

**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

May these mysteries, O Lord, in which we have participated, profit us, we pray, for even now, as we walk amid passing things, you teach us by them to love the things of heaven and hold fast to what endures. Through Christ our Lord. Amen.

Spiritual Communion 1st Sunday of Advent Sunday 29 November 2020



Opening Prayer

Grant your faithful, we pray, almighty God, the resolve to run forth to meet your Christ with righteous deeds at his coming, so that, gathered at his right hand, they may be worthy to possess the heavenly kingdom. Through 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.

A reading from the prophet Isaiah

63:16-17,64:1,3-8

You, Lord, yourself are our Father, 'Our Redeemer' is your ancient name. Why, Lord, leave us to stray from your ways and harden our hearts against fearing you? Return, for the sake of your servants, the tribes of your inheritance.

Oh, that you would tear the heavens open and come down! – at your Presence the mountains would melt.

No ear has heard, no eye has seen any god but you act like this for those who trust him. You guide those who act with integrity and keep your ways in mind. You were angry when we were sinners; we had long been rebels against you. We were all like men unclean, all that integrity of ours like filthy clothing. We have all withered like leaves and our sins blew us away like the wind. No one invoked your name or roused himself to catch hold of you. For you hid your face from us and gave us up to the power of our sins. And yet, Lord, you are our Father; we the clay, you the potter, we are all the work of your hand.

The Word of the Lord

A reading from the first letter of St Paul to the Corinthians

1:3-9

May God our Father and the Lord Jesus Christ send you grace and peace.

I never stop thanking God for all the graces you have received through Jesus Christ. I thank him that you have been enriched in so many ways, especially in your teachers and preachers; the witness to Christ has indeed been strong among you so that you will not be without any of the gifts of the Spirit while you are waiting for our Lord Jesus Christ to be revealed; and he will keep you steady and without blame until the last day, the day of our Lord Jesus Christ, because God by calling you has joined you to his Son, Jesus Christ; and God is faithful.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

**Let us see, O Lord, your mercy
and give us your saving help.**

Alleluia!

A reading from the holy Gospel according to Mark

13:33-37

Jesus said to his disciples: 'Be on your guard, stay awake, because you never know when the time will come. It is like a man travelling abroad: he has gone from home, and left his servants in charge, each with his own task; and he has told the doorkeeper to stay awake. So stay awake, because you do not know when the master of the house is coming, evening, midnight, cockcrow, dawn; if he comes unexpectedly, he must not find you asleep. And what I say to you I say to all: Stay awake!'

The Gospel of the Lord

