



thought of the day

for every day of advent



I am delighted to introduce you to this little reflection booklet for Advent. Our Diocesan Faith Development Group intend this booklet to be a support to people in journeying through Advent and in preparing to celebrate the arrival of our Lord at Christmas.

Each day of this journey is marked by a separate page which will help you to reflect on the scripture for that day and to take a few moments in prayer.

Advent

I would like to thank those who made this possible, Fr Kieran O'Shea and some of the graduates from the Certificate in Theology which, in conjunction with St Patrick's College Maynooth, takes place in St Kieran's College: Frances Watts, Cathal Cullen, Joe Bolger, Tomás Maher, Andrew Heavey and Kay Downey.

I know you will enjoy the fruits of their work.

Fr Dermot Ryan
Ossory Adult Faith Development



First Sunday of Advent



First Sunday of Advent 1 December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of peace

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from St Paul to the Romans (13:11-14)

You know 'the time' has come: you must wake up now: our salvation is even nearer than it was when we were converted. The night is almost over, it will be daylight soon

This Advent Day

Think of those who right now are experiencing the 'night' of trouble or difficulty. Pray that this night will pass, and that it will be daylight soon for them. Pray, but also be for them a source of light in practical ways.

Intercessions

Bring us to life, Lord: may we be the servants found watching when the Master returns.

R: Send us your loving kindness. Send your Son to those who wait in hope: let no one search for you in vain.

R: Send us your loving kindness. Bless us as we work: give us faith until the end, when your Son will come in glory.

R: Send us your loving kindness. Father, we praise you for the presence of the Spirit in our lives, making men and women bearers of your message and your purpose.

R: Send us your loving kindness.

Our Father....**Concluding Prayer**

Father in heaven our hearts desire the warmth of your love and our minds are searching for the light of your Word. Increase our longing for Christ our Saviour and give us the strength to grow in love, that the dawn of his coming may find us rejoicing in his presence and welcoming the light of his truth.

May the Lord bless us and keep us this day and forever. Amen

Prayer to Mary the Mother of God

Hail Mary....



Monday 2 December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of peace

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from St Matthew's Gospel

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.

This Advent Day

Think of those who come to Jesus in their needs. Pray that they will be assured of his presence. Give a word of assurance, compassion or hope today even over the phone to someone alone or in need of support. It will make a difference.

Intercessions

Inexhaustible light, dawning to remove the shadows that surround us, wake our faith from its slumber.

R: Come, Lord Jesus.

Let us walk safely all the day happy in the brightness of your presence.

R: Come, Lord Jesus.

Teach us to serve you perfectly so that all people may see it, and know.

R: Come, Lord Jesus.

Come to create a new Earth for us where justice and peace may reign.

R: Come, Lord Jesus.

Our Father....**Concluding Prayer**

Give us the grace, Lord, to be ever on the watch for Christ your Son. When he comes and knocks at our door, let him find us alert in prayer, joyfully proclaiming his glory. We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Prayer to Mary the Mother of God

Mother of Jesus pray for us and all our families and friends that we may know the love of your Son this day. Amen



Tuesday 3rd December 2013

Today we also keep the memory of St Francis Xavier Jesuit Missionary

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of peace

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from St Matthew's Gospel

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.

This Advent Day

Try and get to know God better, by spending a little extra time in prayer or reflection. Remember that God knows you intimately. He has created you! He has created all the people that you will meet today. The creative work of God can be seen in each person

Prayers and Intercessions

God, in you we move, we live, we are: come to show us that we are your people.

R: Come, Lord, and save us.

You are close to each one of us: come swiftly and show yourself to all who seek you.

R: Come, Lord, and save us.

Father of the poor, consoler of the afflicted, give freedom to captives and joy to those who mourn.

R: Come, Lord, and save us.

You hate death and love life: give freedom from eternal death to all who have died, and to us also.

R: Come, Lord, and save us.

Our Father....

Concluding Prayer

Lord God, you won so many peoples to yourself by the preaching of Saint Francis Xavier.

Give us the same zeal that he had for the faith, and let your Church rejoice and see the virtue and number of her children increase throughout the world. Amen.

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us for all our families and friends that we may know the love of your Son this day. Amen



Wednesday 4th December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of peace

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from St Matthew's Gospel

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.

