love.
Nothing will be impossible with God.

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!





The Fourth Week of Advent

“O Come O Come Emmanuel”

Because of Joseph's love for Mary, he didn't abandon her when he found out she was pregnant. Mary has a natural motherly love for Jesus, and ultimately, we see God's love for everyone by sending his son for us



SUNDAY OF THE *Fourth Week of Advent*

*O Root of Jesse, you stand as a sign for the peoples;
before you kings shall keep silence and to you all nations shall have recourse.
Come, save us, and do not delay.*

*A Reading from the Holy Gospel according to Luke
(Lk 1:39-45)*

Mary set out 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 my 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.'



Oh, Adonai, dearest Lord,
Compassionate God of justice,
so many areas of my life seem imprisoned
but you promise me real freedom
and peace in my life.

Renew my spirit and free my soul.
Please, open my heart which you have
bathed in the longing of Advent.

I am awe-struck as your glory fills the earth
and I want to follow you in caring for
others.

Grant me the grace to see how you shine
your light on the poor who have such a
special place in your heart.

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!



MONDAY OF THE *Fourth Week of Advent*

O Key of David and Sceptre of the House of Israel;

you open and no man closes; you close and no man opens.

Come, and deliver from the chains of prison those who sit in darkness and in the shadow of death.

A Reading from the Holy Gospel according to Luke

(Lk 1:26-38)

The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the House of David; and the virgin's name was Mary. He went in and said to her, 'Rejoice, so highly favoured! The Lord is with you.' She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, 'Mary, do not be afraid; you have won God's favour. Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.' Mary said to the angel, 'But how can this come about, since I am a virgin?' 'The Holy Spirit will come upon you', the angel answered, 'and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God. Know this too: your kinswoman Elizabeth has, in her old age, herself conceived a son, and she whom people called barren is now in her sixth month, for nothing is impossible to God.' 'I am the handmaid of the Lord,' said Mary, 'let what you have said be done to me.' And the angel left her.



Oh, Jesus who descended from Jesse,
you are a sign of God's love.
I feel hopeful and expectant,
filled with a rebirth of joy and love.

I depend you so much.
You are a rock for my belief
and a sign of God's love.

Fill me with your praise!
I want to sing your glory, filled with joy
for the message of hope you send.

I don't always understand
when you are acting on my behalf.
Thank you for the message of hope
you send me.

Give me true faith and love
as I celebrate the mystery
of how you came to be with us.

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!





TUESDAY OF THE *Fourth Week of Advent*

*O Rising Dawn, Radiance of the Light eternal and Sun of Justice:
come and enlighten those who sit in darkness and in the shadow of death.*

*A Reading from the Holy Gospel according to Luke
(Lk 1:39-45)*

Mary set out 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 my 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.'



Oh, Jesus, you hold the key
that will unlock my constricted heart.
It gives me great hope
that Mary said yes to you and your plan.
She was filled with the Spirit
and put aside her own doubts.

I know you are ready to answer my prayers,
ease my doubts and calm my fears.
Sometimes I don't hear your messengers
because they aren't what I expect.
They aren't wearing wings or halos
but are the people standing in front of me.

How many times have I not listened?
How often have I balked at your messages
and your messengers?

Fill me with the light of your Spirit
and enter, in all your glory into my life.
Let me rejoice!

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!





WEDNESDAY OF THE

Fourth Week of Advent

*O King of the Gentiles and the Desired of all, you are the cornerstone that binds two into one.
Come, and save man whom you fashioned out of clay.*

*A Reading from the Holy Gospel according to Luke
(Lk 1:46-56)*

Mary said:

‘My soul proclaims the greatness of the Lord and my spirit exults in God my saviour;
because he has looked upon his lowly handmaid.

Yes, from this day forward all generations will call me blessed, for the Almighty has done great things for me.
Holy is his name, and his mercy reaches from age to age for those who fear him.

