

# Antiphons

## Advent — Weekdays

Weekdays before 17 December

### Monday

EA	<i>Hear the word of the Lord</i> (95)	2
CA	<i>Come, O Lord</i> (105)	3

### Tuesday

EA	<i>Behold, the Lord will come</i> (96)	4
CA	<i>The Just Judge</i> (71)	5

### Wednesday

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### Thursday

EA	<i>You, O Lord, are close</i> (118)	8
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17–24 December

### 17 December

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### 19 December

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# Weekdays before 17 December

## MONDAY

### Entrance Antiphon

cf. Jeremiah 31:10; Isaiah 35:4

Hear the word of the Lord, O nations; declare it to distant lands:

Behold our Saviour will come; you need no longer fear.

Jeremiah 31:10–14

O nations, hear the word of the Lord,  
proclaim it to the far-off coasts.  
Say: 'He who scattered Israel will gather him  
and guard him as a shepherd guards his flock.  
For the Lord has ransomed Jacob,  
has saved him from an overpowering hand.

They will come and shout for joy of Mount Sion,  
they will stream to the blessings of the Lord,  
to the corn, the new wine and the oil,  
to the flocks of sheep and the herds.  
Their life will be like a watered garden.  
They will never be weary again.

Then the young girls will rejoice and will dance,  
the men, young and old, will be glad.  
I will turn their mourning into joy,  
I will console them, give gladness for grief.  
The priests I will again feed with plenty,  
and my people shall be filled with my blessings.

Glory be...

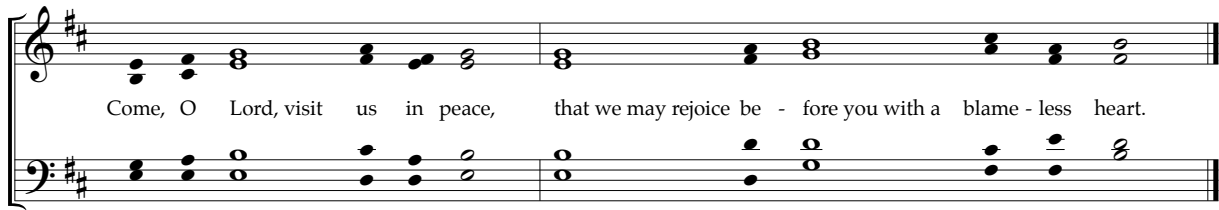
### Alternative Psalm verses

Psalm 95 (96)

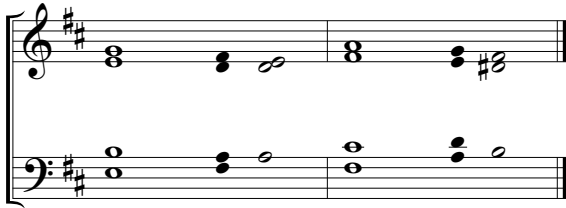
# MONDAY

## Communion Antiphon

cf. Psalm 105:4–5; Isaiah 38:3



Come, O Lord, visit us in peace, that we may rejoice before you with a blameless heart.



Psalm 105:1–5, 47–48

O give thanks to the Lord for he is good;  
for his love endures for ever  
Who can tell the Lord's mighty deeds?  
Who can recount all his praise?

They are happy who do what is right,  
who at all times do what is just.  
O Lord, remember me  
out of the love you have for your people.

Come to me, Lord, with your help  
that I may see the joy of your chosen ones  
and may rejoice in the gladness of your nation  
and share the glory of your people.

O Lord, our God, save us!  
Bring us together from among the nations  
that we may thank your holy name  
and make it our glory to praise you.

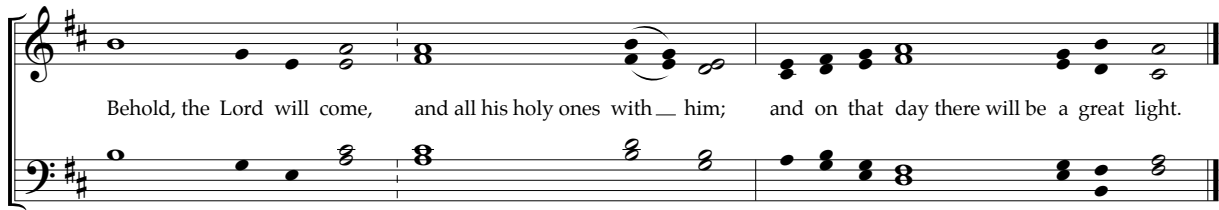
Blessed be the Lord, God of Israel,  
for ever, from age to age.  
Let all the people cry out:  
"Amen! Amen! Alleluia!"

