

4.

**PRAYER TO THE HOLY SPIRIT:**

Come, O Holy Spirit, fill the hearts of Your faithful, and enkindle in them the fire of Your love.

V/: Send forth Your Spirit and they shall be created.

R/: And You shall renew the face of the earth.

Let us pray:

O God, Who taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in His consolation. Through Christ Our Lord. Amen.

**MEMORARE**

REMEMBER, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee I come, before thee I stand, sinful and sorrowful, O Mother of the Word incarnate, despise not my petition, but in thy mercy hear and answer me. Amen.

**SUB TUUM PRAESIDIUM**

WE FLY TO THY PATRONAGE,  
O holy Mother of God.  
Despise not our petitions  
in our necessities,  
but deliver us from all dangers,  
O ever-glorious and blessed Virgin.

**ACT OF CONTRITION:**

O my God, because You are so good,  
I am very sorry that I have sinned  
against You and with the help of  
Your grace I will not sin again.

**HOLY MICHAEL, THE ARCHANGEL,**  
defend us in battle. Be our safe-guard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who wander through the world seeking the ruin of souls. Amen.

**GUARDIAN ANGEL PRAYER:**

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.

**FOR THE HOLY SOULS  
IN PURGATORY:**

Eternal rest  
grant unto them, O Lord,  
and let perpetual light  
shine upon them.  
May they rest in peace.  
May their souls,  
and the souls  
of all the faithful departed  
through the mercy of God  
rest in peace.  
Amen.

**NIGHT TIME / BEDTIME PRAYER:**

+ J. M. J. +

JESUS, MARY AND JOSEPH,  
I give you my heart and my soul.

JESUS, MARY AND JOSEPH,  
Assist me in my last agony.

JESUS, MARY AND JOSEPH,  
May I sleep and  
take my rest in peace with You.

3. FROM THE SOUTHWARK DIRECTORY  
2023 PAGE 263:

“In the second phase of the season of Advent, from 17th December, the Liturgy is more directly addressed to the preparation for the birth of Our Lord.”

In this last week of Advent please pick up your Bible at home **TAKE, READ, REFLECT.** & **PRAY UPON** the following passages:

**MATTHEW CHAPTERS 1 AND 2,**

with:  
the ancestry of Jesus  
 (“Who do you think you are?”),  
the Annunciation to Joseph in a dream,  
the birth of Jesus and  
the visit of the wise men,  
the Flight into Egypt  
away from the King Herod’s  
slaughter of the innocent  
and the return to Nazareth. Also,

**LUKE CHAPTERS 1 AND 2,**

with:  
The foretelling of the birth of John the Baptist and the Birth of Jesus,  
**THE ANNUNCIATION TO MARY, (1)**  
**THE VISITATION (2)** of Mary  
to her cousin Elizabeth,  
with the Song of Mary:

**THE MAGNIFICAT,**  
the birth of John the Baptist,  
with the song of Zechariah:

**THE BENEDICTUS,**

**THE BIRTH OF JESUS, (3)**

**THE PRESENTATION OF JESUS IN  
THE TEMPLE, (4)**

with the Song of Simeon:  
**THE NUNC DIMITTIS,**  
The return to Nazareth,  
and twelve years later

**THE FINDING OF THE BOY JESUS IN  
THE TEMPLE IN JERUSALEM (5).**

**1-5 ABOVE ARE THE JOYFUL  
MYSTERIES OF THE ROSARY.**

+ J. M. J. +

**Sunday 17th December 2023**

**ADVENT SUPPLEMENT TO  
ST MARY OF THE CRAYS  
NEWSLETTER**

**DATES FOR YOUR DIARIES PLEASE:**

**SUNDAY 17TH DECEMBER:  
AROUND 3PM**

Parish **CHRISTMAS RAFFLE DRAW**  
will be held in the **SOCIAL CLUB**

**Also:**

**SUNDAY 17TH DECEMBER  
AT 4:00PM**

**PARISH CAROL SERVICE IN CHURCH**

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**HOLY MASSES  
23rd, 24th & 25th December:**