This Advent Day

Jesus was aware that not only do we need food for the soul but also for the body. Jesus knows our needs as human beings. Today try to reach out to someone in need of the food of love of hope of joy

Prayers and Intercessions

God, in you we move, we live, we are: come to show us that we are your people.

R: Come, Lord, and save us.

You are close to each one of us: come swiftly and show yourself to all who seek you.

R: Come, Lord, and save us.

Father of the poor, consoler of the afflicted, give freedom to captives and joy to those who mourn.

R: Come, Lord, and save us.

You hate death and love life: give freedom from eternal death to all who have died, and to us also.

R: Come, Lord, and save us.

Our Father....

Concluding Prayer

Prepare our hearts, Lord, by the power of your grace.

When Christ comes, may he find us worthy

to receive from his hand the bread of heaven

at the feast of eternal life.

[We make our prayer] through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us for us and all our families and friends that we may know the love of your Son this day. Amen



Thursday 5th December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of peace

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Prophet Isaiah

'Trust in the Lord for ever, for the Lord is the everlasting Rock'

This Advent Day

Continue to deepen your relationship with the Lord so that your trust in him will grow. As the Lord is a rock for you on which to build your life, be a rock of strength for a family member friend or neighbour who needs support right now

Prayers and Intercessions

Lord Jesus Christ, you called us to your kingdom of light: make us live our lives rightly, pleasing God in all things.

R: Be close to us, Lord.

You stand among us, unrecognised by the world: show your face to all people.

R: Be close to us, Lord.

You are closer to us than we are to ourselves: keep strong in our hearts the trusting hope of salvation.

R: Be close to us, Lord.

You are the spring from which holiness flows: let us be holy and unstained on the day when you come again.

R: Be close to us, Lord.

Our Father....**Concluding Prayer**

Show forth your power, O Lord, and come.

Come in your great strength and help us.

Be merciful and forgiving, and hasten the salvation which only our sins delay.

We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us for all our families and friends that we may know the love of your Son this day. Amen



Friday 6th December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of peace

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Prophet Isaiah

But the lowly will rejoice in Yahweh even more and the poorest exult in the Holy One of Israel

This Advent Day

John O' Donohue reminds us 'when there is love in your life share it spiritually with those who are pushed to the very edge of life. The more love you give away, the more love you will have' Today why not do something positive for someone e.g. offer to help collect the children from school or positively compliment another person.

Prayers and Intercessions

Let us learn, Lord, to support each other, just as Christ, by supporting us, gave honour to God.

R: Glory to your name, O Lord.

Let our belief in you fill us with joy and peace so that we may walk in the hope and the strength of the Holy Spirit.

R: Glory to your name, O Lord.

Give help to all, Lord of infinite mercy: when people seek you without knowing it, let them find you.

R: Glory to your name, O Lord.

You call your chosen people and set them apart: raise us sinners up, to be crowned with eternal happiness.

R: Glory to your name, O Lord.

Our Father....**Concluding Prayer**

Lord help us to find out more about you and about the faith we profess, so that we may better understand the great love you have for us. May we open our hearts to the potential goodness that lies within each person and refrain from destructive criticism, born of envy or jealousy. Help us to grow in faith and humility and to trust in your forgiveness. We make our prayer through Christ our Lord. Amen

Blessing

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us for all our families and friends that we may know the love of your Son this day. Amen

Saturday 7th December 2013

Today we also keep the memory of St Ambrose of Milan

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising in glory dispel the darkness of our lives and fill us with the light of peace

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Gospel of Matthew

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.

This Advent Day

To be a Shepherd is to lead by working alongside every other member of the community in gathering the rich harvest of the Lord. Today pray for all leaders of the Church that they will invest their time and energy solely in the task of proclaiming the gospel in their parishes and diocese

Prayers and Intercessions

Great Shepherd of the flock of God, come to all people and unite us all in your flock.

R: Be good to us, Lord of good will.

Give help, Lord, to the shepherds of your

wandering people: let them look after your flock with care until you come.

R: Be good to us, Lord of good will.

Choose from among us preachers of your word: let them proclaim your good news over all the earth.

R: Be good to us, Lord of good will.

Take pity on those for whom the journey is too much: let them find a friend who will give them support.

R: Be good to us, Lord of good will.

Let your glory shine in your pastures in heaven for those who heard your voice in this life.

R: Be good to us, Lord of good will.

Our Father....

