FOURTH SUNDAY OF ADVENT

The angel Gabriel from heaven came, his wings as drifted snow, his eyes as flame;
'All hail,' said he, 'thou lowly maiden Mary, most highly favoured lady.' *Gloria!*

'For know, a blessed Mother thou shalt be, all generations laud and honour thee,
thy Son shall be Emmanuel, by seers foretold; most highly favoured lady.' *Gloria!*

Then gentle Mary meekly bowed her head, 'To me be as it pleaseth God,' she said.
'My soul shall laud and magnify his holy name'; most highly favoured lady. *Gloria!*

Of her, Emmanuel, the Christ was born in Bethlehem, all on a Christmas morn, and
Christian folk throughout the world will ever say 'most highly favoured lady.' *Gloria!*

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)

O Come, O Come, Emmanuel, and ransom captive Israel,
that mourns in lonely exile here until the Son of God appear:
Rejoice, rejoice! Emmanuel shall come to thee, O Israel.

O come, thou Rod of Jesse, free thine own from Satan's tyranny;
from depths of hell thy people save, and give them vict'ry o'er the grave:
Rejoice, rejoice!

O come, thou dayspring, come and cheer our spirits by thine advent here;
disperse the gloomy clouds of night, and death's dark shadows put to flight:
Rejoice, rejoice!

O come, thou key of David, come and open wide our heavenly home;
make safe the way that leads on high, and close the path to misery:
Rejoice, rejoice!

O come, O come, thou Lord of might, who to thy tribes, on Sinai's height
in ancient times, didst give the law in cloud and majesty and awe:
Rejoice, rejoice!