Glory be...

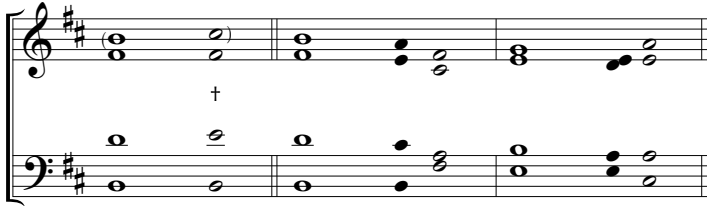
# TUESDAY

## Entrance Antiphon

cf. Zechariah 14:5, 7



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



Psalm 96 (97)

The Lord is king, let earth rejoice,  
let all the coastlands be glad.  
Cloud and darkness are his raiment;  
his throne, justice and right.

A fire prepares his path;  
it burns up his foes on every side.  
His lightnings light up the world,  
the earth trembles at the sight.

The mountains melt like wax  
before the Lord of all the earth.  
The skies proclaim his justice;  
all peoples see his glory.

Let those who serve idols be ashamed, †  
those who boast of their worthless gods.  
All you spirits, worship him.

Zion hears and is glad; †  
the people of Judah rejoice  
because of your judgments O Lord. For you in-  
deed are the Lord †  
most high above all the earth  
exalted far above all spirits.

The Lord loves those who hate evil: †  
he guards the souls of his saints;  
he sets them free from the wicked.

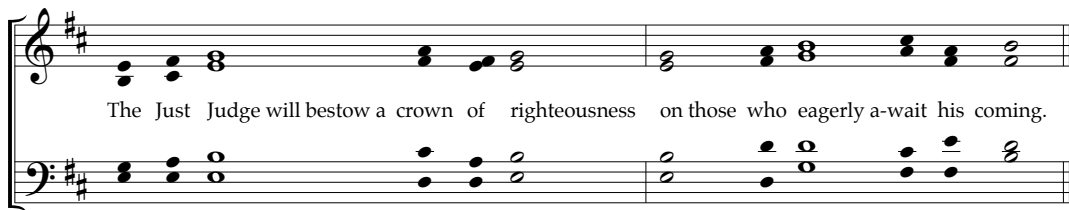
Light shines forth for the just  
and joy for the upright of heart.  
Rejoice, you just, in the Lord;  
give glory to his holy name.

Glory be...

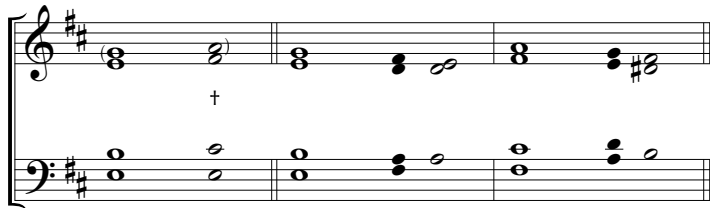
# TUESDAY

## Communion Antiphon

cf. 2 Timothy 4:8



The Just Judge will bestow a crown of righteousness on those who eagerly a-wait his coming.



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Psalms 71(72):1-8

O God, give your judgment to the king,  
to a king's son your justice,  
that he may judge your people in justice  
and your poor in right judgment.

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  
(and crush the oppressor).

He shall endure like the sun and the moon  
from age to age.

He shall descend like rain on the meadow,  
like raindrops on the earth.

In his days justice shall flourish  
and peace till the moon fails.

He shall rule from sea to sea,  
from the Great River to earth's bounds.

Glory be...

# WEDNESDAY

## Entrance Antiphon

cf. Habakkuk 2-3; 1 Corinthians 4:5

The Lord will come and he will not de - lay. He will il - lumine what is hid-den in darkness

and re - veal him - self to all the nations.

†

Psalm 96(97)

The Lord is king, let earth rejoice,  
let all the coastlands be glad.  
Cloud and darkness are his raiment;  
his throne, justice and right.

A fire prepares his path;  
it burns up his foes on every side.  
His lightnings light up the world,  
the earth trembles at the sight.