Concluding Prayer

Lord God, you made Saint Ambrose a teacher of the Catholic faith and a pattern of apostolic fortitude. Raise up in the church today men after your own heart to lead your people with wisdom and strength.

We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us for all our families and friends that we may know the love of your Son this day. Amen



Second Sunday of Advent



Second Sunday of Advent 8th December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of hope

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the letter of St Paul to the Romans

Everything that was written long ago in the scriptures was meant to teach us something about hope from the examples scripture gives of how people who did not give up were helped by God.

This Advent Day

Every time you read and reflect on the Word of God you are being filled with hope and become a sign of hope for others. If you have hope give thanks. If you need hope you will find it in Christ Jesus. Stay with him, do not ever give up, he is with you on your journey. Many others are too. Pray to be aware of this all the more

Prayers and Intercessions

Christ and Lord, you took on flesh to teach

the world the glory of your divinity: by your coming, bring us life.

R: Come, Lord Jesus.

You took on our weaknesses: grant us your mercy and compassion.

R: Come, Lord Jesus.

The first time you came in humbleness and redeemed the world from sin: at your second coming, judge us and find us innocent.

R: Come, Lord Jesus.

You live and rule over all things: in your goodness, bring us to receive our eternal inheritance.

R: Come, Lord Jesus.

You sit at the right hand of the Father: shine on the souls of the departed and bring them happiness.

R: Come, Lord Jesus.

Our Father....

Concluding Prayer

Almighty and merciful God, let neither our daily work nor the cares of this life prevent us from hastening to meet your Son. Enlighten us with your wisdom and lead us into his company. We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us in giving thanks to God who raises us up and remembers his mercy.



Monday 9th December 2013

Today we keep the Solemnity of Mary's Immaculate Conception

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of hope

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Gospel of St Luke

The angel said '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

This Advent Day

Jesus is the name by which we are saved. He has called you by name. There is no need to be afraid. Listen to the voice of the Lord who takes away all fear. The antidote to fear is love. Be a messenger of God's love for someone who is afraid for whatever reason. You can help them to overcome their fear

Prayers and Intercessions

God, worker of miracles, you lifted up the immaculate Virgin Mary, body and soul, to share the glory of Christ in heaven: guide the hearts of your children to that same glory.

R: Mary, full of grace pray for us.

You gave us Mary to be our mother. Through her intercession give healing to those worn out by sickness,

consolation to those who mourn and pardon to those who have done wrong; and to all of us give salvation and peace.

R: Mary, full of grace pray for us.

You made Mary the mother of mercy and compassion: may those beset by danger experience her motherly love.

R: Mary, full of grace pray for us.

God, you chose Mary to be the mother of your family, in the house of Jesus and Joseph: let every mother make her own family a place where love and holiness grow.

R: Mary, full of grace pray for us.

Lord God, you crowned Mary as the queen of heaven: may the dead rejoice in the ranks of your saints for ever.

R: Mary, full of grace pray for us.

Our Father....

Concluding Prayer

Father, we rejoice in the privilege of our Lady's Immaculate Conception, which preserved her from the stain of sin by the power of Christ's redeeming death, and prepared her to be the Mother of God. Grant that through her prayers we ourselves may come to you, cleansed from all sin. We make our prayer through Christ our Lord. Amen
May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us in giving thanks to God who raises us up and remembers his mercy for all people.


Tuesday 10th December 2013
Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of hope

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Gospel of Matthew

A voice cries, 'Prepare in the wilderness a way for the Lord. Make a straight highway for our God across the desert. Let every valley be filled in, every mountain and hill be laid low.

This Advent Day

This is a time of opportunity. Perhaps there is something to be put right with a family member, neighbour, friend, valleys of hurt to be filled in mountains of bitterness to be laid low. Whatever it is now is the time.

Prayers and Intercessions

May the light of your presence dispel our shadows and make us worthy to receive your gifts.

R: Come, Lord Jesus.

Save us, Lord our God, so we can proclaim your holy name today.

R: Come, Lord Jesus.

Ignite our hearts so that they burn with thirst for you and hurry eagerly to be joined with you.

R: Come, Lord Jesus.

You took on our weakness: give help to the sick and those who are dying today.

R: Come, Lord Jesus.

Our Father....**Concluding Prayer**

Lord God,
all the ends of the earth have seen your salvation.
Give us the grace to await with joy the glorious day of our Saviour's birth.

