

# THE CATHOLIC MASS SHEET

ENGLISH STANDARD VERSION

4th SUNDAY OF ADVENT (C)

22nd December 2024

## THE INTRODUCTORY RITES

Entrance Antiphon or a hymn. *Stand*  
Cf. Is 45:8

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

*All make the Sign of the Cross as the Priest says:*  
In the name of the Father, and of the Son,  
and of the Holy Spirit. **Amen.**

### Greeting

*The Priest greets the people, saying:*

The grace of our Lord Jesus Christ,  
and the love of God,  
and the communion of the Holy Spirit  
be with you all.

*Or:*

Grace to you and peace from God our Father  
and the Lord Jesus Christ.

*Or:*

The Lord be with you.

*The people reply:*

**And with your spirit.**

*The Mass of the day may be introduced.*

### Penitential Act

*The Priest invites the faithful to repentance  
followed, after a brief pause, by one of the  
Penitential Acts:*

**I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have  
failed to do,**

*And, striking their breast, they say:*  
**through my fault, through my fault,  
through my most grievous fault;**

**therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.**

*Or:*

Have mercy on us, O Lord.

**For we have sinned against you.**

Show us, O Lord, your mercy.

**And grant us your salvation.**

*Or:*

You were sent to heal the contrite of heart:

Lord, have mercy. *Or:* Kyrie, eleison.

**Lord, have mercy. Or: Kyrie, eleison.**

You came to call sinners:

Christ, have mercy. *Or:* Christe, eleison.

**Christ, have mercy. Or: Christe, eleison.**

You are seated at the right hand of the  
Father to intercede for us:

Lord, have mercy. *Or:* Kyrie, eleison.

**Lord, have mercy. Or: Kyrie, eleison.**

*The absolution by the Priest follows:*

May almighty God have mercy on us,

forgive us our sins,

and bring us to everlasting life.

**Amen.**

*If the 'Kyrie, eleison' has not been said or sung,  
it is said or sung now.*

### The 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.  
Who lives and reigns with you in the unity of the  
Holy Spirit,  
God, for ever and ever.

**Amen.**

*Sit*

## THE LITURGY OF THE WORD

### First Reading

A reading from the Prophet Micah.

Micah 5:2-5a

Thus says the LORD: You, O Bethlehem Ephrathah,  
who are too little to be among the clans of Judah,  
from you shall come forth for me one who is to be  
ruler in Israel, whose coming forth is from of old,  
from ancient days. Therefore he shall give them up  
until the time when she who is in labour has given  
birth; then the rest of his brothers shall return to the  
people of Israel. And he shall stand and shepherd  
his flock in the strength of the LORD, in the majesty  
of the name of the LORD his God. And they shall  
dwell secure, for now he shall be great to the ends  
of the earth. And he shall be their peace.

The word of the Lord.

**Thanks be to God.**

**Psalm** Psalm 80(79):2ac, 3b, 15-16. 18-19. R.4

**R. Bring us back, O God;  
let your face shine forth, and we shall be saved.**

O shepherd of Israel, hear us,  
enthroned on the cherubim, shine forth.  
Rouse up your might and come to save us. **R.**

God of hosts, turn again, we implore;  
look down from heaven and see.  
Visit this vine and protect it,  
the stock your right hand has planted,  
the son you have claimed for yourself. **R.**

May your hand be on the man at your right hand,  
the son of man you have confirmed as your own.  
And we shall never forsake you again;  
give us life that we may call upon your name. **R.**

### **Second Reading**

A reading from the Letter to the Hebrews.  
Hebrews 10:5-10

Brothers and sisters:  
When Christ came into the world, he said, 'Sacrifices  
and offerings you have not desired, but a body  
have you prepared for me; in burnt offerings and  
sin offerings you have taken no pleasure. Then I  
said, "Behold, I have come to do your will, O God,  
as it is written of me in the scroll of the book."'

