

At the end of each day make an Examination of Conscience, review the day, and afterwards make an Act of Contrition:

O MY GOD,
I am heartily sorry
for having offended You,
and I detest all my sins,
because
I dread the loss of heaven
and the pains of hell;
but most of all
because they offend You,
my God, Who are all good
and deserving of all my love.
I firmly resolve,
with the help of Your grace,
to confess my sins,
to do penance,
and to amend my life.

Amen.

Prayer to St Michael:

Holy Michael, the Archangel, defend us in the day of battle; be our safeguard against the wickedness and snares of the devil.. May God rebuke him we humbly pray; and do thou Prince of



the Heavenly Hosts, by the power of God, thrust down into hell Satan and all the other evil spirits who wander through the world for the ruin of souls.

Amen.

ANGEL OF GOD,
my Guardian dear,
to whom God's love
commits me here,
ever this **day**
(or night)
be at my side,
to light, to guard,
to rule and guide. Amen.



**PRAYER FOR
THE CONVERSION OF ENGLAND:**

O BLESSED VIRGIN MARY, Mother of God and our most gentle Queen and Mother, look down in mercy upon England thy "Dowry" and upon us all who greatly hope and trust in thee. By thee it was that Jesus our Saviour and our hope was given unto the world; and He has given thee to us that we might hope still more. Plead for us thy children, whom thou didst receive and accept at the foot of the Cross, O sorrowful Mother. Intercede for our separated brethren, that with us in the one true fold they may be united to the chief Shepherd, the Vicar of thy Son. Pray for us all, dear Mother, that by faith fruitful in good works we may all deserve to see and praise God, together with thee, in our heavenly home. AMEN.

Cardinal Wiseman (1802-1865)

ALMA REDEMPTORIS MATER,
Quae pervia caeli porta manes,
et stella maris, succurre cadenti,
surgere qui curat, populo:
tu quae genuisti, natura mirante,
tuum sanctum Genitorem,
Virgo prius ac posterius,
Gabrielis ab ore
sumens illud "Ave",
peccatorum miserere.

MOTHER OF CHRIST!
Hear thou thy people's cry,
Star of the deep,
and portal of the sky!
Mother of Him who thee
from nothing made,
sinking we strive,
and call to thee for aid:
Oh, by that joy which Gabriel
brought to thee,
Thou Virgin, first and last,
let us thy mercy see.

+ JESUS, MARY AND JOSEPH +

19th December 2021 - FOURTH SUNDAY OF ADVENT (YEAR C)

PREPARE: CHRISTMAS IS COMING:

A: You are invited to bring in a
POINSETTIA PLANT for
THE CHRISTMAS CRIB.
Please label it with the name(s) of those you would like to dedicate it to, or, remember with it.

B: **THE CHRISTMAS CRIB,**
like last year, will be raising Funds for the **CATHOLIC CHILDREN'S SOCIETY,** and for the **FRIENDS OF THE HOLY LAND.**

C: **CHRISTMAS POSTERS**
are available for display in your windows at home, with our thanks to the **KNIGHTS OF SAINT COLUMBA** -the K. S. C.
Please keep them Posted until
2nd February 2022 - Candlemas
the old end of the Christmas/Epiphany Seasons.
(or at least Sunday **9th January 2022**)

D: As you **DECORATE YOUR HOMES** for Christmas, think about
BLESSING YOUR HOMES, or
HAVE YOUR HOME BLESSED.
HOLY WATER is available for this, and Fr David will make himself available for this **after Christmas** and for the **Solemnity of the Epiphany,**
Thursday **6th January,**
the feasts of the Kings.

*Thank you for keeping fit and being able,
brave, courageous and Coming to Holy Mass.
Fr David.*

"We now encourage all Catholics to look again at the patterns which they have formed in recent months with regard to going to Mass on Sundays. This would include consideration and reflection about what we might do on Sundays, such as sports or shopping, or other leisure and social activities. This review, and the decisions which arise from it, fall to every Catholic and we trust this will be done with honesty, motivated by a real love for the Lord whom we encounter in the Mass."

