

# THE EMMAUS MASS SHEET

4th SUNDAY OF ADVENT (A) 18th December 2022

## 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,  
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.

*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:*

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

May almighty God bless you,  
the Father, and the Son, ✠ and the Holy Spirit.  
**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 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 Isaiah 7:10-14

The Lord spoke to Ahaz and said, 'Ask the Lord  
your God for a sign for yourself coming either from  
the depths of Sheol or from the heights above.'  
'No,' Ahaz answered 'I will not put the Lord to the  
test.'

Then Isaiah said:

'Listen now, House of David:  
are you not satisfied with trying the patience of men  
without trying the patience of my God, too?  
The Lord himself, therefore,  
will give you a sign.  
It is this: the maiden is with child  
and will soon give birth to a son  
whom she will call Emmanuel,  
a name which means "God-is-with-us".'

The word of the Lord.  
**Thanks be to God.**

## Psalm

Ps 23:1-6. R. Cf.vv7.10

### R) Let the Lord enter! He is the king of glory.

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. (R)

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. (R)

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. (R)

## Second Reading

A reading from the letter of St Paul to the  
Romans 1:1-7

From Paul, a servant of Christ Jesus who has  
been called to be an apostle, and specially  
chosen to preach the Good News that God  
promised long ago through his prophets in the  
scriptures.

This news is about the Son of God, who,  
according to the human nature he took, was a  
descendant of David: it is about Jesus Christ our  
Lord who, in the order of the spirit, the spirit of  
holiness that was in him, was proclaimed Son of  
God in all his power through his resurrection from  
the dead. Through him we received grace and  
our apostolic mission to preach the obedience of  
faith to all pagan nations in honour of his name.  
You are one of these nations, and by his call  
belong to Jesus Christ. To you all, then, who are  
God's beloved in Rome, called to be saints, may  
God our Father and the Lord Jesus Christ send  
grace and peace.

The word of the Lord.  
Thanks be to God.

## Gospel Acclamation

Stand

Alleluia, alleluia! Mt 1:23  
The virgin will conceive and give birth to a son  
and they will call him Emmanuel,  
a name which means 'God-is-with-us'.  
Alleluia!

## Gospel

Matthew 1:18-24

The Lord be with you.  
And with your spirit.

A reading from the holy Gospel according to  
Matthew.  
Glory to you, O Lord.

This is how Jesus Christ came to be born. His  
mother Mary was betrothed to Joseph; but before  
they came to live together she was found to be

with child through the Holy Spirit. Her husband  
Joseph, being a man of honour and wanting to  
spare her publicity, decided to divorce her  
informally. He had made up his mind to do this  
when the angel of the Lord appeared to him in a  
dream, and said 'Joseph son of David, do not be  
afraid to take Mary home as your wife, because  
she has conceived what is in her by the Holy  
Spirit. She will give birth to a son and you must  
name him Jesus, because he is the one who is to  
save his people from their sins.' Now all this took  
place to fulfil the words spoken by the Lord  
through the prophet:

The virgin will conceive and give birth to a son  
and they will call him Emmanuel,

a name which means 'God-is-with-us'. When  
Joseph woke up he did what the angel of the Lord  
had told him to do: he took his wife to his home.

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  
along the response both times is:  
Blessed be God for ever.

The Priest completes additional personal  
preparatory rites, and the people rise as he  
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.