First Sunday in Advent B



Entrance Antiphon: **To you I lift up my soul, O my God. In you, I have trusted; let me not be put to shame. Nor let my enemies exult over me; and let none who hope in you be put to shame.**

Advent is a time of watchfulness. We are waiting for the final coming of Christ at the end of time. And we are also waiting for his coming to us at the time of our death. Since both times are hidden from us, we should maintain a state of watchfulness so that we are ready to meet the Lord at any moment.

Lord, you call us to be watchful in prayer. **Lord have mercy**.
You call us to be active in good works. **Christ have mercy.**
You call us to be strong in faith, serene in hope, constant in love. **Lord have mercy**

May almighty God have mercy on us, forgive us our sins, and brings us to everlasting life.

Let us pray:
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, one God, for ever and ever. **Amen.**

FIRST READING

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. **Thanks be to God**.

RESPONSORIAL PSALM Psalm 79

Response: 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 St Paul's first letter to the Corinthians 1 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. **Thanks be to God.**

Alleluia, alleluia! Let us see, O Lord, your mercy
and give us your saving help. Alleluia!

GOSPEL Mark 13:33-37

The Lord be with you. **And with your spirit.**

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

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. **Praise to you Lord Jesus Christ.**

Let us now make our profession of faith:

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. 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.

Offertory: Pray, brethren, that my sacrifice and yours may be acceptable to God, the almighty Father.

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 Gifts:

Accept, we pray, O Lord, these offerings we make, gathered from among your gifts to us, and may what you grant us to celebrate devoutly here below, gain for us the prize of eternal redemption. Through Christ our Lord. **Amen.**

Preface:

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.**

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God, through Christ our Lord.
For he assumed at his first coming the lowliness of human flesh,
and so fulfilled the design you formed long ago,
and opened for us the way to eternal salvation,

that, when he comes again in glory and majesty
and all is at last made manifest, we who watch for that day
may inherit the great promise in which now we dare to hope.
And so, with Angels and Archangels, with Thrones and Dominions,
and with all the hosts and Powers of heaven,
we sing the hymn of your glory, as without end we acclaim:

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.

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

Communion Antiphon: **The Lord will bestow his bounty, and our earth shall yield its increase.**

COMMUNION REFLECTION

It is said that while there is life there is hope. This has an even deeper meaning in reverse: while there is hope there is life. Hope is strength. Hope sheds light into despairing hearts. It inspires the will to live. It is a shield against defeat and failure. It revives ideals and renews dreams. As long as there is hope, no situation is impossible. Advent summons us to wait in joyful hope for the coming of Jesus. In the final analysis, he is our hope.

Prayer after Communion:

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.**

Final Blessing:

The Lord be with you. **And with your spirit.**
May almighty God bless you,
the Father, and the Son, and the Holy Spirit. **Amen.**
Go forth, the Mass is ended. **Thanks be to God.**

Lord, it is good just to be with you in stillness. Your peace soaks into me and all the troubles of life get transformed most wonderfully. Why are all my times with you not like this? I do not forget the troubles of the world and of my friends, but they too are caught in the warmth of your peace, and surely like me, they must be changed by the beauty of it.

A Prayer:

God of my clay time, God of my wandering ways,
I want to return to you and give you praise.
My hardened heart has gone far from your grace
As I find myself running in a terrible rat race.
In my sorrow, I seek only an awakening so grand
That I'll flee from the withering absence to hold your divine hand.
I beg that you cast your anger away
And call to me each passing day.
You are my potter; I am your clay.
Do with me what you will; I promise to stay
Awake and alert from morning to night
Searching only for your truth and your light. Amen.

Holy Spirit help and guide me. I don't know which choice to make; both are possible and both are good. I want to know which is God's will. Help me to clear my mind so that I will see without prejudice; increase my love so that my choice will be guided by love of you. I am confused and need guidance. When, with your aid, I have chosen, stop me from looking back with regret and give me courage to go on fearlessly, trusting that I have done what is right and what is your will. Amen.