The mountains melt like wax  
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The skies proclaim his justice;  
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those who boast of their worthless gods.  
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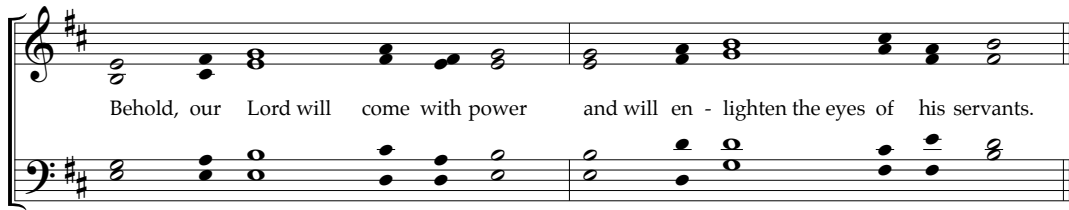
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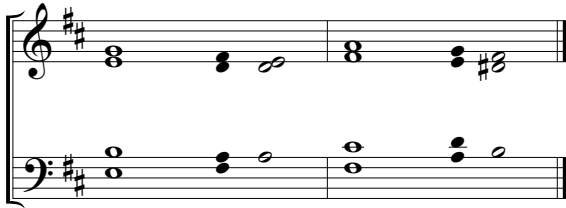
# WEDNESDAY

## Communion Antiphon

Isaiah 40:10; 35:5



Behold, our Lord will come with power and will enlighten the eyes of his servants.



Psalms 33(34): 1-11

I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad.

Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free.

Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress.

The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him.

Revere the Lord, you his saints.  
They lack nothing, those who revere him.  
Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing.

Glory be...

# THURSDAY

## Entrance Antiphon

cf. Psalm 118:151–152

You, O Lord, are close, and all your ways are truth. From of old I have known of your de-crees,

for you are e - ternal.

Psalm 118(119): 145–152; 169–176

I call with all my heart; Lord, hear me,  
I will keep your statutes.  
I call upon you, save me  
and I will do you will.

I rise before dawn and cry for help,  
I hope in your word.  
My eyes watch through the night  
to ponder your promise.

In your love hear my voice, O Lord;  
give me life by your decrees.  
Those who harm me unjustly draw near:  
they are far from your law.

But you, O Lord, are close:  
your commands are truth.  
Long have I known that your will  
is established for ever.

Lord, let my cry come before you:  
teach me by your word.  
Let my pleading come before you;  
save me by your promise

Let my lips proclaim your praise  
because you teach me your statutes.  
Let my tongue sing your promise  
for your commands are just.

Let your hand be ready to help me,  
since I have chosen your precepts.  
Lord, I long for your saving help  
and your law is my delight.

Give life to my soul that I may praise you.  
Let your decrees give me help.  
I am lost like a sheep; seek your servant  
for I remember your commands.

Glory be...



# THURSDAY

## Communion Antiphon

Titus 2:12-13

Let us live justly and devoutly in this age, as we a - wait the bless - ed hope

and the coming of the glory of our great God.

+

Psalm 129(130)

Out of the depths I cry to you, O Lord,  
Lord, hear my voice!

O let your ears be attentive  
to the voice of my pleading.

If you, O Lord, should mark our guilt,  
Lord, who would survive?

But with you is found forgiveness:  
for this we revere you.

My soul is waiting for the Lord,  
I count on his word.

My soul is longing for the Lord  
more than watchman for daybreak.  
(Let the watchman count on daybreak  
and Israel on the Lord.)

Because with the Lord there is mercy  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity.

Glory be...

# FRIDAY

## Entrance Antiphon

Behold, the Lord will come descend - ing with splendour to — visit his peo - ple with peace,

and he will be - stow on them e - ter - nal life.

†

Psalm 71(72): 1-8, 18-19

O God, give your judgment to the king,  
to a king's son your justice,  
that he may judge your people in justice  
and your poor in right judgment.

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  
(and crush the oppressor).

He shall endure like the sun and the moon  
from age to age.

He shall descend like rain on the meadow,  
like raindrops on the earth.

In his days justice shall flourish  
and peace till the moon fails.  
He shall rule from sea to sea,  
from the Great River to earth's bounds.

Blessed be the Lord, God of Israel  
who alone works wonders,  
ever blessed his glorious name. †  
Let his glory fill the earth.  
Amen! Amen!

Glory be...

# FRIDAY

## Communion Antiphon

cf. Philippians 3:20–21

We a - wait a saviour, the Lord Je - sus Christ, who will change our mor - tal bodies,

to con - form with his glo-ri - fied body.

†

Psalm 95(96)

O sing a new song to the Lord, †  
sing to the Lord all the earth.  
O sing to the Lord, bless his name.

Proclaim his help day by day, †  
tell among the nations his glory  
and his wonders among all the peoples.

The Lord is great and worthy of praise, †  
to be feared above all gods;  
the gods of the heathens are naught.

It was the Lord who made the heavens, †  
his are majesty and state and power  
and splendour in his holy place.

