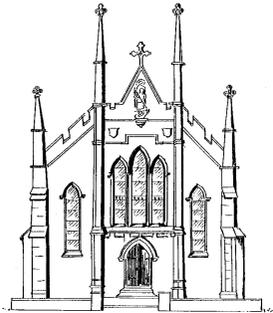


# DAILY PRAYERS 3<sup>rd</sup> SUNDAY OF ADVENT



**HOLY TRINITY & ST GEORGE  
CATHOLIC CHURCH**  
Serving Kendal and Sedbergh

**[www.kendalcatholicchurch.uk](http://www.kendalcatholicchurch.uk)**

## Sunday - Advent Week 3 (Year C)

### Gaudete Sunday

*This name comes from the first word of Latin version of the Entrance Antiphon:*

*Gaudete in Domino semper: iterum dico, gaudete. Dominus enim prope est.*

*Rejoice in the Lord always; again I say, rejoice. Indeed, the Lord is near.*

#### Collect:

O God, who see how Your people  
faithfully await the feast of the Lord's Nativity,  
enable us, we pray,  
to attain the joys of so great a salvation  
and to celebrate them always  
with solemn worship and glad rejoicing.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Luke 3:10-18

#### Today's prayer:

Good news!  
The Holy One, God Almighty,  
claims us as His very own!  
Rejoice in the Lord!  
Good news!  
The times of trouble are nearly over!  
Rejoice in the Lord, always!  
Good news!  
God is in our midst,  
ready to renew us with holy love!  
Rejoice in the Lord, always!  
Again we say rejoice!  
Good news! Good news!  
The peace of the Lord  
will dwell in our hearts!  
We lift up our hearts in thanksgiving.  
Thanks be to God!

## Monday – St Lucy

Virgin and Martyr

Patron saint of the blind

### Collect:

May the glorious intercession  
of the Virgin and Martyr Saint Lucy  
give us new heart, we pray, O Lord,  
so that we may celebrate her heavenly birthday  
in this present age  
and so behold things eternal.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Matthew 25:1-13

### Today's prayer:

A Prayer to St Lucy

Saint Lucy, whose beautiful name signifies light,  
by the light of faith which God bestowed upon you,  
increase and preserve His light in my soul,  
So that I may avoid evil, be zealous in the performance  
of good works, and abhor nothing so much  
as the blindness and the darkness of evil and sin.  
Obtain for me, by your intercession with God,  
perfect vision for my bodily eyes and the grace to use them  
for God's greater honour and glory and the salvation of souls.  
St Lucy, hear my prayers and obtain my petitions. Amen.

*Saint Lucy was born and lived in Syracuse, Sicily. She was the daughter of very noble and rich parents. Her father died when she was very young. Young Lucy secretly promised Jesus that she would never marry so that she could be his alone. She was a lovely girl, with beautiful eyes. More than one young noble set his heart on her. Her mother Eutychia begged her to marry a young pagan named Paschasius, whom she had chosen for Lucy. But for three years Lucy would not agree and was able to hold it off. Paschasius was furious at losing his bride to be. In his bitter anger, he accused her of being a Christian. He threatened her with being blinded. But Lucy wanted to belong to Jesus. And that is just what happened. She was martyred at Syracuse in the year 304.*

## Tuesday – St John of the Cross

Religious - Patron of Contemplatives, mystics and Spanish poets

### Collect:

O God, who gave the Priest Saint John  
an outstanding dedication to perfect self-denial  
and love of the Cross,  
grant that, by imitating him closely at all times,  
we may come to contemplate eternally Your glory.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Luke 14:25-33

### Today's prayer:

Advent Poem of St John of the Cross

If you want, the Virgin will come walking down the road  
pregnant with the Holy and say,  
“I need shelter for the night.  
Please take me inside your heart, my time is so close.”  
Then, under the roof of your soul,  
you will witness the sublime intimacy,  
the divine, the Christ, taking birth forever,  
as she grasps your hand for help,  
for each of us is the midwife of God, each of us.  
Yes, there, under the dome of your being,  
does creation come into existence eternally,  
through your womb, dear pilgrim,  
the sacred womb of your soul,  
as God grasps our arms for help:  
for each of us is His beloved servant never far.  
If you want, the virgin will come walking down the street,  
pregnant with Light, and sing!

