

## THIRD SUNDAY OF ADVENT

**On Jordan's bank the Baptist's cry** announces that the Lord is nigh:  
awake and listen for he brings glad tidings of the King of kings.

Let every heart be cleansed from sin, make straight the way for God within,  
and so prepare to be the home where such a mighty guest may come.

For you are our salvation, Lord, our refuge and our great reward  
without your grace we waste away like flowers that wither and decay.

To heal the sick, stretch out your hand, and make the fallen sinner stand;  
shine out, and let your light restore earth's own true loveliness once more.

To you, O Christ, all praises be, whose advent sets your people free;  
whom with the Father we adore and Holy Spirit evermore! (C. Coffin)

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.

### SPIRITUAL COMMUNION

‘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 prayer of St Alphonsus Liguori)

**Tell out, my soul, the greatness of the Lord!**  
unnumbered blessings, give my spirit voice;  
tender to me the promise of his word;  
in God my Saviour shall my heart rejoice.

Tell out, my soul, the greatness of his name!  
make known his might, the deeds his arm has done;  
his mercy sure, from age to age the same;  
his holy name – the Lord, the Mighty One.

Tell out, my soul, the greatness of his might!  
Powers and dominions lay their glory by.  
Proud hearts and stubborn wills are put to flight,  
the hungry fed, the humble lifted high.

Tell out, my soul, the glories of his word!  
Firm is his promise, and his mercy sure.  
Tell out, my soul, the greatness of the Lord  
to children’s children and for evermore! (Timothy Dudley-Smith)