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Advent
Christmas

Prayer for the Journey

Paule Freeburg, DC &
Christopher Walker



Advent & Christmas Prayer for the Journey

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IMPORTANT INFORMATION

The United States Conference of Catholic Bishops has determined that tablet devices may not be used liturgically (that is, at the ambo/pulpit).

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Introduction

Dear Friends, some of you may already be using our first CD and Booklet *Morning & Evening: Prayer for the Journey* which has five Morning and Evening Prayers for each day of the working week and is intended to be used in Ordinary Time.

Here is *Advent & Christmas: Prayer for the Journey*. In it you will find a Morning and Evening Prayer for each of the four weeks of the season of Advent and also a Morning and Evening Prayer to be used during the season of Christmas.

The Season of Advent reverses time: it begins with an anticipation of Christ's second coming in our future, then moves to his being recognized as the Christ in his adult ministry and ends with the joyful anticipation of his birth as a vulnerable child. We celebrate his birth and infancy during the season of Christmas until the Feast of the Baptism of the Lord, when he is again an adult.

Each prayer follows the traditional pattern of the Church's Morning and Evening Prayer:

INVITATORY: We start by asking God to hear our praise, finishing with a trinitarian doxology. It is traditional to bow the head at the names of the Trinity.

OFFICE HYMN: The Morning Prayer hymns are upbeat, energizing us for the work of the day ahead. The Evening Prayer hymns are more reflective as we unwind and prepare for a peaceful evening.

PSALMS: In the early Christian Church the Psalms formed the heart of sung prayer in worship. New Testament canticles have also formed part of the prayer tradition. As we sing the Psalms and canticles we join our prayer to the rest of the Church and to Christ. Most of these Psalms and canticles have a simple refrain for you to sing. You may want to sing with the cantor verses as well.

READING: The readings are taken from the Hebrew Scriptures or the New Testament.

SHORT RESPONSORY: An Advent O Antiphon is sung as a musical reflection on the reading. (see the note below for a description of the O Antiphons)

GOSPEL CANTICLE: In Morning Prayer the Cantic of Zechariah, the *Benedictus*, is sung – recounting salvation history in praise of the God of Israel. In Evening Prayer the Cantic of Mary, the *Magnificat* is sung proclaiming the great changes that are coming for humanity.

INTERCESSIONS: A gentle accompaniment underscores each intercession after which there is a moment for you to add your own prayer before the response is sung.

THE LORD'S PRAYER: This is the Christian family prayer that Christ taught us. Two settings are sung taken from the Celtic and Belmont Masses. "...and lead us not into temptation..." Pope Francis has said about this phrase, "It is not a good translation because it speaks of a God who induces temptation. I am the one who falls. It's not him pushing me into temptation to then see how I have fallen."

In these settings of the Lord's Prayer, we sing, "...and leave us not when in temptation..." hopefully a more acceptable variation.

BLESSING: Each liturgy closes by asking for God’s blessing; in the morning for God’s blessing on the day’s work ahead; and in the evening a blessing that we will have a peaceful night.

ABOUT THE MUSIC SETTINGS: The music covers a wide range of styles from traditional chants to responsorial psalms and through-composed psalm-songs. You will find ancient and contemporary hymns and songs as well as Orthodox chorales. The keyboard accompaniments are simple so that the voices are not obscured. Flute, oboe, French horn, cello, trumpet and violin add mood and color.

HOW TO USE *Advent & Christmas: Prayer for the Journey*

- 1) Audiobook: Download the audiobook so that you are able to pray anywhere!
Each complete prayer is a single track.
- 2) CDs: Keep the CDs in your car and play as you go to work and come home.
Each prayer has ten tracks (e.g. Week 1 – Morning: Tracks 1–10,
Week 1: – Evening: Tracks 11–20, Week 2 – Morning: Tracks 21–30 etc.)
- 3) On your own or with a small group, play the CD or audiobook while following along with the booklet.

The Liturgy of the Hours has been celebrated from the early beginnings of the Church as Christians followed the Jewish desire to sanctify the day with times of prayer. Later it became the foundation of monastic prayer, and today many parishes and small groups find this form of prayer helpful. We hope you will find your personal prayer is enhanced by these accessible translations and that the music is easy to sing. We pray that you will find much joy in your daily prayer as you celebrate the seasons of Advent and the Incarnation of the Lord.

