

Fourth Sunday of Advent
December 19, 2021

Pre-Mass Meditation

*We all have knots, or deficiencies in our hearts, and we go through difficulties.
God wants us to trust Our Lady, undoer of knots, to entrust to Her the knots of
our sins, the tangles of our miseries that prevent us from uniting oursel
ves with God, to allow Her to undo them and bring us to Her son Jesus,
Especially for the knots of
Climate Change, Clericalism, Prejudice, and within Families.*

Entrance Hymn: Awake, Awake and Greet the New Morn (G 265)

Awake, awake, and greet the new morn, for angels herald its dawning.
Sing out your joy, for soon he is born, Behold! the Child of our longing.
Come as a baby weak and poor, To bring all hearts together.
He opens wide the heavenly door and lives now inside us forever.

To us, to all in sorrow and fear, Emmanuel comes a-singing,
His humble song is quiet and near, Yet fills the earth with its ringing;
Music to heal the broken soul and hymns of loving kindness,
The thunder of his anthems roll to shatter all hatred and blindness.

In darkest night his coming shall be, when all the world is despairing,
As morning light, so quiet and free, so warm and gentle and caring.
Then shall the ute break forth in song, the lame shall leap in wonder,
The weak shall be raised above the strong and weapons be broken asunder.

Blessing of the Advent Wreath

Leader:

Advent is a time of hope. This Advent, we place our hope in Mary, Undoer of Knots to help us contemplate the knots in our society. With every candle we light on the wreath we draw closer to Mary, the girl who had hope in God's word. Advent is a call to wake up to God in our midst. Let us keep walking through Advent with our eyes open, finding ways to undo the knots we encounter. Follow the Light, allowing these days to draw us to a place where darkness gives way to a new vision, and wonder leads to wisdom.

Priest:

Lord God, we praise you for your Son, Jesus; he is Emmanuel, the hope of all peoples. He is the wisdom that teaches and guides us. Let your blessing come upon us as we light the candles of the wreath. May its light be as a sign of Christ's promise of salvation and a sign of your unending love. We ask this through Christ our Lord. Amen.

(Sprinkle the wreath, light two candles)

Hymn: Come, Lord! Maranatha (BB 65)

Come, Lord! Maranatha! Come and bring us your peace.
Come, Lord! Maranatha! Come to us, set us free.
Come now and bring us your peace.

Greeting

In the name of the Creator, the Redeemer, and the Holy Spirit.
Amen

The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.

And with your spirit.

Let us come to God, mindful of our sins:

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned,
in my thoughts and in my words, in what I have done and what I have failed to do,
through my fault, through my fault, through my most grievous fault;
therefore I ask blessed Mary ever-Virgin, all the Angels and Saints,
and you my brothers and sisters, to pray for me to the Lord our God.

God have Mercy

You come to heal the contrite. God, have mercy. **God, have mercy.**
You come to call sinners. Christ, have mercy. **Christ, have mercy.**
You plead for us at the right hand of the Father. God, have mercy. **God, have mercy.**

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

Amen

Collect

Let us pray:

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation
of Christ your Son was made known by the message of an Angel, may by his Passion and Cross
be brought to the glory of his Resurrection. Who lives and reigns with you in the unity of the
Holy Spirit, God, for ever and ever. **Amen.**

The Liturgy of the Word

First Reading

Micah 5:1-4a

A reading from the book of the Prophet Micah

Thus says the Most High God:
You, Bethlehem-Ephrathah
too small to be among the clans of Judah,
from you shall come forth for me
one who is to be ruler in Israel;
whose origin is from of old,
from ancient times.

Therefore God will give them up, until the time
when she who is to give birth has borne,
and the rest of the kindred shall return
to the children of Israel.

The Child shall stand firm and shepherd this flock
by the strength of our God,
in the majestic name of the Most High, our God;
and they shall remain, for now this Child's greatness
shall reach to the ends of the earth;
this Holy One shall be peace.

The Word of our God.

Thanks be to God.

Responsorial Psalm

Refrain

Lord, make us turn to you, show us your face, and we shall be saved.

Lord, make us turn to you, show us your face, and we shall be saved.

You have done wondrous things, holy is your name for all time,
your mercy and your love are with your people. **Refrain**

You are my joy and song, I would have my life speak your praise,
on me your love has shown, your blessings given. **Refrain**

You fill all hungry hearts, sending the rich empty forth,
and holding up in love the meek and lowly. **Refrain**

Second Reading Hebrews 10:5-10

A reading from the Letter to the Hebrews

Brothers and sisters:

When Christ came into the world, he said:
“Sacrifice and offering you did not desire,
but a body you prepared for me;
in holocausts and sin offerings you took no delight.

Then I said, ‘As is written of me in the scroll,
behold, I come to do your will, O God.’“

First Christ says, “Sacrifices and offerings,
holocausts and sin offerings,
you neither desired nor delighted in.”
These are offered according to the law.

Then Christ says, “Behold, I come to do your will.”
Christ takes away the first to establish the second.

By this “will,” we have been consecrated through the offering of the body of Jesus Christ once
for all.

The Word of our God.
Thanks be to God.

Alleluia (Mass of Renewal)

Alleluia, Alleluia, Alleluia, Alleluia, Alleluia, Alleluia,
Alleluia, Alleluia, Alleluia, Alleluia, Alleluia, Alleluia,

Behold, I am the handmaid of the Lord;
May it be done to me according to your will.