**THE FOURTH SUNDAY OF ADVENT  
Saturday 23rd December  
6:30pm**

**Sunday Morning 24th December  
8:30am  
and  
10:30am**

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**CHRISTMAS EVE:  
Sunday Evening 24th December**

**5:00pm  
CHRISTMAS VIGIL MASS;**

**11:30pm Christmas Carols  
12 midnight:  
CHRISTMAS MIDNIGHT MASS**

**CHRISTMAS DAY IN THE MORNING:  
Monday 25th December  
8:30am  
and  
10:30am**

4 **THE ANGELUS**

V. The Angel of the Lord  
declared unto Mary.

**R. And she conceived  
of the Holy Spirit.**

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.**

HAIL MARY. . .

*(please kneel or bow for the next verse)*

V. And **THE WORD WAS MADE FLESH.**

**R. AND DWELT AMONG US.**

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 Thee,  
O Lord, Thy grace into our  
hearts, that we to whom  
the Incarnation of Christ  
Thy Son was made known  
by the message of an angel,  
may by His Passion and**

*(make the Sign of the Cross)*

**+ Cross be brought to  
the glory of His Resurrection.  
Through the same Christ  
Our Lord. AMEN.**



5. **JESUS, MARY AND JOSEPH  
AS REFUGEES AND EXILES:**

‘[...] behold, an angel of the Lord  
appeared to Joseph in a dream and  
said,

“Rise, take the Child  
and His Mother  
and flee to Egypt,  
and remain there  
until I tell you,  
for Herod is about  
to search for the child,  
to destroy Him.”

And he rose and took the Child and  
His Mother by night and departed  
to Egypt and remained there until  
the death of Herod. This was to ful-  
fil what the Lord had spoken by the  
prophet,

“Out of Egypt  
I called My Son.”

*(Matthew 2: 13-15)*

**JEREMIAH’S LETTER TO THE EXILES:**

*(Jeremiah priest (?) and prophet  
of the Lord: 627 B. C. - 587 B. C.  
The time of the Deportation to Babylon  
also known as: the Second Exile.*

“Thus says the LORD of hosts, the  
God of Israel, to all the exiles  
whom I have sent into exile from  
Jerusalem to Babylon: Build house  
and live in them; plant gardens and  
eat their produce. Take wives and  
have sons and daughters; take  
wives for your sons, and give your  
daughters in marriage, that they  
may bear sons and daughters and  
multiply there, and do not de-  
crease. But seek the welfare  
*(Shalom?)* of the city where I have  
sent you into exile, and pray to the  
LORD on its behalf, for in its wel-  
fare you will find your welfare. [...]

“For thus says the LORD:  
When seventy years are completed  
for Babylon, I will visit you, and I  
will fulfil to you My promise and  
bring you back to this place.

**FOR I KNOW THE PLANS  
I HAVE FOR YOU,  
DECLARES THE LORD,  
PLANS FOR YOUR WELFARE  
AND NOT FOR EVIL,  
TO GIVE YOU A FUTURE  
AND A HOPE.**

Then you will call upon Me and  
come and pray to Me, and I will  
hear you. You will seek Me and  
find Me, when you seek Me with all  
your heart. I will be found by you,  
declares the Lord, and I will re-  
store fortunes and gather you from  
all the nations and all the places  
where I have driven you, declares  
the LORD, and I will bring you back  
to the place from which I sent you  
into exile.”

*(Jeremiah 29: 4-7, 10-14)*

*We Christians are now those exiles  
as the ‘New Israel’ - the Church,  
waiting expectantly for  
Our saviour Jesus Christ  
to return in Glory to take us Home:*

“OUR CITIZENSHIP *(homeland)* IS IN  
HEAVEN, and from it we await a  
Saviour, the Lord Jesus Christ,  
who will transform our lowly body  
to be like His glorious body, by the  
power that enables Him even to  
subject all things to Himself.  
Therefore, my brothers, whom I  
love and long for, my joy and  
crown, **STAND FIRM IN THE LORD,  
MY BELOVED.**”

*(St Paul to the Galatians 3:20-4:1)*

**Come, Lord Jesus!  
Come soon and  
save us all!**