Give the Lord, you families of peoples, †  
give the Lord glory and power,  
give the Lord the glory of his name.

Bring an offering and enter his courts, †  
worship the Lord in his temple.  
O earth, tremble before him.

Proclaim to the nations: “God is king.” †  
The world he made firm in its place;  
he will judge the peoples in fairness.

Let the heavens rejoice and earth be glad,  
let the sea and all within it thunder praise,  
let the land and all it bears rejoice,  
all the trees of the wood shout for joy

at the presence of the Lord for he comes  
he comes to rule the earth.

With justice he will rule the world,  
he will judge the peoples with his truth.

Glory be...

### Alternative Psalm verses

Hosea 6:1–3

# SATURDAY

## Entrance Antiphon

cf Psalm 79:4, 2

Come and show us your face, O Lord, who are seated up-on the Cherubim, and we will be saved.

Psalm 79(80): 2-4, 18-20

O shepherd of Israel, hear us,  
you who lead Joseph's flock,  
shine forth from your cherubim throne  
upon Ephraim, Benjamin, Manasseh.

O Lord, rouse up your might,  
O Lord, come to our help.

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

May your hand be on the man you have chosen,  
the man you have given your strength.

And we shall never forsake you again:  
give us life that we may call upon your name.

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

Glory be...

# SATURDAY

## Communion Antiphon

cf. Revelation 22:12

Be - hold, I am com - ing soon and my recompense is with me, says the Lord,  
to be - stow a reward according to the deeds of each.

Psalms 33(34)

I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad.

Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free.

Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress.

The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him.

Revere the Lord, you his saints.  
They lack nothing, those who revere him.  
Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing.

Come, children and hear me  
that I may teach you the fear of the Lord.  
Who is he who longs for life  
and many days, to enjoy his prosperity?

Then keep your tongue from evil  
and your lips from speaking deceit.  
Turn aside from evil and do good;  
seek and strive after peace.

The Lord turns his face against the wicked  
to destroy their remembrance from the earth.  
The Lord turns his eyes to the just  
and his ears to their appeal.

They call and the Lord hears  
and rescues them in all their distress.  
The Lord is close to the broken-hearted;  
those whose spirit is crushed he will save.

Many are the trials of the just man  
but from them all the Lord will rescue him.  
He will keep guard over all his bones,  
not one of his bones shall be broken.

Evil brings death to the wicked;  
those who hate the good are doomed.  
The Lord ransoms the souls of his servants.  
Those who hide in him shall not be condemned.

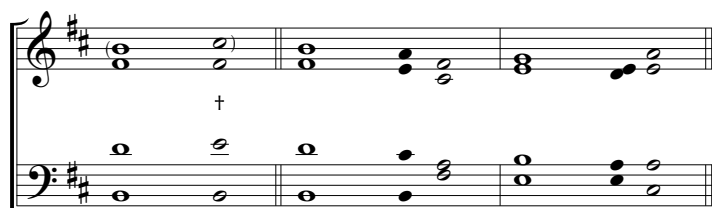
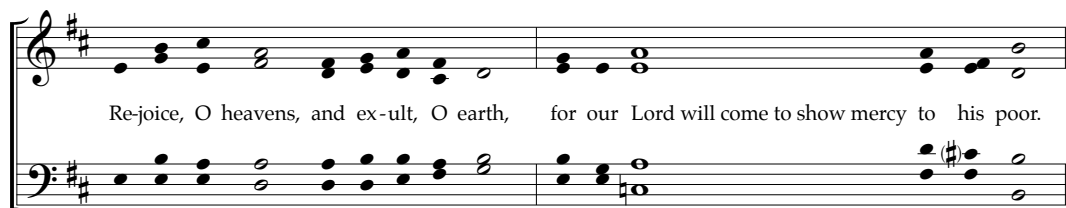
Glory be...

From 17–24 December

17 DECEMBER

Entrance Antiphon

cf. Isaiah 49:13



Isaiah 49:7–13

Thus says the Lord,  
the Redeemer of Israel and his Holy One,  
to one deeply despised, abhorred by the nations,  
the servant of rulers:

‘Kings shall see and arise;  
princes, and they shall prostrate themselves;  
because of the Lord, who is faithful,  
the Holy One of Israel, who has chosen you.’

Thus says the Lord: †  
‘In a time of favour I have answered you,  
in a day of salvation I have helped you;  
I have kept you and given you  
as a covenant to the people,

to establish the land,  
to apportion the desolate heritages;  
saying to the prisoners, “Come forth,”  
to those who are in darkness, “Appear.”