We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us in giving thanks to God who raises us up and remembers his mercy for all people.


Wednesday 11 December 2013
Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of hope

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Prophet Isaiah

The Lord is an everlasting God... his understanding is beyond fathoming.

He gives strength to the wearied, he strengthens the powerless. Young men may grow tired and weary, youths may stumble, but those who hope in the Lord renew their strength

This Advent Day

This earthly journey can be a rollercoaster. We can experience great joy and also great pain. Pray for all young people that they may have strength and hope to become who they are called to be. Give a word of encouragement to any young person whom you meet today.

Prayers and Intercessions

Leaving the Father's side, you came to clothe yourself in human form

free us from the weakness of our fallen nature.

R: Come, Lord Jesus.

When you come, your saints will reflect your glory:
as you come to us now, let us reflect your compassion.

R: Come, Lord Jesus.

We rejoice in your glory, Christ our Lord: bring us your salvation.

R: Come, Lord Jesus.

By faith you have led us into the light: let our good works be truly pleasing to you.

R: Come, Lord Jesus.

Our Father....**Concluding Prayer**

At your bidding, Lord, we are preparing the way for Christ, your Son.
May we not grow faint on the journey as we wait for his healing presence
We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us in giving thanks to God who raises us up and remembers his mercy for all people.



Thursday 12th December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of hope

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Prophet Isaiah

I, the Lord, your God, I am holding you by the right hand;
I tell you, 'Do not be afraid, I will help you

This Advent Day

Again and again this same message – Do not be afraid – The Lord will help you. The Lord will help your family, friends, and community. Do not be afraid to allow yourself to be an instrument of God's help today.

Prayers and Intercessions

Most gentle Father, our voices trustingly proclaim the coming of your Son: may our actions live up to what we proclaim.

R: Lord, show us your mercy and love.

You sent your Son to rescue us: wipe away all suffering from this community and from the face of the whole earth.

R: Lord, show us your mercy and love.

May our world be brightened by the coming of your Son; may it experience more deeply the joy of your presence.

R: Lord, show us your mercy and love.

In your mercy and love, let us live rightly and well waiting in joyful hope for the coming of Christ in glory.

R: Lord, show us your mercy and love.

Our Father....

Concluding Prayer

Clear a pathway, Lord, in our hearts to make ready for your only Son, so that when he comes we may serve you in sincerity of heart.

We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us in giving thanks to God who raises us up and remembers his mercy for all people.



Friday 13th December 2013

Today we keep the memory of St Lucy, martyred for her faith

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of hope

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Prophet Isaiah

Thus says the Lord, your redeemer, the Holy One of Israel:
I, the Lord, your God, teach you what is good for you,
I lead you in the way that you must go.

This Advent Day

The Lord teaches us and leads us. Pray this day that your heart will be open to learn and your feet ready to walk the road to hope and new life. Then each day you will learn and walk a little more. When you are on this road then you too can teach and lead others.

Prayers and Intercessions

The prophets of old foretold your birth in the flesh: strengthen the virtues that are born within us.

R: Come, Lord Jesus.

Give us this gift: that, proclaiming your good news, we may attain salvation in you.

R: Come, Lord Jesus.

You came to heal the contrite of heart: we are feeble, give us strength.

R: Come, Lord Jesus.

You deigned to come to reconcile the world to yourself: when you come again in judgement, free us from pain and punishment.

R: Come, Lord Jesus.

Our Father....

Concluding Prayer

Let the prayer of the virgin martyr Lucy support us, Lord, so that with each passing year we may celebrate her entry into life, and finally see you face to face in heaven.
We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us in giving thanks to God who raises us up and remembers his mercy for all people.



Saturday 14th December 2013

Today we keep the memory of St John of the Cross

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of hope

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the book of Ecclesiasticus

Happy shall they be who see you, and those who have fallen asleep in love.

This Advent Day

Many have lost loved ones during the past year. Pray for all who have died and all who are bereaved. Let a grieving person know that you are with them through some act of solidarity today, perhaps a visit or phonecall, a card or letter.

Prayers and Intercessions

Before the world began, you were. Come to us in this world, and save us.

R: Come, Lord; do not delay.

You created the world and all who live in it. Come to redeem the work of your hands.

R: Come, Lord; do not delay.

You did not shun our mortal nature. Come and save us from the power of death.

R: Come, Lord; do not delay.

