

# ICHTHUS

SUNDAY 19 DECEMBER 2021

4TH SUNDAY OF ADVENT

Year C



## Can you see any statues or paintings of Jesus' mother Mary in church?



### ENTRANCE ANTIPHON

Drop down dew from above, you heavens,  
and let the clouds rain down the Just One;  
let the earth be opened and bring forth a Saviour.



We say these words  
or sing a hymn as the  
priest approaches the  
altar.

### COLLECT

Pour forth, we beseech you, O Lord, your grace into our hearts,  
that we, to whom the Incarnation of Christ your Son  
was made known by the message of an Angel,  
may by his Passion and Cross  
be brought to the glory of his Resurrection...



We ask for God's help.  
Listen now to the  
priest as he offers  
this prayer.



### FIRST READING MICAH 5:1-4

God promises that the saviour sent to rule over the world will come from Bethlehem. His family has been part of God's story from the very beginning. When this saviour arrives, all God's people will be gathered together. Everything this

Messiah does will be through God's power and will be done in God's name. All the people will be safe with him, just as sheep are safe with their shepherd. Because of him, God's rule will spread over the whole land, bringing peace.



LOOK at the reader  
and LISTEN.  
The Messiah will come  
from Bethlehem, as  
God has promised.

### RESPONSORIAL PSALM PSALM 79

God of hosts, bring us back;  
let your face shine on us and we shall be saved.



The cantor or psalmist  
sings or says the psalm.  
Listen to the verses,  
and then respond by  
using these words.



### SECOND READING HEBREWS 10:5-10

Jesus has come into the world to show us how much God loves us and to show us how to love and worship God. He says, "Here I am!" and willingly does as God wants, sharing love with everyone. We love God

by loving other people. Jesus sacrificed his life and we can sacrifice ourselves by offering our time and energy to others. This is how we can truly worship God; sharing love. With Jesus we say, "Here I am!"



LOOK at the reader  
and LISTEN.  
God is with us,  
bringing us peace and  
lasting happiness.

### GOSPEL ACCLAMATION

Alleluia, alleluia!  
I am the handmaid of the Lord:  
let what you have said be done to me.  
Alleluia!



We give a shout of  
praise to God, using  
these words taken  
from the Bible.



### DO YOU KNOW?

Elizabeth's words to Mary in the Gospel are part of the Hail Mary. This prayer, asking Mary to pray for us, begins with the angel Gabriel's greeting.

Can you use the words from the word bank to fill in the gaps?

Hail \_\_\_\_\_,  
full of \_\_\_\_\_,  
the \_\_\_\_\_ is with thee.  
\_\_\_\_\_ art thou  
among \_\_\_\_\_,  
and \_\_\_\_\_ is the  
fruit of thy womb,  
\_\_\_\_\_.  
\_\_\_\_\_ Mary,  
\_\_\_\_\_ of God,  
\_\_\_\_\_ for us sinners now,  
and at the \_\_\_\_\_ of  
our death.  
Amen.



Mary pray Blessed  
women hour grace  
Mother Holy blessed  
Lord Jesus



## GOSPEL LUKE 1:39-45

The Good News about Jesus is told to us by St Luke.

Mary is so excited! The angel has told her that, not only is she going to have a special baby, her cousin Elizabeth is also expecting a baby! Mary rushes to see Elizabeth and as she calls "hello", Elizabeth's baby jumps for joy. Now it is Elizabeth's turn to be excited! Filled with

the Holy Spirit, Elizabeth exclaims that Mary is the happiest, most blessed, of all women. Elizabeth and her baby know that Mary's special baby is the reason she is blessed. Mary has trusted God's promise and is going to be the mother of God! Now we are all excited!

### STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel. Before he reads the Gospel, what does the priest or deacon do to his forehead, his lips and his heart? Can you copy him?



PRAY

"Here I am!"

Quietly make these words from our second reading into your prayer. Offer your heart to God. Offer your time and your energy to God. Offer yourself to God today.



## PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for anyone who has ever hoped to have a baby. Help us all to enjoy and welcome love in our lives, wherever we find it. Lord, hear my prayer.

Listen to the reader as he or she encourages us to pray for situations and people in need. This is a prayer you could say privately.



## OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about any times this week when you were bored and then think about the times when you were excited and joyful. Say a little prayer offering these thoughts up to God.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.



## THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?

We listen to the prayer of praise and thanks to God.



## THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

## COMMUNION ANTIPHON

Behold, a Virgin shall conceive and bear a son; and his name will be called Emmanuel.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



## MY PRAYER AFTER COMMUNION

Thank you for blessing my life with love, Jesus. Help me to recognise you in the love of my family and friends. Amen.



# IXΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

- I (Jesus)
- X (Christos)
- Θ (Theou/God's)
- Υ (Uios/Son)
- Σ (Soter/Saviour)

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We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.

### ICHTHUS