They shall feed along the ways,  
on all bare heights shall be their pasture;  
they shall not hunger or thirst,  
neither scorching wind nor sun shall smite them,  
for he who has pity on them will lead them,  
and by springs of water will guide them.

And I will make all my mountains a way,  
and my highways shall be raised up.  
Lo, these shall come from afar, †  
and lo, these from the north and from the west,  
and these from the land of Syene.’

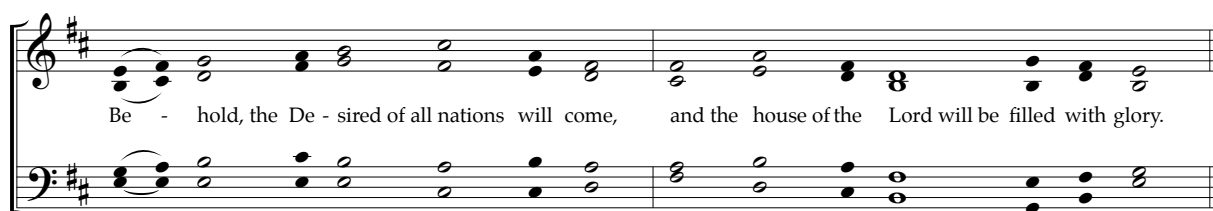
Sing for joy, O heavens, and exult, O earth;  
break forth, O mountains, into singing!  
For the Lord has comforted his people,  
and will have compassion on his afflicted.

Glory be...

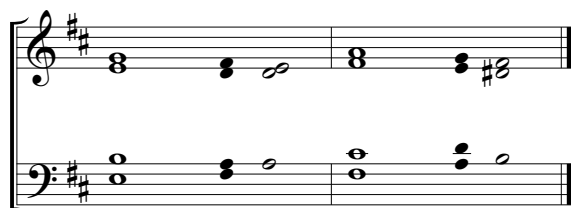
# 17 DECEMBER

## Communion Antiphon

cf. Haggai 2:7



Be - hold, the De - sired of all nations will come, and the house of the Lord will be filled with glory.



Psalm 62(63):2-9

O God, you are my God, for you I long;  
for you my soul is thirsting.  
My body pines for you  
like a dry, weary land without water.  
So I gaze on you in the sanctuary  
to see your strength and your glory.

For your love is better than life,  
my lips will speak your praise.  
So I will bless you all my life,  
in your name I will lift up my hands.  
My soul shall be filled as with a banquet,  
my mouth shall praise you with joy.

On my bed I remember you.  
On you I muse through the night  
for you have been my help;  
in the shadow of your wings I rejoice.  
My soul clings to you;  
your right hand holds me fast.

Glory be...

# 18 DECEMBER

## Entrance Antiphon

Christ our King is com - ing, he is the Lamb fore-told by John.

Psalm 95(96): 1-3, 10-13

O sing a new song to the Lord, †  
sing to the Lord all the earth.  
O sing to the Lord, bless his name.

Proclaim his help day by day, †  
tell among the nations his glory  
and his wonders among all the peoples.

Proclaim to the nations: "God is king." †  
The world he made firm in its place;  
he will judge the peoples in fairness.

Let the heavens rejoice and earth be glad,  
let the sea and all within it thunder praise,  
let the land and all it bears rejoice,  
all the trees of the wood shout for joy

at the presence of the Lord for he comes  
he comes to rule the earth.

With justice he will rule the world,  
he will judge the peoples with his truth.

Glory be...



# 18 DECEMBER

## Communion Antiphon

Matthew 1:23

His name will be called Em-ma - nu - el, which means God - with us.

+

Psalm 45(46)

God is for us and refuge and strength,  
a helper close at hand, in time of distress:  
so we shall not fear though the earth should rock,  
though the mountains fall into the depths of the sea,  
even though its waters rage and foam,  
even though the mountains be shaken by its waves.

The Lord of hosts is with us:  
the God of Jacob is our stronghold.

The waters of a river give joy to God's city,  
the holy place where the Most High dwells.  
God is within, it cannot be shaken;  
God will help it at the dawning of the day.  
Nations are in tumult, kingdoms are shaken:  
he lifts his voice, the earth shrinks away.

The Lord of hosts is with us:  
the God of Jacob is our stronghold.

Come, consider the works of the Lord  
the redoubtable deeds he has done on the earth.  
He puts an end to wars over all the earth; †  
the bow he breaks, the spear he snaps.  
[He burns the shields with fire.]  
"Be still and know that I am God,  
supreme among the nations, supreme on the earth!"

The Lord of hosts is with us:  
the God of Jacob is our stronghold.

Glory be...