You came so that we could have life overflowing. Come and give us your gift of eternal life.

R: Come, Lord; do not delay.

You chose to unite all men in your kingdom. Come, bring together all who await the sight of your face.

R: Come, Lord; do not delay.

Our Father....

Concluding Prayer

Lord God, you gave Saint John of the Cross the grace of complete self-denial and an ardent love for the cross of Christ. Grant that by following always in his footsteps we may come to the eternal vision of your glory.

We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us in giving thanks to God who raises us up and remembers his mercy for all people.



Third Sunday of Advent



Third Sunday of Advent 15th December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of joy

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the letter of St James

Be patient, brothers and sisters, until the Lord's coming. Think of a farmer: how patiently he waits for the precious fruit of the ground until it has had the autumn rains and the spring rains! You too have to be patient; do not lose heart, because the Lord's coming will be soon.

This Advent Day

Today we want everything now, in an instant. More often than not we have to wait. It can be wearisome and difficult. Healing takes time, reconciliation takes time. If you are tired and want a solution now, you may be disappointed. Be patient, do not lose heart. Good things come to those who wait. So it is with God.

Prayers and Intercessions

Jesus, Son of the Most High – the Virgin Mary was told of your coming by Gabriel: come to rule over your people for ever.

R: Come to us, Lord; remain with us.

Holy One of God – in Elizabeth's womb the Forerunner leapt in joy at your presence: come to give the whole world the joy of your salvation.

R: Come to us, Lord; remain with us.

Jesus, Saviour – your name was revealed to Joseph by the Angel: come to your people and save them from their transgressions.

R: Come to us, Lord; remain with us.

Light of the World – your coming was awaited by Simeon and all just men: come to us and console us.

R: Come to us, Lord; remain with us.

Inexhaustible dawn – Zachariah foretold your coming down from heaven: come and give light to those who sit in the shadow of death.

R: Come to us, Lord; remain with us.

Our Father....**Concluding Prayer**

Grant, almighty God, that looking forward in faith to the feast of our Lord's birth, we may feel all the happiness our Saviour brings and celebrate his coming with unending joy. We make our prayer through Christ our Lord. Amen
May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus you brought joy to Elizabeth carrying within you Jesus, the Word made flesh. Pray that we too with that same joy will be bearers of his love to all our brothers and sisters. Amen



Monday 16th December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of joy

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Psalm

In you I hope all day long because of your goodness, O Lord. Remember your mercy, Lord, and the love you have shown from of old.

Do not remember the sins of my youth. In your love remember me.

This Advent Day

Remember God is merciful and full of compassion. This is our hope. As you journey towards the feast of the coming of our Saviour, who proclaims with his life, death and resurrection the mercy of God, make plans to celebrate the sacrament of reconciliation this Advent.

Prayers and Intercessions

Inexhaustible light, dawning to remove the shadows that surround us, wake our faith from its slumber.
R: Come, Lord Jesus.

Let us walk safely all the day happy in the brightness of your presence.

R: Come, Lord Jesus.

Teach us to serve you perfectly so that all people may see it, and know.

R: Come, Lord Jesus.

Come to create a new Earth for us where justice and peace may reign.

R: Come, Lord Jesus.

Our Father....**Concluding Prayer**

In your love, Father, listen to our prayer:
may your Son at his coming dispel by his grace the darkness of our hearts.
We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus you brought joy to Elizabeth carrying within you Jesus, the Word made flesh. Pray that we too with that same joy will be bearers of his love to all our brothers and sisters. Amen


Tuesday 17th December 2013
Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising in glory dispel the darkness of our lives and fill us with the light of joy

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Psalm

May the mountains bring forth peace for the people and the hills, justice. May he defend the poor of the people and save the children of the needy

This Advent Day

The imagery of the mountains offering peace and the hills justice speaks volumes but what it speaks is not an abdication of our responsibility as if nature will do this for us. Are there ways, even small ways, this Advent that we can offer peace or justice to another, or help to those in need?

Prayers and Intercessions

Let us rejoice as we wait for your coming. Come, Lord Jesus.

R: Come, Lord; do not delay.

Before the world began, you were. Come to us in this world, and save us.

R: Come, Lord; do not delay.

You created the world and all who live in it. Come to redeem the work of your hands.

R: Come, Lord; do not delay.

You did not shun our mortal nature. Come and save us from the power of death.

