

**Spiritual Communion
1st Sunday of Advent
Sunday 28 November 2021**

**My Jesus,
I believe that you are present in this Holy Sacrament of the
altar.
I love you above all things and I passionately desire to receive
you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you now and forever.
Amen.**

based on a prayer of St Alphonsus Liguori

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

**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.**



Concluding Prayer

May these mysteries, O Lord, in which we have participated profit us, we pray, for even now, as we walk amid passing things, you teach us by them to love the things of heaven and hold fast to what endures. Through Christ our Lord. Amen.



Opening Prayer

Grant your faithful, we pray, almighty God, the resolve to run forth to meet your Christ with righteous deeds at his coming, so that, gathered at his right hand, they may be worthy to possess the heavenly kingdom. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Jeremiah 33:14-16

See, the days are coming – it is the Lord who speaks – when I am going to fulfil the promise I made to the House of Israel and the House of Judah:

'In those days and at that time, I will make a virtuous Branch grow for David, who shall practise honesty and integrity in the land. In those days Judah shall be saved and Israel shall dwell in confidence. And this is the name the city will be called: The-Lord-our-integrity.'

The Word of the Lord

Responsorial Psalm - Psalm 24(25):4-5,8-9,10,14

To you, O Lord, I lift up my soul.

Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach me:
for you are God my saviour.

The Lord is good and upright.
He shows the path to those who stray,
He guides the humble in the right path,
He teaches his way to the poor.

His ways are faithfulness and love
for those who keep his covenant and law.
The Lord's friendship is for those who revere him;
to them he reveals his covenant.

1 Thessalonians 3:12-4:2

May the Lord be generous in increasing your love and make you love one another and the whole human race as much as we love you. And may he so confirm your hearts in holiness that you may be blameless in the sight of our God and Father when our Lord Jesus Christ comes with all his saints.

Finally, brothers, we urge you and appeal to you in the Lord Jesus to make more and more progress in the kind of life that you are meant to live: the life that God wants, as you learnt from us, and as you are already living it. You have not forgotten the instructions we gave you on the authority of the Lord Jesus.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

**Let us see, O Lord, your mercy
and give us your saving help.**

Alleluia!

A reading from the holy Gospel according to Luke 21:25-28,34-36

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

'Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly, like a trap. For it will come down on every living man on the face of the earth. Stay awake, praying at all times for the strength to survive all that is going to happen, and to stand with confidence before the Son of Man.'

The Gospel of the Lord

