

**Spiritual Communion
2nd Sunday of Advent
Sunday 5 December 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

Replenished by the food of spiritual nourishment, we humbly beseech you, O Lord, that, through our partaking in this mystery, you may teach us to judge wisely the things of earth and hold firm to the things of heaven. Through Christ our Lord. Amen.



Opening Prayer

Almighty and merciful God, may no earthly undertaking hinder those who set out in haste to meet your Son, but may our learning of heavenly wisdom gain us admittance to his company. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Baruch 5:1-9

Jerusalem, take off your dress of sorrow and distress, put on the beauty of the glory of God for ever, wrap the cloak of the integrity of God around you, put the diadem of the glory of the Eternal on your head: since God means to show your splendour to every nation under heaven, since the name God gives you for ever will be, 'Peace through integrity, and honour through devotedness.'
Arise, Jerusalem, stand on the heights and turn your eyes to the east: see your sons reassembled from west and east at the command of the Holy One, jubilant that God has remembered them.

Though they left you on foot, with enemies for an escort, now God brings them back to you like royal princes carried back in glory.

For God has decreed the flattening of each high mountain, of the everlasting hills, the filling of the valleys to make the ground level so that Israel can walk in safety under the glory of God.

And the forests and every fragrant tree will provide shade for Israel at the command of God; for God will guide Israel in joy by the light of his glory with his mercy and integrity for escort.

The Word of the Lord

Responsorial Psalm - Psalm 125(126)

What marvels the Lord worked for us! Indeed we were glad.

When the Lord delivered Zion from bondage,
it seemed like a dream.

Then was our mouth filled with laughter,
on our lips there were songs.

The heathens themselves said: 'What marvels
the Lord worked for them!'

What marvels the Lord worked for us!
Indeed we were glad.

Deliver us, O Lord, from our bondage
as streams in dry land.

Those who are sowing in tears
will sing when they reap.

They go out, they go out, full of tears,
carrying seed for the sowing:
they come back, they come back, full of song,
carrying their sheaves.

Philippians 1:4-6,8-11

Every time I pray for all of you, I pray with joy, remembering how you have helped to spread the Good News from the day you first heard it

right up to the present. I am quite certain that the One who began this good work in you will see that it is finished when the Day of Christ Jesus comes; and God knows how much I miss you all, loving you as Christ Jesus loves you. My prayer is that your love for each other may increase more and more and never stop improving your knowledge and deepening your perception so that you can always recognise what is best. This will help you to become pure and blameless, and prepare you for the Day of Christ, when you will reach the perfect goodness which Jesus Christ produces in us for the glory and praise of God.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

Prepare a way for the Lord,

make his paths straight,

and all mankind shall see the salvation of God.

Alleluia!

A reading from the holy Gospel according to Luke 3:1-6

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

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

The Gospel of the Lord