R: Come, Lord; do not delay.

You came so that we could have life overflowing. Come and give us your gift of eternal life.

R: Come, Lord; do not delay.

You chose to unite all men in your kingdom. Come, bring together all who await the sight of your face.

R: Come, Lord; do not delay.

Our Father....**Concluding Prayer**

Father, by your will your Son took upon himself that human nature which you fashioned and redeemed. Grant that the Word who took flesh in the womb of the ever-virgin Mary and became a man like us may share with us his godhead. We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus you brought joy to Elizabeth carrying within you Jesus, the Word made flesh. Pray that we too with that same joy will be bearers of his love to all our brothers and sisters. Amen


Wednesday 18th December 2013
Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising in glory dispel the darkness of our lives and fill us with the light of joy

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Gospel of Matthew

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.

This Advent Day

When we really believe that God is with us then we can do what is right even when it might seem that the odds are stacked against us. Joseph believed and in taking Mary as his wife changed the path of history. If at the moment you are pondering a serious decision, trust in God, he is with you, do not be afraid to do what is right, a decision made with God will bring peace.

Prayers and Intercessions

Christ, Lord, you came to save sinners: defend us and keep us untroubled by temptation.

R: Come, Lord Jesus.

We believe that you will come in judgement in the sight of all: let all see in us the power of your salvation.

R: Come, Lord Jesus.

Give us the strength to keep to your precepts: so that we may stand firm in love, awaiting your coming.

R: Come, Lord Jesus.

You are blessed in all worlds and all ages. In your mercy let us live our time in this world in righteousness and virtue as we wait in blessed hope for the coming of your greatness.

R: Come, Lord Jesus.

Our Father....**Concluding Prayer**

By the long-awaited coming of your new-born Son deliver us, Lord, from the age-old bondage of sin.

We make our prayer through Christ our Lord. Amen
May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus you brought joy to Elizabeth carrying within you Jesus, the Word made flesh. Pray that we too with that same joy will be bearers of his love to all our brothers and sisters. Amen



Thursday 19th December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of joy

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Gospel of St Luke

'Zechariah, do not be afraid, your prayer has been heard. Your wife Elizabeth is to bear you a son and you must name him John. He will be your joy and delight and many will rejoice at his birth, for he will be great in the sight of the Lord;

This Advent Day

Your prayer has been heard, the angel said. Every prayer without exception is heard. Sometimes the answer may surprise or be unexpected or might be yes or no.

Do not be afraid to pray. Do not be afraid of what the answer might be.

Prayers and Intercessions

Lord, as we announce your coming wash our

hearts clean of attachment to vain things.

R: Come, Lord Jesus.

Lord and founder of the Church, may she proclaim your greatness to all peoples.

R: Come, Lord Jesus.

Lord, your law brings light to the eyes: may it protect the people who trust in you.

R: Come, Lord Jesus.

By your gift, the Church preaches that you are near: let our ardent prayers give us a sight of you.

R: Come, Lord Jesus.

Our Father....**Concluding Prayer**

Deepen our faith, Lord God, as we celebrate the great mystery of the incarnation by which you revealed to the world the splendour of your glory through the Virgin Mary when she gave birth to your Son, We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus you brought joy to Elizabeth carrying within you Jesus, the Word made flesh. Pray that we too with that same joy will be bearers of his love to all our brothers and sisters. Amen



Friday 20th December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of joy

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Prophet Isaiah

The Lord himself, therefore, will give you a sign.

It is this: the maiden is with child and will soon give birth to a son whom she will call Immanuel, a name which means "God-is-with-us."

This Advent Day

In our everyday lives we see signs that the Lord is with us. The birth of a child, the comforting presence at a time of sorrow, the one who brings a smile to our faces, the one who assures us that all will be well. When faith is put into action by serving those in need faith comes alive and will attract others. We become signs of God's love of the fact that God is with us.

Prayers and Intercessions

May the light of your presence dispel our shadows and make us worthy to receive your gifts.

R: Come, Lord Jesus.

Save us, Lord our God, so we can proclaim your holy name today.

R: Come, Lord Jesus.

Ignite our hearts so that they burn with thirst for you and hurry eagerly to be joined with you.

R: Come, Lord Jesus.

You took on our weakness: give help to the sick and those who are dying today.

R: Come, Lord Jesus.