## Entrance Antiphon

cf. Hebrews 10:37

He who is to come will come and will not de-lay, and now there will be no fear with-in our land,

for he is our Saviour.

Psalm 26(27)

The Lord is my light and my help;  
whom shall I fear?  
The Lord is the stronghold of my life;  
before whom shall I shrink?

When evil-doers draw near  
to devour my flesh,  
it is they, my enemies and foes,  
who stumble and fall.

Though an army encamp against me  
my heart would not fear.  
Though war break out against me  
even then would I trust.

There is one thing I ask of the Lord,  
for this I long,  
to live in the house of the Lord,  
all the days of my life,  
to savour the sweetness of the Lord,  
to behold his temple.

For there he keeps me safe in his tent  
in the day of evil.  
He hides me in the shelter of his tent,  
on a rock he sets me safe.

And now my head shall be raised  
above my foes who surround me  
and I shall offer within his tent †  
a sacrifice of joy.  
I will sing and make music for the Lord.

O Lord, hear my voice when I call;  
have mercy and answer.  
Of you my heart has spoken:  
“Seek his face”.

It is your face, O Lord that I seek;  
hide not your face.  
Dismiss not your servant in anger;  
you have been my help.

Do not abandon or forsake me,  
O God my help!  
Though father and mother forsake me,  
the Lord will receive me.

Instruct me, Lord, in your way;  
on an even path lead me.  
When they lie in ambush protect me  
from my enemy's greed.  
False witnesses rise against me,  
breathing out fury.

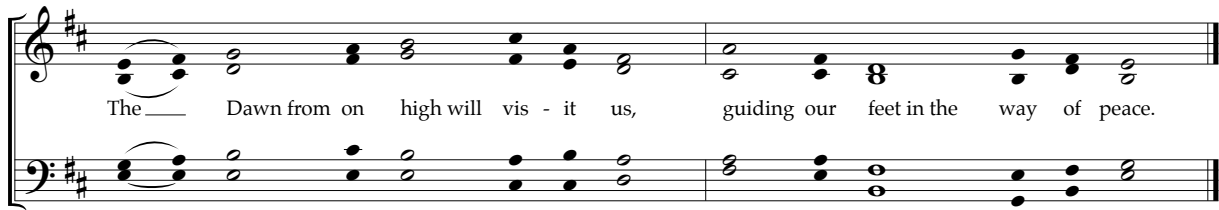
I am sure I shall see the Lord's goodness  
in the land of the living.  
Hope in him, hold firm and take heart.  
Hope in the Lord!

Glory be...

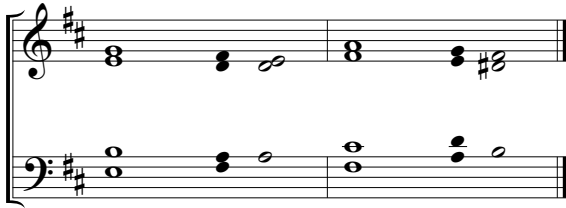
# 19 DECEMBER

## Communion Antiphon

Luke 1:78-79



The Dawn from on high will visit us, guiding our feet in the way of peace.



Psalm 84(85) :9-14

I will hear what the Lord God has to say,  
a voice that speaks of peace,  
peace for his people and his friends  
and those who turn to him in their hearts.  
His help is near for those who fear him  
and his glory will dwell in our land.

Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven.

The Lord will make us prosper  
and our earth shall yield its fruit.  
Justice shall march before him  
and peace shall follow his steps.

Glory be...

### Alternative Psalm verses

Luke 1:68-79

## 20 DECEMBER

### Entrance Antiphon

cf. Isaiah 11:1; 40:5; Luke 3:6

A branch will sprout from the root of Jesse, and the glory of the Lord will fill the wholeearth,

and all flesh will see the sal - va - tion of God.

†

Psalm 71(72): 1-8, 18-19

O God, give your judgment to the king,  
to a king's son your justice,  
that he may judge your people in justice  
and your poor in right judgment.

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  
(and crush the oppressor).

He shall endure like the sun and the moon  
from age to age.

He shall descend like rain on the meadow,  
like raindrops on the earth.

In his days justice shall flourish  
and peace till the moon fails.  
He shall rule from sea to sea,  
from the Great River to earth's bounds.

Blessed be the Lord, God of Israel  
who alone works wonders,  
ever blessed his glorious name. †

Let his glory fill the earth.

Amen! Amen!

Glory be...

## 20 DECEMBER

### Communion Antiphon

Luke 1:31

The Angel said to Mary: Be - hold, you will conceive and bear a son,

and you shall name him Jesus.

