

**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

Replenished by the food of spiritual nourishment, we humbly beseech you, O Lord, that, through our partaking in this mystery, you may teach us to judge wisely the things of earth and hold firm to the things of heaven. Through Christ our Lord. Amen.

Spiritual Communion 2nd Sunday of Advent Sunday 6 December 2020



Opening Prayer

Almighty and merciful God, may no earthly undertaking hinder those who set out in haste to meet your Son, but may our learning of heavenly wisdom gain us admittance to his company. 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

40:1-5,9-11

'Console my people, console them' says your God. 'Speak to the heart of Jerusalem and call to her that her time of service is ended, that her sin is atoned for, that she has received from the hand of the Lord double punishment for all her crimes.'

A voice cries, 'Prepare in the wilderness a way for the Lord. Make a straight highway for our God across the desert. Let every valley be filled in, every mountain and hill be laid low. Let every cliff become a plain, and the ridges a valley; then the glory of the Lord shall be revealed and all mankind shall see it; for the mouth of the Lord has spoken.'

Go up on a high mountain, joyful messenger to Zion. Shout with a loud voice, joyful messenger to Jerusalem. Shout without fear, say to the towns of Judah, 'Here is your God.' Here is the Lord coming with power, his arm subduing all things to him. The prize of his victory is with him, his trophies all go before him. He is like a shepherd feeding his flock, gathering lambs in his arms, holding them against his breast and leading to their rest the mother ewes.

The Word of the Lord

A reading from the second letter of Peter

3:8-14

There is one thing, my friends, that you must never forget: that with the Lord, 'a day' can mean a thousand years, and a thousand years is like a day. The Lord is not being slow to carry out his promises, as anybody else might be called slow; but he is being patient with you all, wanting nobody to be lost and everybody to be brought to change his ways. The Day of the Lord will come like a thief, and then with a roar the sky will vanish, the elements will catch fire and fall apart, the earth and all that it contains will be burnt up.

Since everything is coming to an end like this, you should be living holy and saintly lives while you wait and long for the Day of God to come, when the sky will dissolve in flames and the elements melt in the heat. What we are waiting for is what he promised: the new

heavens and new earth, the place where righteousness will be at home. So then, my friends, while you are waiting, do your best to live lives without spot or stain so that he will find you at peace.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

Prepare a way for the Lord,

make his paths straight,

and all mankind shall see the salvation of God.

Alleluia!

A reading from the holy Gospel according to Mark

1:1-8

The beginning of the Good News about Jesus Christ, the Son of God. It is written in the book of the prophet Isaiah:

Look, I am going to send my messenger before you;
he will prepare your way.

A voice cries in the wilderness:

Prepare a way for the Lord, make his paths straight.

and so it was that John the Baptist appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. All



Judaea and all the people of Jerusalem made their way to him, and as they were baptised by him in the river Jordan they confessed their sins. John wore a garment of camel-skin, and he lived on locusts and wild

honey. In the course of his preaching he said, 'Someone is following me, someone who is more powerful than I am, and I am not fit to kneel down and undo the strap of his sandals. I have baptised you with water, but he will baptise you with the Holy Spirit.'

The Gospel of the Lord