Our Father....**Concluding Prayer**

Lord, at the angel's message Mary, the immaculate Virgin, became the temple of God and was filled with the light of the Holy Spirit when she received your divine Word.

Grant that, after her example, we may humbly and steadfastly follow your will.

We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus you brought joy to Elizabeth carrying within you Jesus, the Word made flesh. Pray that we too with that same joy will be bearers of his love to all our brothers and sisters. Amen

Saturday 21st December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising in glory dispel the darkness of our lives and fill us with the light of joy

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Gospel of Luke

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.

This Advent Day

Every encounter with Christ is an occasion of joy. We are blessed to encounter him in so many ways: in his Word, in Sacrament, in each other, in the sick and the poor, in every human being. Through these encounters we are filled again and again with the Holy Spirit. The grace of Baptism is renewed and we grow as the Body of Christ. Today remember that your next prayer, the next person you meet is a coming face to face with Christ.

Prayers and Intercessions

You are the faithful witness to God's grace and the first-born from

the dead. With your blood you have washed us clean of our sins. Make us mindful of the wonderful things you have done for us.

R: Look down on us, Lord, and hear us.

You have raised up heralds to proclaim your Gospel: may they eagerly and faithfully teach the mysteries of your kingdom.

R: Look down on us, Lord, and hear us.

King of peace, send your spirit upon those who rule, so that they take special care for the poor and destitute.

R: Look down on us, Lord, and hear us.

Counsel those who suffer discrimination for their race, colour, status, speech or religion, that they may win recognition of their rights and dignity.

R: Look down on us, Lord, and hear us.

Give all who have died a share in your blessedness, with the blessed Virgin Mary and all your saints.

R: Look down on us, Lord, and hear us.

Our Father....

Concluding Prayer

In your goodness, Lord, listen to your people's prayer.

As we rejoice in the coming of your Son in flesh and blood like ours,

grant that when he comes again in glory

we may receive the gift of eternal life

We make our prayer through Christ our Lord. Amen

Blessing May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus you brought joy to Elizabeth carrying within you Jesus, the Word made flesh. Pray that we too with that same joy will be bearers of his love to all our brothers and sisters. Amen



Fourth Sunday of Advent

Fourth Sunday of Advent 22nd December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of love

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the letter of Paul to the Romans

This news is about the Son of God who, according to the human nature he took was a descendant of David: it is about Jesus Christ our Lord who, in the order of the spirit, the spirit of holiness that was in him, was proclaimed Son of God in all his power through his resurrection from the dead.

This Advent Day

There you have it. This is who it is all about. Advent, Christmas, Easter, every Mass, every prayer, every act of love. It is about Jesus, the Christ the one for whom we wait and who waits for us. In these last few days before Christmas remember this is the Good News. Stop a while longer, focus on this fact. This is all about Jesus Christ and all for you!

Prayers and Intercessions

Christ and Lord, you took on flesh to teach the

world the glory of your divinity: by your coming, bring us life.

R: Come, Lord Jesus.

You took on our weaknesses: grant us your mercy and compassion.

R: Come, Lord Jesus.

The first time you came in humbleness and redeemed the world from sin: at your second coming, judge us and find us innocent.

R: Come, Lord Jesus.

You live and rule over all things: in your goodness, bring us to receive our eternal inheritance.

R: Come, Lord Jesus.

You sit at the right hand of the Father: shine on the souls of the departed and bring them happiness.

R: Come, Lord Jesus.

Our Father....

Concluding Prayer

Lord, open our hearts to your grace. Through the angel's message to Mary we have learned to believe in the incarnation of Christ your Son:

lead us by his passion and cross to the glory of his resurrection

We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us for all humanity especially the suffering, the poor and all for whom there is no room in our world. May the child of Bethlehem to whom you gave birth open our hearts in love to the needs of all our brothers and sisters. Amen

Monday 23rd December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising is glory dispel the darkness of our lives and fill us with the light of love

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Gospel of Luke

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.

This Advent Day

Sharing the joy of others is sacramental. It strengthens the bonds of communion among us. As we approach the feast of the Lord's birth share your joy with others especially someone who might be alone. Be the one who gives birth to Christ for someone in need of your presence not your presents!

Prayers and Intercessions

The prophets of old foretold your birth in the flesh: strengthen the virtues that are born within us.

R: Come, Lord Jesus.