Paule Freeburg, DC and Christopher Walker

The O Antiphons

The *O Antiphons* have been sung in the Church since at least the eighth century. They formed, and still do today, the sung antiphon before the *Magnificat* canticle during Evening Prayer for the seven days before Christmas. They proclaim the coming of Christ under seven titles used to describe the coming Messiah in the Hebrew Scriptures. The *O Antiphons* express the desire of the Chosen People for the coming of the Messiah. This is expressed by the beginning of each antiphon, *O Wisdom... O Key of David...* etc.

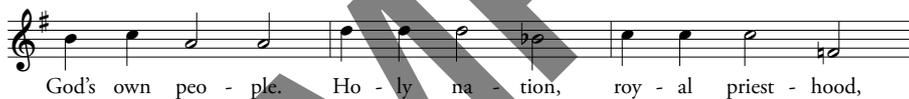
You may have sung the well-known hymn *O Come, O Come Emmanuel* which begins each verse with “O...”. In *Advent & Christmas: Prayer for the Journey* three more antiphons have been added to complete the Short Responsories that are sung after each of the ten readings.

Week 4—Morning Prayer

Invitatory: O Lord, this morning, hear my praise.
 My lips will bless you all my days.
 Give glory to the Creator, to the Son and Holy Spirit,
 the God who was, who is, and will be for ever. Amen.

Hymn: Out of Darkness

Refrain



Verses



1. In our hearts pre -
 2. Now we speak to



1. pare a home as we wait for Christ to come; who is our in -
 2. all who hear, words of com - fort, "Christ is near." Christ, who is our

to Refrain



1. te - gri - ty, Branch of Dav - id's no - ble tree.
 2. sav - ing grace, meet - ing us in ev - ery place.

Psalm 46: God's help comes when the morning dawns

Refrain: God's help comes when the morning dawns. (repeat)

1. God is our refuge and strength,
a very present help in times of trouble.
Therefore we shall not be afraid.
2. God abides
in the city of the Most High,
it shall not be moved;
for the God of Jacob is our refuge.
3. Be still and know that I am God!
I am exalted in all the earth.
The Lord of hosts is with us.

Psalm 24: Let the Lord enter

Refrain: Let the Lord enter. Let the King of glory in.
Hearts that are pure and free from sin,
let the King of glory in.

1. Earth belongs to God alone,
all its people, all that grows.
On the seas God set the land,
established it above the deep.
2. Who shall climb God's mountain,
standing in God's Holy Place?
All who have a heart that's pure,
not living lies, but speaking truth.
3. God will bless those people,
and salvation is their hope.
How they long to see the Lord,
be face to face with Israel's God.

Reading: Isaiah 45:5–6, 8

I am the Lord, and there is no other. I take care of you, though you do not know me. I take care of you so that all may know, from the rising of the sun and to the west, that there is no one besides me. I am the Lord, and there is no other. I form light and create darkness. Shower, O heavens, from above, and let the skies rain down righteousness; let the earth open, that salvation may spring up. I the Lord have created it.

Short Response:

**O Christ, King of all Nations, you are the cornerstone of the Church.
Come and save us, whom you formed from the earth.**

Canticle: Benedictus

1. Blessed be the God of Israel,
who has redeemed his people,
and raised up for us a Savior
in the house of his servant David.
2. As God spoke through holy prophets
that we would be saved
from our enemies,
and freed from all who hate us,
by the mercy he promised,
3. remembering his covenant,
the promise made to Abraham,
that in freedom we might serve him
in holiness all our days.
4. You, child, will be called the prophet
of the Most High;
you will prepare the Lord's ways,
proclaiming to all salvation
through forgiveness of sins.
5. By God's mercy the dawn will shine on us
giving light to those in darkness,
light to those in death's shadow,
guiding us into the way of peace.

Intercessions: Lord, our God, hear the prayers of our hearts.

For all those who are seeking the one true God... **Hear our prayer, Lord, Maranatha!**

For those who long for righteousness... **Hear our prayer, Lord, Maranatha!**

For all who proclaim the gospel of salvation... **Hear our prayer, Lord, Maranatha!**

For my friends and relatives in search of God, especially ... *(make your personal intention)*...
Hear our prayer, Lord, Maranatha!

We gather all these prayers as we pray:

The Lord's Prayer: The Celtic Lord's Prayer

**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 leave us not when in temptation, but deliver us from evil.**

Blessing:

May the peace of God rule in our hearts this day.
May the peace of God rule in our world, we pray.
And the love of God which passes understanding,
be with us now, and for evermore. Amen.

Christmas Evening Prayer

Invitatory: O Lord, this evening, hear my praise.
And be our help in all our days.
Give glory to the Creator, the Son and Holy Spirit,
the God who was, who is and will be for ever. Amen.