‘He has shown the power of his arm, he has routed the proud of heart.
He has pulled down princes from their thrones and exalted the lowly.
The hungry he has filled with good things, the rich sent empty away.
He has come to the help of Israel his servant, mindful of his mercy
– according to the promise he made to our ancestors –
of his mercy to Abraham and to his descendants for ever.’

Mary stayed with Elizabeth about three months and then went back home.



Loving God,
It is growing in my heart:
An awareness and gratitude of your
constant love for me;
Like the sun rising in the East
to warm and comfort my life
and to bring new growth.

Thank you for these weeks of prayer.
In the spirit of the season my waiting,
my patience, feels sacred.

Bless my heart with generosity
and make me ready to receive you.

Come, Lord Jesus! Come!

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!



THURSDAY OF THE *Fourth Week of Advent*

*O Emmanuel, our King and Lawgiver, the Expected of the nations and their Saviour.
Come and save us, O Lord our God.*

*A Reading from the Holy Gospel according to Luke
(Lk 1:57-66)*

The time came for Elizabeth to have her child, and she gave birth to a son; and when her neighbours and relations heard that the Lord had shown her so great a kindness, they shared her joy.

Now on the eighth day they came to circumcise the child; they were going to call him Zechariah after his father, but his mother spoke up, 'No,' she said, 'he is to be called John.' They said to her, 'But no one in your family has that name,' and made signs to his father to find out what he wanted him called. The father asked for a writing-tablet and wrote, 'His name is John.' And they were all astonished. At that instant his power of speech returned and he spoke and praised God. All their neighbours were filled with awe and the whole affair was talked about throughout the hill country of Judaea. All those who heard of it treasured it in their hearts. 'What will this child turn out to be?' they wondered. And indeed the hand of the Lord was with him.



Oh, king of us all.
I find myself standing before
your strength and splendour
watching, waiting
and filled with total joy.
You have lifted my mind in hope.
Now help me to open my life
the coming of the Spirit.

I want to be like Mary, your mother.
Her wonderful courage and strength
inspire me to do the same.
She simply said Yes
and the impossible was done.

Thank you for this Advent journey.
The anticipation has filled my life
and made me long for
a closer relationship with you.

My life gets so busy that I forget to focus.
Thank you for guidance.
Thank you for the quiet moments
when I have felt your love.
Nothing will be impossible with God.

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!



FRIDAY OF THE *Fourth Week of Advent*

*Behold, when the fullness of time had come,
God has sent his Son into the world. (Cf. Gal 4:4)*

*A Reading from the Holy Gospel according to Luke
(Lk 1:67-79)*

John's father Zechariah was filled with the Holy Spirit and spoke this prophecy:
'Blessed be the Lord, the God of Israel, for he has visited his people, he has come to their rescue
and he has raised up for us a power for salvation in the House of his servant David,
even as he proclaimed, by the mouth of his holy prophets from ancient times,
that he would save us from our enemies and from the hands of all who hate us.
Thus he shows mercy to our ancestors, thus he remembers his holy covenant,
the oath he swore to our father Abraham that he would grant us, free from fear,
to be delivered from the hands of our enemies, to serve him in holiness and virtue in his presence,
all our days.

And you, little child, you shall be called Prophet of the Most High, for you will go before the Lord
to prepare the way for him.

To give his people knowledge of salvation through the forgiveness of their sins; this by the tender mercy of our God
who from on high will bring the rising Sun to visit us, to give light to those who live in darkness and the shadow of
death, and to guide our feet into the way of peace.'



Oh, Emmanuel,
"God-with-Us,"
You have touched me;
you are God-with-Me.

Thank you for these weeks of prayer.
In the spirit of the season my waiting,
my patience, feels sacred.

Refine and purify my heart
with the hottest flame of your love.
Give me the courage of your prophets
and let me do what is right
even when others don't understand.

Bless my heart with generosity
and make me ready to receive you.

Come, Lord Jesus! Come!

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!



Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Christ, hear us. Christ, graciously hear us.