Alleluia, Alleluia, Alleluia, Alleluia, Alleluia, Alleluia,

Gospel Luke 1:39-45

The Lord be with you.

And with your Spirit.

A reading from the holy Gospel according to Luke

Glory to you, O Lord.

Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the
house of Zechariah and greeted Elizabeth.

When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said,

“Blessed are you among women,
and blessed is the fruit of your womb.
And how does this happen to me,
that the mother of my God should come to me?
For at the moment the sound of your greeting reached my ears,
the infant in my womb leaped for joy.
Blessed are you who believed that what was spoken to you by God would be fulfilled.”

The Good News of Salvation
Praise to you, Lord Jesus Christ.

Homily (take a moment to reflect on the readings - what word or phrase stood out to you?)

Universal Intercessions

Response: God of peace, hear our prayer.
(God of peace, hear our prayer.)

For the Church – that we may believe and celebrate God's presence among us each day, let us pray...

For those who serve the common good - for elected officials, public servants, first responders, health care workers, and educators, let us pray...

For all those who will be traveling – that on their journey they will remember the care and hospitality of Mary and Elizabeth, let us pray...

For all those who long for the coming of the Messiah, that Mary will undo the knots in our hearts to let him come to us, let us pray...

For what other intentions do we want to pray...

The Liturgy of the Eucharist

Preparation of the Gifts

Where Charity and Love Prevail (BB 492)

Where charity and love prevail, there God is ever found.

Brought here together by Christ's love, by love are we thus bound.

With grateful joy and holy fear God's charity we learn;
Let us with heart and mind and soul now love him in return.

Forgive we now each other's faults as we our faults confess;
And let us love each other well in Christian holiness.

Let strife among us be unknown, let all contention cease.
Be God's the glory that we seek, be ours God's holy peace.

Let us recall that in our midst dwells God's begotten Son;
As members of his body joined, we are in Christ made one.

No race nor creed can love exclude if honored be God's name;
Our family embraces all whose Parent is the same.

Offertory Prayers

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

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

Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

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

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

The Eucharistic Prayer (if you are watching the video or listening to the audio, please follow along and participate with Fr. Jack; and continue with the Communion Reflection Song below. If you are using this at home with your family, continue with the Spiritual Eucharist below)

Service Music: Mass of Renewal (BB 878)

Spiritual Communion

*Invite the Family to **stand** for the Our Father. Although without a Priest, we cannot offer the Mystery of Jesus' Sacrifice on the Cross, we can join with the Church throughout the world in*

offering a Spiritual Communion until such time as we can again participate in the great Sacrifice of the Mass.

Our Father

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

Family: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil.

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

Family: For the kingdom, the power and the glory are yours, now and forever.

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

Family: Amen.

Leader: May the peace of the Lord be with us always.

Invite the family to kneel if practical. The following formula of prayers can be prayed together as a family, inviting Jesus spiritually into our hearts.

Leader: Together with the whole Church throughout the world, let us profess an Act of Faith in Jesus' real presence in the Eucharist.

All: O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit.

I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead.

I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived.

In this faith I intend to live and die.

Amen.

Leader: Through His sacrifice on the cross, Jesus made the ultimate act of love by offering himself as expiation for our sins. Let us now make our own act of love as we pray:

All: O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Leader: With a humble and contrite heart, we ask the Lord to come to us just as He would if we were able to receive the sacrament.

All: My Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you in my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Communion Song: Holy Is His Name (BB 706)

My soul proclaims the greatness of the Lord, and my spirit exults in God my Savior.
For he has looked with mercy on my lowliness, and my name will be forever exalted.
For the mighty God has done great things for me, and his mercy will reach from age to age.
And holy, holy, holy is God's name.

He has mercy in every generation. He has revealed his power and his glory.
He has cast down the mighty in their arrogance, and has lifted up the meek and the lowly.
He has come to help his servant Israel; he remembers his promise to our ancestors.
And holy, holy, holy is God's name.

Communion Meditation Hail Mary, Gentle Woman (G 564/BB 704)

Hail Mary, full of grace, the Lord is with you.
Blessed are you among women, and blest is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners now, and at the hour of death. Amen.

Refrain

Gentle woman, quiet light, morning star, so strong and bright,
Gentle Mother, peaceful dove, teach us wisdom, teach us love.

You were chosen by the Father, you were chosen for the Son
You were chosen from all women and for woman, shining one. **Refrain**

Blessed are you among women, blest in turn all women, too.
Blessed they with peaceful spirits, Blessed they with gentle hearts. **Refrain**

Prayer after Communion:

Let us pray:

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

Amen

Concluding Rite

Final Blessing

And may the blessing of almighty God, the Creator, and the Redeemer, and the Holy Spirit come down on you and remain with you forever.

Amen

Go in peace. **Thanks be to God.**

Song of Sending: Emmanuel (BB 57)

Refrain:

Come, come Emmanuel! Son of God, appear.
Heaven and earth, rejoice! Salvation is drawing near.
Salvation is drawing near.

O come, O come, Emmanuel and ransom captive Israel.
That mourns in lonely exile here, Until the Son of God appear. **Refrain**

O come, O Wisdom from on high, Who ordered all things mightily;
To us the path of knowledge show, And teach us in her ways to go. **Refrain**

O come, O Rod of Jesse's stem; From every foe deliver them
That trust your mighty power to save, and give them victory over the grave. **Refrain**