

**Spiritual Communion
4th Sunday of Advent
Sunday 19 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

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.



Opening Prayer

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.

Micah 5:1-4

The Lord says this:

But 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

Responsorial Psalm - Psalm 79(80):2-3,15-16,18-19

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.

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.

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.

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.

Gospel Acclamation

Alleluia, alleluia!

I am the handmaid of the Lord:

let what you have said be done to me.

Alleluia!

A reading from the holy Gospel according to Luke 1:39-45

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.