



A Journey through Advent

Week 3: Thursday

**O Wisdom of the Most High,
ordering all things with
strength and gentleness,
come and teach us the way
of truth.** Gospel Acclamation

Only seven days until the 24th...

- The Church has special antiphons for the seven days of Advent leading to Christmas Eve: the *O Antiphons*, perhaps unimaginatively so-called because they all begin with "O".
- Each one calls out a title of Christ: Wisdom, Lord, Root of Jesse, Key of David, Dayspring, King of Nations and Emmanuel.
- They form an important link between the Old Testament and the coming of the Messiah.
- Originally, these formed part of Evening Prayer but after the Second Vatican Council they were included in the Gospel Acclamations.
- The verses of "O Come, O come, Emmanuel" are based on the "O Antiphons".

Music to listen to...

*Let there be peace on earth
and let it begin with me*

<https://www.youtube.com/watch?v=bgL1v8FZaNM>

*Yahweh is the God of my
salvation*

<https://www.youtube.com/watch?v=e2vI1DclV7g>

A Mindful Moment...

Write a note of thanks in a Christmas card to the staff in a local shop.

**A Thought to Carry
Through the Day...**

Don't ask God to guide your footsteps if you aren't willing to move your feet.

Anonymous



How green is your Advent? Shut down your computer or television when you finish using it.

From Jesuits and Friends Advent Calendar 2020