Luke 1:46-55

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

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

He puts forth his arm in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.  
He protects Israel, his servant,  
remembering his mercy,

the mercy promised to our fathers,  
to Abraham and his sons for ever.

Glory be...

## 21 DECEMBER

### Entrance Antiphon

cf. Isaiah 7:14; 8:10

The Lord and Ruler will be com - ing soon, and his name will be called Emma - nu - el,

because he will be God-with - us.

†

Psalm 45(46)

God is for us and refuge and strength,  
a helper close at hand, in time of distress:  
so we shall not fear though the earth should rock,  
though the mountains fall into the depths of the sea,  
even though its waters rage and foam,  
even though the mountains be shaken by its waves.

The Lord of hosts is with us:  
the God of Jacob is our stronghold.

The waters of a river give joy to God's city,  
the holy place where the Most High dwells.  
God is within, it cannot be shaken;  
God will help it at the dawning of the day.  
Nations are in tumult, kingdoms are shaken:  
he lifts his voice, the earth shrinks away.

The Lord of hosts is with us:  
the God of Jacob is our stronghold.

Come, consider the works of the Lord  
the redoubtable deeds he has done on the earth.  
He puts an end to wars over all the earth; †  
the bow he breaks, the spear he snaps.  
[He burns the shields with fire.]  
“Be still and know that I am God,  
supreme among the nations, supreme on the earth!”

The Lord of hosts is with us:  
the God of Jacob is our stronghold.

Glory be...

## Communion Antiphon

Luke 1:45

Blessed are you who have be-lieved, that what was spoken to you by the Lord would be ful-filled.

Psalm 118(119): 1-2, 13-16, 103-104, 171-172

They are happy whose life is blameless,  
 who follow God's Law!  
 They are happy who do his will,  
 seeking him with all their hearts.

With my tongue I have recounted  
 the decrees of your lips.  
 I rejoiced to do your will  
 as though all riches were mine.

I will ponder all your precepts  
 and consider your paths.  
 I take delight in your statutes;  
 I will not forget your word.

Your promise is sweeter to my taste  
 than honey in the mouth.  
 I gain understanding from your precepts  
 and so I hate false ways.

Let my lips proclaim your praise  
 because you teach me your statutes.  
 Let my tongue sing your promise  
 for your commands are just.

Glory be...

# 22 DECEMBER

## Entrance Antiphon

Psalm 23(24):7

O gates, lift high your heads; grow high-er, an-cient doors. Let him enter, the king of glory!

†

Psalm 23(24)

The Lord's is the earth and its fullness,  
the world and all its peoples.  
It is he who set it on the seas;  
on the waters he made it firm.

Who shall climb the mountain of the Lord?  
Who shall stand in his holy place?  
The man with clean hands and pure heart, †  
who desires not worthless things,  
(who has not sworn so as to deceive his neighbour.)

He shall receive blessings from the Lord  
and reward from the God who saves him.  
Such are the men who seek him,  
seek the face of the God of Jacob.

O gates, lift high your heads; †  
grow higher, ancient doors.  
Let him enter, the king of glory!

Who is the king of glory? †  
The Lord, the mighty, the valiant,  
the Lord, the valiant in war.

O gates, lift high your heads; †  
grow higher, ancient doors.  
Let him enter, the king of glory!

Who is he, the king of glory? †  
He, the Lord of armies,  
he is the king of glory.

Glory be...



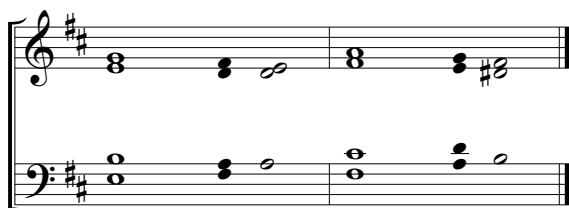
## 22 DECEMBER

### Communion Antiphon

Luke 1:46, 49



My — soul pro - claims the greatness of the Lord, for the Al - mighty has done great things for me.



Luke 1:46–55

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

The Almighty works marvels for me.  
Holy his name!

His mercy is from age to age,  
on those who fear him.

He puts forth his arm in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.

He protects Israel, his servant,  
remembering his mercy,

the mercy promised to our fathers,  
to Abraham and his sons for ever.

Glory be...

## 23 DECEMBER

### Entrance Antiphon

cf. Isaiah 9:5; Ps 71(72): 17

A child shall be born for us, and he will be called God the Al-mighty;

every tribe of the earth shall be blest in him.

†

Psalm 71(72): 1-11, 17-18 (19)

O God, give your judgment to the king,  
to a king's son your justice,  
that he may judge your people in justice  
and your poor in right judgment.