When he said above, 'You have neither desired  
nor taken pleasure in sacrifices and offerings  
and burnt offerings and sin offerings' (these are  
offered according to the Law), then he added,  
'Behold, I have come to do your will'. He does  
away with the first in order to establish the second.  
And by that will we have been sanctified through  
the offering of the body of Jesus Christ once for all.

The word of the Lord.  
**Thanks be to God.**

**Acclamation before the Gospel** *Stand*  
**Alleluia, alleluia.** Luke 1:38  
**Behold, I am the handmaid of the Lord;  
let it be to me according to your word.**  
**Alleluia.**

**Gospel** Luke 1:39-45  
The Lord be with you.  
**And with your spirit.**  
A reading from the holy Gospel according to Luke.  
**Glory to you, O Lord.**

In those days Mary arose and went with haste  
into the hill country, to a town in Judah, and she  
entered the house of Zechariah and greeted  
Elizabeth. And when Elizabeth heard the greeting  
of Mary, the baby leaped in her womb. And  
Elizabeth was filled with the Holy Spirit, and she  
exclaimed with a loud cry, 'Blessed are you among  
women, and blessed is the fruit of your womb!

And why is this granted to me that the mother of  
my Lord should come to me? For behold, when the  
sound of your greeting came to my ears, the baby  
in my womb leaped for joy. And blessed is she who  
believed that there would be a fulfilment of what  
was spoken to her from the Lord.'

The Gospel of the Lord.  
**Praise to you, Lord Jesus Christ.**

**The Homily** *Sit*

**The Nicene Creed** *Stand*

**I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.**

*All bow*

**For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.**

**I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.**

**I believe in one, holy, catholic and  
apostolic Church.  
I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection of  
the dead  
and the life of the world to come. Amen.**

*Or:*

## The Apostles' Creed

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
*who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God  
the Father almighty;  
from there he will come to judge the  
living and the dead.*

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

## The Prayer of the Faithful

*Response example:* Lord, in your mercy.  
**Hear our prayer.**

*After the concluding prayer all say:* **Amen.** Sit

## THE LITURGY OF THE EUCHARIST

*The offerings are brought to the altar.  
A hymn may be sung.*

*If the Priest says the two prayers of offering  
aloud the response both times is:*

**Blessed be God for ever.**

*The people rise as the Priest says:  
Pray, brethren (brothers and sisters),  
that my sacrifice and yours  
may be acceptable to God,  
the almighty Father.*

*The people reply:*  
**May the Lord accept the sacrifice  
at your hands  
for the praise and glory of his name,  
for our good  
and the good of all his holy Church.**

## Prayer over the Offerings

May the Holy Spirit, O Lord,  
sanctify these gifts laid upon your altar,  
just as he filled with his power the womb of the  
Blessed Virgin Mary.  
Through Christ our Lord.  
**Amen.**

## The Eucharistic Prayer

The Lord be with you.  
**And with your spirit.**  
Lift up your hearts.  
**We lift them up to the Lord.**  
Let us give thanks to the Lord our God.  
**It is right and just.**  
*The Priest continues with the Preface and  
concludes with the people, singing or saying aloud:*  
**Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of  
the Lord.  
Hosanna in the highest.** Kneel

*The Eucharistic Prayer continues until the  
priest says:*

The mystery of faith.  
*And the people continue, acclaiming one of  
the following:*

**We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

*Or:*

**When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.**

*Or:*

**Save us, Saviour of the world,  
for by your Cross and Resurrection  
you have set us free.**

*The Priest concludes the Eucharistic Prayer  
saying alone:*

Through him, and with him, and in him,  
O God, almighty Father,  
in the unity of the Holy Spirit,  
all glory and honour is yours,  
for ever and ever.

