

as we await the blessed hope and the coming of our Saviour, Jesus Christ.
For the kingdom, the power and the glory are yours now and for ever.

The Priest says:
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 for ever and ever.
Amen.

The peace of the Lord be with you always.
And with your spirit.

The Deacon, or the Priest, adds:
Let us offer each other the sign of peace.
All then make an appropriate sign of peace.

The Priest takes the host and breaks it. Meanwhile the people say or sing:

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, grant us peace. *Kneel*

The Priest shows the host to the people and says:
Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

The Priest or other minister says to each communicant:
The Body [Blood] of Christ.
Each communicant answers: **Amen.**

Communion Antiphon *Is 7:14*
Behold, a Virgin shall conceive and bear a son; and his name will be called Emmanuel.

After the distribution of Holy Communion a sacred silence may be observed or a psalm, hymn or canticle of praise may be sung.

Prayer after Communion *Stand*

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.

THE CONCLUDING RITES

Announcements may be made. *Then:*

Solemn Blessing

Priest: The Lord be with you.
All: **And with your spirit.**

The Deacon, or the Priest, says:
Bow down for the blessing.

May the almighty and merciful God, by whose grace you have placed your faith in the First Coming of his Only Begotten Son and yearn for his coming again sanctify you by the radiance of Christ's Advent and enrich you with his blessing.
Amen.

As you run the race of this present life, may he make you firm in faith, joyful in hope and active in charity.
Amen.

So that, rejoicing now with devotion at the Redeemer's coming in the flesh, you may be endowed with the rich reward of eternal life when he comes again in majesty.
Amen.

And may the blessing of almighty God, the Father, and the Son, ✠ and the Holy Spirit, come down on you and remain with you for ever.
Amen.

Then the Deacon, or the Priest, says:

Go forth, the Mass is ended. *Or:*
Go and announce the Gospel of the Lord. *Or:*
Go in peace, glorifying the Lord by your life. *Or:*
Go in peace.

Thanks be to God.


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THE EMMAUS MASS SHEET

4th SUNDAY OF ADVENT (C) 19th December 2021

THE INTRODUCTORY RITES

Entrance Antiphon or a hymn. *Stand*

Cf. Is 45:8

Drop down the dew from above, you heavens, and let the clouds rain down the Just One; let the earth be opened and bring forth a Saviour.

All make the Sign of the Cross as the Priest says:
In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Greeting

The Priest greets the people, saying:

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

Or:

Grace to you and peace from God our Father and the Lord Jesus Christ.

Or:

The Lord be with you.

The people reply:
And with your spirit.

The Mass of the day may be introduced.

Penitential Act

The Priest invites the faithful to repentance followed, after a brief pause, by one of the Penitential Acts:

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 in what I have failed to do,

And, striking their breast, they say:

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.

Or:

Have mercy on us, O Lord.
For we have sinned against you.
Show us, O Lord, your mercy.
And grant us your salvation.

Or:

You were sent to heal the contrite of heart: Lord, have mercy. *Or:* Kyrie, eleison.
Lord, have mercy. Or: Kyrie, eleison.

You came to call sinners: Christ, have mercy. *Or:* Christe, eleison.
Christ, have mercy. Or: Christe, eleison.

You are seated at the right hand of the Father to intercede for us: Lord, have mercy. *Or:* Kyrie, eleison.
Lord, have mercy. Or: Kyrie, eleison.

The absolution by the Priest follows.

The people reply:
Amen.

If the 'Kyrie, eleison' has not been said or sung, it is said or sung now.

The Collect

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. *Sit*

THE LITURGY OF THE WORD

First Reading

A reading from the prophet Micah 5:1-4

The Lord says this:

You, Bethlehem Ephrathah, the least of the clans of Judah, out of you will be born for me the one who is to rule over Israel; his origin goes back to the distant past, to the days of old.

The Lord is therefore going to abandon them till the time when she who is to give birth gives birth.