Hymn: Of the Father's Love Begotten

1. Of the Fa - ther's love be - got - ten, Ere the
2. Bless - ed was the day for - ev - er, When the
3. This is he whom seers in old time, Chant - ed
4. O ye heights of heav'n, a - dore him; An - gel

1. worlds be - gan to be, He is Al - pha and O - me -
2. Vir - gin, full of grace, By the Ho - ly Ghost con - ceiv -
3. of with one ac - cord, Whom the voic - es of the proph -
4. hosts, his prais - es sing; All do - min - ions, bow be - fore

1. ga, He the source the end - ing he, Of the
2. ing, Bore the Sav - ior of our race, And the
3. ets, Prom - ised in their faith - ful word; Now he
4. him, And ex - tol our God and King; Let no

1. things that are, that have been, And that
2. child, the world's Re - deem - er, First re -
3. shines, the long - ex - pect - ed; Let cre -
4. tongue on earth be si - lent, Ev - ery

1. fu - ture years shall see, }
2. vealed his sa - cred face, } Ev - er - more and ev - er - more.
3. a - tion praise the Lord, }
4. voice in con - cert ring, }

Text: 87 87 87 7; Verses 1-4, *Corde natus ex parentis*; Marcus Aurelius Clemens Prudentius, 348-413; tr. by John M. Neale, 1818-1866, and Henry W. Baker, 1827-1877. Music: DIVINUM MYSTERIUM; *Sanctus* trope, 11th cent.; Chant, Mode V; adapt. fr. *Piae Cantiones*, Greifßwald, 1582.

Psalm 113: Blessed be the name of the Lord

Refrain: **Blessed be the name of the Lord, blessed be the name of the Lord.**

1. Blessed be the name of the Lord
from this time on and forevermore.
From the rising of the sun
to its setting
the name of the Lord is to be praised.
2. Who is like the Lord our God,
who is seated on high?
Who is like the Lord our God
who sees the heavens and the earth?
3. He raises the poor from the dust,
and lifts the needy from the ashes
to make them sit with princes,
with the princes of his people.
4. He gives the barren woman a home,
making her the joyous mother
of children.
Praise the Lord! O Praise the Lord!

Canticle: Ephesians 1:3–10

1. Blessed be the God and Father
of our Lord Jesus Christ,
who has blessed us in Christ
with every spiritual blessing,
2. just as he chose us in Christ
before the foundation of the world,
according to the riches of his grace
that he lavished upon us.
3. He made known to us the mystery of his will,
as a plan for the fullness of time,
to gather up all things in him,
things in heaven and things on earth.
Blessed be the God and Father
of our Lord Jesus Christ.

Reading: Hebrews 1:1–4

Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by his Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God’s glory and the exact imprint of God’s very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, having become as much superior to angels as the name he has inherited is more excellent than theirs.

Short Response:

**O Word of God,
you speak to all people through the coming of your Son,
God made visible, our Lord Jesus Christ.**

Canticle: Magnificat

Refrain: **My soul, give praise to the Lord.**

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. My soul glorifies the Lord,
and my spirit rejoices in my Savior.
For he looks on his servant
in her lowliness.
Now all ages will call me blessed. | 2. The Lord has done great things for me,
and holy is his name.
And his mercy is for all who fear him,
from generation to generation. |
| 3. He has shown strength with his arm;
he has scattered the proud of heart,
taken the powerful and mighty
from their thrones,
lifting up the poor and the lowly. | 4. He fills the hungry with good things,
sends the rich empty away.
He protects Israel his servant,
remembering his promise for ever. |

Refrain: **My soul, give praise to the Lord.**

Intercessions: Lord, we lift our prayers to you this evening.

Give us the grace to be, like Jesus, a reflection of God's glory...

Christ, who came with us to dwell, hear our prayer, Emmanuel.

May we always hear what God's Son is revealing to us...

Christ, who came with us to dwell, hear our prayer, Emmanuel.

Help us answer the call of Jesus to lift up the poor and the lowly...

Christ, who came with us to dwell, hear our prayer, Emmanuel.

Let us praise God for this Christmas joy, and share it with all we meet...

Christ, who came with us to dwell, hear our prayer, Emmanuel.

We gather all these prayers as we pray:

The Lord's Prayer: The Belmont Lord's Prayer

**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 leave us not when in temptation, but deliver us from evil.**

Blessing:

The peace of God be with us.

The hope of God be with us.

And the love of God be with us this day and always. Amen.