*The people acclaim:* **Amen.**

## The Communion Rite

Stand

*The Priest invites all to join in the 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 lead us not into temptation,  
but deliver us from evil.**

*The Priest continues alone:*

Deliver us, Lord, we pray, from every evil,  
graciously grant peace in our days,  
that, by the help of your mercy,  
we may be always free from sin  
and safe from all distress,  
as we await the blessed hope  
and the coming of our Saviour, Jesus Christ.  
**For the kingdom,  
the power and the glory are yours  
now and for ever.**

*The Priest says:*

Lord Jesus Christ,  
who said to your Apostles:  
Peace I leave you, my peace I give you,  
look not on our sins,  
but on the faith of your Church,  
and graciously grant her peace and unity  
in accordance with your will.

Who live and reign for ever and ever.

**Amen.**

The peace of the Lord be with you always.

**And with your spirit.**

*The Deacon, or the Priest, adds:*

Let us offer each other the sign of peace.  
All then make an appropriate sign of peace.

*The Priest takes the host and breaks it.  
Meanwhile the people say or sing:*

**Lamb of God, you take away the sins of the world,  
have mercy on us.**

**Lamb of God, you take away the sins of the world,  
have mercy on us.**

**Lamb of God, you take away the sins of the world,  
grant us peace.** *Kneel*

*The Priest shows the host to the people and says:*  
Behold the Lamb of God,  
behold him who takes away the sins of the world.  
Blessed are those called to the supper  
of the Lamb.

**Lord, I am not worthy  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.**

*The Priest or other minister says to each  
communicant:*

The Body [Blood] of Christ.

*Each communicant answers:* **Amen.**

**Communion Antiphon** Is 7:14  
**Behold, a Virgin shall conceive and bear a son;  
and his name will be called Emmanuel.**

*After the distribution of Holy Communion a  
sacred silence may be observed or a psalm,  
hymn or canticle of praise may be sung.*

**Prayer after Communion** *Stand*

Having received this pledge of eternal redemption,  
we pray, almighty God,  
that, as the feast day of our salvation draws  
ever nearer,

so we may press forward all the more eagerly  
to the worthy celebration of the mystery of your  
Son's Nativity.

Who lives and reigns for ever and ever.

**Amen.**

## THE CONCLUDING RITES

*Announcements may be made.*

*Then:*

### Solemn Blessing

*Priest:* The Lord be with you.

*All:* **And with your spirit.**

*A formula of Solemn Blessing may be used.*

May almighty God bless you,  
the Father, and the Son, ✠ and the Holy Spirit.

**Amen.**

*Or:*

*The Deacon, or the Priest, says:*

Bow down for the blessing.

May the almighty and merciful God,  
by whose grace you have placed your faith  
in the First Coming of his Only Begotten Son  
and yearn for his coming again  
sanctify you by the radiance of Christ's Advent  
and enrich you with his blessing.

**Amen.**

As you run the race of this present life,  
may he make you firm in faith,  
joyful in hope and active in charity.

**Amen.**

So that, rejoicing now with devotion  
at the Redeemer's coming in the flesh,  
you may be endowed with the rich reward of  
eternal life

when he comes again in majesty.

**Amen.**

And may the blessing of almighty God,  
The Father, and the Son, ✠ and the Holy Spirit,  
come down on you and remain with you for ever.

**Amen.**

*Then the Deacon, or the Priest, says:*

Go forth, the Mass is ended.

*Or:*

Go and announce the Gospel of the Lord. *Or:*

Go in peace, glorifying the Lord by your life. *Or:*

Go in peace.

**Thanks be to God.**



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PRINTING  
COMPANY OF FARNWORTH®

www.catholicprint.co.uk  
0161 873 7457

Concordat cum originali: Jane Porter.  
Imprimatur: Christopher Dawson,  
Chancellor, Salford. The English translation  
of the Lectionary for Mass © 2023 Catholic  
Bishops' Conference of England and Wales  
and Bishops' Conference of Scotland. The  
Abbey Psalms and Canticles by the Monks of  
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