Then the remnant of his brothers will come back to the sons of Israel.

He will stand and feed his flock with the power of the Lord, with the majesty of the name of his God.

They will live secure, for from then on he will extend his power to the ends of the land. He himself will be peace.

The word of the Lord.
Thanks be to God.

Psalm Ps. 79:2-3,15-16,18-19.R.v4

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

O shepherd of Israel, hear us,
shine forth from your cherubim throne.
O Lord, rouse up your might,
O Lord, come to our help. **(R)**

God of hosts, turn again, we implore,
look down from heaven and see.
Visit this vine and protect it,
the vine your right hand has planted. **(R)**

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. **(R)**

Second Reading

A reading from the letter to the Hebrews
10:5-10

This is what Christ said, on coming into the world:

You who wanted no sacrifice or oblation,
prepared a body for me.
You took no pleasure in holocausts or sacrifices
for sin;
then I said,
just as I was commanded in the scroll of
the book,
'God, here I am! I am coming to obey your will.'

Notice that he says first: You did not want what
the Law lays down as the things to be offered,
that is: the sacrifices, the oblations, the
holocausts and the sacrifices for sin, and you
took no pleasure in them; and then he says:
Here I am! I am coming to obey your will. He is
abolishing the first sort to replace it with the
second. And this will was for us to be made holy
by the offering of his body made once and for all
by Jesus Christ.

The word of the Lord.
Thanks be to God.

Gospel Acclamation *Stand*

Alleluia, alleluia! Lk 1:38
**I am the handmaid of the Lord:
let what you have said be done to me.
Alleluia!**

Gospel Luke 1:39-44

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 went as quickly as she could to
a town in the hill country of Judah. She went into
Zechariah's house and greeted Elizabeth. Now
as soon as Elizabeth heard Mary's greeting, the

child leapt in her womb and Elizabeth was filled
with the Holy Spirit. She gave a loud cry and
said, 'Of all women you are the most blessed,
and blessed is the fruit of your womb. Why
should I be honoured with a visit from the mother
of my Lord? For the moment your greeting
reached my ears, the child in my womb leapt for
joy. Yes, blessed is she who believed that the
promise made her by the Lord would be fulfilled.'

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

The Homily *Sit*

The Nicene Creed *Stand*

**I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.** *All bow*

**For our sake he was crucified under
Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.**

**I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.**

**I believe in one, holy, catholic and
apostolic Church.
I confess one Baptism for the forgiveness
of sins
and I look forward to the resurrection of
the dead
and the life of the world to come. Amen.**

Or:

The Apostles' Creed

**I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God
the Father almighty;
from there he will come to judge the
living and the dead.** *All bow*

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.**

The Prayer of the Faithful

Response example: Lord, in your mercy.
Hear our prayer.

After the concluding prayer all say: **Amen.** *Sit*

THE LITURGY OF THE EUCHARIST

*The offerings are brought to the altar.
A hymn may be sung.*

*If the Priest says the two prayers of offering
aloud the response both times is:*
Blessed be God for ever.

The people rise as the Priest says:
Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

The people reply:
**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.**

Prayer over the Offerings

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

The Lord be with you.
And with your spirit.
Lift up your hearts.
We lift them up to the Lord.
Let us give thanks to the Lord our God.
It is right and just.
*The Priest continues with the Preface and
concludes with the people, singing or saying
aloud:*
**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of
the Lord.
Hosanna in the highest.** *Kneel*

*The Eucharistic Prayer continues until the
priest says:*

The mystery of faith.
*And the people continue, acclaiming one of
the following:*

**We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.**

Or:

**When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord,
until you come again.**

Or:

**Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.**

*The Priest concludes the Eucharistic Prayer
saying alone:*

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.
The people acclaim: **Amen.**

The Communion Rite *Stand*

The Priest invites all to join in the Lord's Prayer:

**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.**

The Priest continues alone:
Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,