God the Father of Heaven,
Have mercy on us.
God the Son, Redeemer of the world,
Have mercy on us.
God the Holy Spirit,
Have mercy on us.
Holy Trinity, One God,
Have mercy on us.

Holy Mary, **pray for us.**
Saint Joseph, **pray for us.**
Illustrious son of David, **pray for us.**
Light of the patriarchs, **pray for us.**
Spouse of the Mother of God, **pray for us.**
Chaste guardian of the Virgin, **pray for us.**
Foster-father of the Son of God, **pray for us.**
Watchful defender of Christ, **pray for us.**
Head of the Holy Family, **pray for us.**
Joseph most just, **pray for us.**
Joseph most chaste, **pray for us.**
Joseph most prudent, **pray for us.**
Joseph most valiant, **pray for us.**
Joseph most obedient, **pray for us.**
Joseph most faithful, **pray for us.**
Mirror of patience, **pray for us.**
Lover of poverty, **pray for us.**
Model of workmen, **pray for us.**
Glory of domestic life, **pray for us.**
Guardian of virgins, **pray for us.**
Pillar of families, **pray for us.**
Solace of the afflicted, **pray for us.**
Hope of the sick, **pray for us.**
Patron of the dying, **pray for us.**
Terror of demons, **pray for us.**
Protector of Holy Church, **pray for us.**

Lamb of God, Who takes away the sins of the world,
Spare us, O Lord.
Lamb of God, Who takes away the sins of the world,
Graciously hear us, O Lord.
Lamb of God, Who takes away the sins of the world,
Have mercy on us.

V. He made him the lord of His household,
R. And prince over all His possessions.

Let Us Pray.

O God, Who in Thine ineffable providence did choose Blessed Joseph to be the spouse of Thy most Holy Mother, grant that as we venerate him as our protector on earth, we may deserve to have him as our intercessor in Heaven, You Who lives and reigns forever and ever.

R. Amen.

Litany of St. Joseph



Creator of the Stars of Night

Latin: Creator alme siderum

Creator of the stars of night,
Thy people's everlasting light,
Jesu, Redeemer, save us all,
And hear Thy servants when they call.

Thou, grieving that the ancient curse
Should doom to death a universe,
Hast found the medicine, full of grace,
To save and heal a ruined race.

Thou cam'st, the Bridegroom of the bride,
As drew the world to evening-tide;
Proceeding from a virgin shrine,
The spotless victim all divine.

At whose dread name, majestic now,
All knees must bend, all hearts must bow;
And things celestial Thee shall own,
And things terrestrial, Lord alone.

O Thou whose coming is with dread
To judge and doom the quick and dead,
Preserve us, while we dwell below,
From every insult of the foe.

To God the Father, God the Son,
And God the Spirit, Three in One,
Laud, honour, might, and glory be
From age to age eternally.

1 Córditor alme síderum,
æténa lux credéntium,
Christe, redémptor ómnium,
exáudi preces súpplicum.

2 Qui cóndolens intéritu
mortis períre sæcúlum,
salvásti mundum lánguidum,
donans reis remédium.

3 Vergénte mundi véspere,
uti sponsus de thálamó,
egréssus honestíssima
Víriginis matris cláusula.

4 Cuius forti poténtiæ
genu curvántur ómnia;
cæléstia, terréstria
nutu faténtur súbdita.

5 Te, Sancte, fide quæsumus,
ventúre iudex sæculi,
consérva nos in témpore
hostis a telo pérfidí.

6 Sit, Christe, rex píssime,
tibi Patríque glória
cum Spíritu Paráclito,
in sempitérna sæcula. Amen

Traditional 7th Century Hymn translated into English by J.M Neale in 1852



Stay Connected!

We wish you, your families and your loved ones,
many blessings throughout these Advent and Christmas Seasons.

Please join Holy Cross Parish in celebrating the
Solemnity of Christmas.

We look forward to seeing you at our churches.

For more information about Christmas Mass Times
and other celebrations, connect with us

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(Available weekly in parish churches)