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  
(and crush the oppressor).

He shall endure like the sun and the moon  
from age to age.

He shall descend like rain on the meadow,  
like raindrops on the earth.

In his days justice shall flourish  
and peace till the moon fails.

He shall rule from sea to sea,  
from the Great River to earth's bounds.

Before him his enemies shall fall,  
his foes lick the dust.  
The kings of Tarsish and the sea coasts  
shall pay him tribute.

The kings of Sheba and Seba  
shall bring him gifts.  
Before him all kings shall fall prostrate,  
all nations shall serve him.

May his name be blessed for ever  
and endure like the sun.  
Every tribe shall be blessed in him,  
all nations bless his name.

Blessed be the Lord, God of Israel  
who alone works wonders,  
ever blessed his glorious name. †  
Let his glory fill the earth.

Amen! Amen!

Glory be...

# 23 DECEMBER

## Communion Antiphon

Revelation 3:20

Be - hold I stand at the door and knock: if anyone hears my voice and opens the door to me,

I will enter the house and dine with him, and he with me.

Sirach 14:20; 15:3-5a, 6b

Happy the man who meditates on wisdom,  
and reasons with good sense.  
She will give him the bread of understanding to eat,  
and the water of wisdom to drink.

He will lean on her and will not fall,  
he will rely on her and not be put to shame.  
She will raise him high above his neighbours,  
and he will inherit an everlasting name.

Glory be...

### Alternative Psalm verses

Psalm 22(23)

Psalm 33(34)

# 24 DECEMBER

## The Morning Mass

### Entrance Antiphon

cf. Galatians 4:4

Be - hold, when the full - ness of time had come, God sent his Son in - to the world.

The first system of musical notation consists of two staves. The upper staff is in treble clef with a key signature of two sharps (F# and C#). The lower staff is in bass clef with the same key signature. The music is written in a simple, homophonic style with block chords and moving lines. The lyrics are placed below the upper staff.

†

The second system of musical notation consists of two staves, continuing the key signature and style of the first system. A cross symbol (†) is placed below the upper staff, indicating a caesura or a specific liturgical instruction.

Psalms 21(22): 4-6, 10-11, 23-24

Yet you, O God, are holy,  
enthroned on the praises of Israel.  
In you our fathers put their trust;  
they trusted and you set them free.  
When they cried to you, they escaped.  
In you they trusted and never in vain.

Yes, it was you who took me from the womb,  
entrusted me to my mother's breast.  
To you I was committed from my birth,  
from my mother's womb you have been my God.

I will tell of your name to my brethren  
and praise you where they are assembled.  
"You who fear the Lord give him praise; †  
all sons of Jacob, give him glory.  
Revere him, Israel's sons.

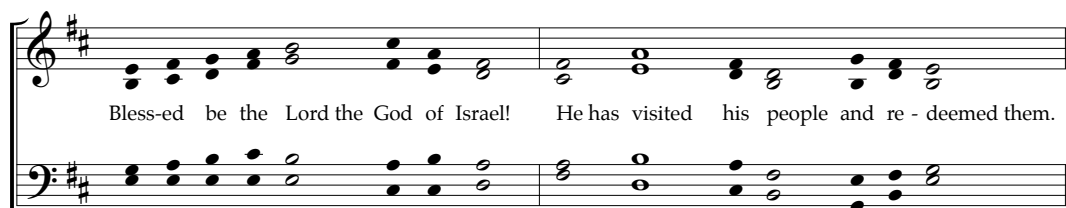
Glory be...

# 24 DECEMBER

## The Morning Mass

### Communion Antiphon

Luke 1:68



Luke 1:68-79

Blessed be the Lord, the God of Israel!  
He has visited his people and redeemed them.

He has raised up for us a mighty saviour  
In the house of David his servant,  
As he promised by the lips of holy men  
Those who were his prophets from of old.

A saviour who would free us from our foes,  
from the hands of all who hate us.  
So his love for our fathers is fulfilled  
and his holy covenant remembered.

He swore to Abraham our father to grant us,  
that free from fear, and saved from the hands of our foes,  
we might serve him in holiness and justice  
all the days of our life in his presence.

As for you, little child,  
You shall be called a prophet of God, the Most High.  
You shall go ahead of the Lord  
to prepare his ways before him,

To make known to his people their salvation  
through forgiveness of all their sins,  
The loving kindness of the heart of our God  
who visits us like the dawn from on high.

He will give light to those in darkness, †  
those who dwell in the shadow of death,  
and guide us into the way of peace.

Glory be...