

Spiritual Communion
Solemnity of Mary, the Holy Mother of God
Sunday 1 January 2023

**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

We have received this heavenly Sacrament with joy, O Lord: grant, we pray, that it may lead us to eternal life, for we rejoice to proclaim the blessed ever-Virgin Mary Mother of your Son and Mother of the Church. Through Christ our Lord. Amen.



Opening Prayer

O God, who through the fruitful virginity of Blessed Mary bestowed on the human race the grace of eternal salvation, grant, we pray, that we may experience the intercession of her, through whom we were found worthy to receive the author of life, 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.

Numbers 6:22-27

The Lord spoke to Moses and said, 'Say this to Aaron and his sons: "This is how you are to bless the sons of Israel. You shall say to them:

May the Lord bless you and keep you.

May the Lord let his face shine on you and be gracious to you.

May the Lord uncover his face to you and bring you peace."

This is how they are to call down my name on the sons of Israel, and I will bless them.'

The Word of the Lord

Responsorial Psalm

O God, be gracious and bless us.

O God, be gracious and bless us
and let your face shed its light upon us.
So will your ways be known upon earth
and all nations learn your saving help.

Let the nations be glad and exult
for you rule the world with justice.
With fairness you rule the peoples,
you guide the nations on earth.

Let the peoples praise you, O God;
let all the peoples praise you.
May God still give us his blessing
till the ends of the earth revere him.

Galatians 4:4-7

When the appointed time came, God sent his Son, born of a woman, born a subject of the Law, to redeem the subjects of the Law and to enable us to be adopted as sons. The proof that you are sons is that God has sent the Spirit of his Son into our hearts: the Spirit that cries, 'Abba, Father', and it is this that makes you a son, you are not a slave any more; and if God has made you son, then he has made you heir.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

At various times in the past and in various different ways, God spoke to our ancestors through the prophets; but in our own time, the last days, he has spoken to us through his Son.

Alleluia!

A reading from the holy Gospel according to Luke 2:16-21

The shepherds hurried away to Bethlehem and found Mary and Joseph, and the baby lying in the manger. When they saw the child they repeated what they had been told about him, and everyone who heard it was astonished at what the shepherds had to say. As for Mary, she treasured all these things and pondered them in her heart. And the shepherds went back glorifying and praising God for all they had heard and seen; it was exactly as they had been told.

When the eighth day came and the child was to be circumcised, they gave him the name Jesus, the name the angel had given him before his conception.

The Gospel of the Lord