*from The Bishops' Letter:
Honouring Sunday - 19th November 2021*

Entrance Antiphon:

Cf. Isaiah 45:8

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.

Responsorial Psalm:

Psalm 79

R/: v.4

Response:

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

Gospel Acclamation: (Luke 1:38)

ALLELUIA, ALLELUIA!

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

ALLELUIA!

The Mystery of Faith:

**SAVE US,
SAVIOUR OF THE WORLD,
FOR BY YOUR CROSS
AND RESURRECTION,
YOU HAVE SET US FREE!**

Communion Antiphon:

Isaiah 7:14

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

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Prepare for 'Christ's-Mass':
by Prayer and Penance

- "GO TO CONFESSION!"

- PRAY "THE ANGELUS"
three times daily!

- Do Penance:

Fast and Give to Charities.
especially to support Unborn
Babies and their Mothers.

THE ANGELUS:

V/: “The Angel of the Lord declared unto Mary;
R/: **And she conceived by the Holy Spirit.**

ALL: *Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, JESUS. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*

V/: Behold the handmaid of the Lord;

R/: **Be it done unto me, according to thy word.**

ALL: *Hail Mary, ...*

(Please, if you can, try to kneel, or genuflect, or bow deeply for the following verse...)

V/: And the Word was made Flesh;

R/: **And dwelt amongst us.**

ALL: *Hail Mary, ...*

V/: Pray for us O Holy Mother of God,

R/: **That we may be made worthy of the promises of Christ.**

Let us pray:

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. Through the same Christ our Lord. Amen.”

*The Angelus is said **THREE TIMES a Day at 6.00 in the morning, at 12 noon and at 6.00 in the evening.***



Adam and Eve being expelled and banished from the Garden of Eden.

Image from The Prado Museum, Madrid, THE ANNUNCIATION by Fra Angelico

SYNOD RESOURCES 3**Questions for Use in Parish Listening, Sharing and Reflection**

The Synod website provides suggestions on how to pose these questions to various groups of people in simple and engaging ways (<https://rcaos.org.uk/synod>).

This Synod poses the following fundamental question:

A synodal Church, in announcing the Gospel, ‘journeys together.’ How is this ‘journeying together’ happening today in your local Church?
What steps does the Spirit invite us to take in order to grow in our ‘journeying together’? (PD 26)

By growing together in communion, the people of God deepen their participation in the life of the Church and so become more effective missionary disciples in the world.

The following questions in **bold** are the main ones suggested we explore but we may wish to focus on the three thematic areas using the other questions offered in the Newsletter Supplement on Mission Sunday 24th October 2021:

Websites: rcaos.org.uk/
synodaec.rcaos.org.uk/synod

Email: synod@rcaos.org.uk

Address: Synod Submissions c/o Archbishop’s House, 150 St. George’s Road, London SE1 6HX

**Communion**

The Church is Catholic because she is sent to all, in order to gather the entire human family from every nation and culture, under the Lordship of Christ and in the unity of his Spirit.

What are the ways in which your parish most successfully brings people together?

Christ is present as the head united to His Body (Ephesians 1:22-23) in our parishes and communities. How is this reflected in your parish/community life? Are there other reasons that you gather together?

Participation

Participation is based on the fact that all the faithful are qualified and called to serve each other through the gifts they have all received from the Holy Spirit. The authority of pastors is a specific gift of the Spirit of Christ the Head for the building up of the entire Body.

Reflecting on 16 months of the pandemic, how has participation in your parish been affected? Were these issues there before?

How can we better enable full participation and co-responsibility in the life of the Church at the parish and diocesan levels?

Mission

The People of God are on pilgrimage through history towards the heavenly homeland. Each one of the baptised is to be honoured with the same dignity as children of God and appointed to the same mission, the proclamation of the Good News and the building of the Kingdom of God.

Are we looking in or are we looking out, as a parish community?

How does the life of the parish, in terms of catechesis, adult formation, liturgy etc. aid in the formation of parishioners as missionary disciples?

These Questions are repeated from 24th October 2021 - Mission Sunday Newsletter Supplement for the Synod.