Give us this gift: that, proclaiming

your good news, we may attain salvation in you.

R: Come, Lord Jesus.

You came to heal the contrite of heart: we are feeble, give us strength.

R: Come, Lord Jesus.

You deigned to come to reconcile the world to yourself: when you come again in judgement, free us from pain and punishment.

R: Come, Lord Jesus.

Our Father....

Concluding Prayer

Almighty God, now that the birthday of your Son as man is drawing near, we pray that your eternal Word, who took flesh in the womb of the Virgin Mary and came to dwell among men, will show your unworthy people the greatness of his love and mercy. We make our prayer through Christ our Lord. Amen
May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us for all humanity especially the suffering, the poor and all for whom there is no room in our world. May the child of Bethlehem to whom you gave birth open our hearts in love to the needs of all our brothers and sisters. Amen



Tuesday 24th December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising in glory dispel the darkness of our lives and fill us with the light of love

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Gospel of Luke

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 light to those who live in darkness and the shadow of death and to guide our feet into the way of peace.'

This Advent Day

Nearly there! Pray with all people that the darkness of war, of injustice, of poverty, of disease, of depression, of despair, of fear, of death, will give way the light of peace and hope now and tomorrow.

Prayers and Intercessions

Christ our redeemer is coming in glory and power. Let us pray to him with devotion, dearly beloved brethren, and humbly call on him:

R: Come, Lord Jesus.

Christ and Lord, you

will come throned in great power: look kindly on our lowliness and raise us up, to be worthy of your gifts.

R: Come, Lord Jesus.

You came to show the Good News to mankind: give us the grace to proclaim your salvation always.

R: Come, Lord Jesus.

Blessed and living Lord, you reign over all things: grant that we may joyfully await your hoped-for glorious coming.

R: Come, Lord Jesus.

We breathlessly await the grace of your coming: keep us strong with your divine presence.

R: Come, Lord Jesus.

Our Father....

Concluding Prayer

Come, Lord Jesus, come soon.

In this time of your coming, support and console us who trust in your love.

We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus pray with us for all humanity especially the suffering, the poor and all for whom there is no room in our world. May the child of Bethlehem to whom you gave birth open our hearts in love to the needs of all our brothers and sisters. Amen



Christmas Day Wednesday 25th December 2013

Introduction

In the name of the Father and of the Son and of the Holy Spirit. Amen

Lighting of Candle (Optional)

May the light of Christ rising in glory dispel the darkness of our lives and fill us with the light of love

Thanksgiving for this day

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A Word from the Gospel of John

The Word was made flesh, he lived among us, and we saw his glory, the glory that is his as the only Son of the Father, full of grace and truth.

This Christmas Day

Between Bethlehem and the empty tomb he showed us who God is. He showed us love and how to love. His coming has made the earthen jars that we are the holders of a great treasure. The Word became Flesh so that flesh could be redeemed. We are his brothers and sisters. May this celebration of his birth renew your faith in God and in humanity. All is possible through him. The Word is flesh and lives among us. Glory to God in the highest. Let us ponder these things in our hearts.

Prayers and Intercessions

Lord, fill your church with all goodness and give her strength by the mystery of your nativity.

R: May your birth bring peace to all.

You came as the prince of shepherds, as guide and leader of our souls:

the Pope and the bishops, our guides and leaders, faithful channels of your many graces.

R: May your birth bring peace to all.

King of eternity, by your birth you chose to be confined in time and suffer human tribulations. We are fallen, we are mortal: raise us to be eternal with you.

R: May your birth bring peace to all.

Age after age awaited you and in the fullness of time you came: show your presence to those who are still waiting for you.

R: May your birth bring peace to all.

Human nature was corrupted by death: by becoming flesh you restored its integrity. restore to wholeness those who have died.

R: May your birth bring peace to all.

Our Father....**Concluding Prayer**

God, our Father, our human nature is the wonderful work of your hands, made still more wonderful by your work of redemption. Your Son took to himself our humanity: grant us a share in the godhead of Jesus Christ,

We make our prayer through Christ our Lord. Amen

May the Lord bless us and keep us this day and forever. Amen

Praying with Mary the Mother of God

Mother of Jesus who gave birth to our Saviour in simplicity and love we too ponder in our hearts the mystery of God's love for us and all people. With the shepherds may we bearers of the Good News that in Christ God is among us bringing peace and hope. Amen



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