St John of the Cross, Pray for us

*St John of the Cross (24<sup>th</sup> June 1542 — 14<sup>th</sup> December 1591)  
He was a Spanish, mystic, and a Carmelite friar. He is a major figure of the  
Counter-Reformation in Spain, and he is one of the thirty-six Doctors of the  
Church.*

## Wednesday - Advent Week 3

### Collect:

Grant, we pray, almighty God,  
that the coming solemnity of Your Son  
may bestow healing upon us in this present life  
and bring us the rewards of life eternal.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Luke 7:18b-23

### Today's prayer:

Father, just as You sent John the Baptist to prepare the way for Jesus,  
help me to clear the path in my heart, too.  
Show me the distractions in my life that block me from love of You this  
Advent.  
Lord, I await Your coming!  
As I celebrate the first Advent - the first coming –  
I look toward the day where I will see You face to face.  
I imagine what it will be like.  
Give me a heart, Lord, that looks for Your coming on a daily basis.  
Help me to live my life where I'm constantly seeking Your presence.  
My offering to You today is my righteous life  
for I know I am only clean because of Jesus.  
Show me today how I need to be refined, purified, forgiven.  
Give me the strength to ask for forgiveness  
and the grace to change my ways.

## Thursday – Advent Week 2

### Collect:

Grant, we pray, almighty God,  
that the coming solemnity of Your Son  
may bestow healing upon us in this present life  
and bring us the rewards of life eternal.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Luke 7:24-30

### Today's prayer:

Father in heaven,  
You have given us a mind to know You,  
a will to serve You,  
and a heart to love You.  
Be with us today in all that we do,  
so that Your light may shine out in our lives.  
Through Christ our Lord. Amen.

*St Thomas More (1478-1535)*

## Friday - Advent Week 2

17<sup>th</sup> December – From today our anticipation of Christ's impending birth intensifies

### Collect:

O God, Creator and Redeemer of human nature,  
who willed that Your Word should take flesh  
in an ever-virgin womb,  
look with favour on our prayers,  
that Your Only Begotten Son,  
having taken to Himself our humanity,  
may be pleased to grant us a share in His divinity.  
Who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel:** Matthew 1:1-17

### Today's prayer:

*The days from 17<sup>th</sup> to the 23<sup>rd</sup> of December make up a special time and during these days at Evening Prayer there are special antiphons, or vesres, that are read or sung before the Magnificat, they are known as the 'O Antiphons'. (The 24<sup>th</sup> of December is Christmas Eve and Vespers for that evening marks the beginning of the Christmas Celebrations.) The exact origin of the 'O Antiphons' is not known. Boethius (c. 480-524) made a reference to them, thus telling us they were in use in his day. At the Benedictine Abbey of Fleury they were recited by the abbot and other abbey leaders in descending rank, and then a gift was given to each member of the community. By the eighth century, they are in use in the liturgical celebrations in Rome. We can conclude that in some fashion the 'O Antiphons' have been part of our liturgical tradition as they were of the early Church. The importance of the 'O Antiphons' is twofold: Each one highlights a title for the Messiah: and each one refers to the prophecy of Isaiah of the coming of the Messiah.*

*We will use the 'O' antiphons over then next seven days for our daily prayer and reflection in anticipation of of the Messiah's birth at Christmas.*

### O Sapientia...

O Wisdom, O holy Word of God, You govern all creation with Your strong yet tender care. Come and show Your people the way to salvation.

*Isaiah had prophesied:* The spirit of the Lord shall rest upon Him: a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and fear of the Lord, and His delight shall be the fear of the Lord. (*Isaiah 11:2-3*), and Wonderful is His counsel and great is His wisdom. (*Isaiah 28:29*).

Come, Lord Jesus, do not delay!

## Saturday – Advent Week 3

18<sup>th</sup> December

### Collect:

Grant, we pray, almighty God,  
that we, who are weighed down from of old  
by slavery beneath the yoke of sin,  
may be set free by the newness  
of the long-awaited Nativity  
of Your Only Begotten Son.  
Who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Matthew 1:18-25

### Today's prayer:

#### O Adonai...

O sacred Lord of ancient Israel, who showed Yourself to Moses in the burning bush, who gave Him the Holy Law on Sinai Mountain: come, stretch out Your mighty hand to set us free.

*Isaiah had prophesied:*

But He shall judge the poor with justice and decide aright for the lands afflicted. He shall strike the ruthless with the rod of His mouth, and with the breath of His lips he shall slay the wicked. Justice shall be the band around His waist, and faithfulness a belt upon His hips. (*Isaiah 11:4-5*); and indeed the Lord will be there with us, majestic; yes, the Lord our judge, the Lord our lawgiver, the Lord our king, He it is who will save us. (*Isaiah 33:22*).

Come, Lord Jesus, do not delay!