

SUNDAY MASS

ENTRANCE ANTIPHON:

To you, I lift up my soul, O my God. In you, I have trusted; let me not be put to shame. Nor let my enemies exult over me; and let none who hope in you be put to shame.

FIRST READING: Isaiah 63:16-17, 64:1,3-8.

RESPONSORIAL PSALM: Psalm 80.

RESPONSE:

O God, bring us back; Let your face shine on us, 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 vine your right hand has planted. **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: 1 Corinthians 1:3-9.

GOSPEL ACCLAMATION:

Alleluia, alleluia! Let us see, O Lord, your mercy, and grant us your salvation. Alleluia.

GOSPEL: Mark 13:33-37.

COMMUNION ANTIPHON:

The Lord will bestow his bounty, and our earth shall yield its increase.

Books from Redemptorist Pastoral Publications

In his book "**O Mother Blest**", Fr Seán Wales highlights the role of Mary in our lives. Taking us on a tour through icons and feasts of Mary, inspiring explanations of the Marian prayers we know so well, and other Marian themes, he offers us a spiritual gem that will not only deepen our devotion to Mary, Mother of God and our Mother, but will also lead us closer to Jesus, her Son.

O Mother Blest



Seán Wales CSsR

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plus delivery

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THE WEEK AHEAD

Live the Word

Mon 30 Nov ST ANDREW, A

Romans 10:9-18; Psalm 19; Matthew 4:18-22

"We have found the Messiah" (John 1:41). St Andrew was Jesus's first disciple and the brother of St Peter. He was renowned for introducing others to faith, and is the patron saint of Scotland.

Tue 1 Dec (Bl Clementine Anuarite, VM)

Isaiah 11:1-10; Psalm 72; Luke 10:21-24

"In the hour of threat, she did not hesitate to place above all else the value of her consecration to Christ in perfect chastity." – Pope John Paul II at Blessed Clementine's beatification liturgy.

Wed 2 Dec Liturgy of the Day

Isaiah 25:6-10; Psalm 23; Matthew 15:29-37

Sacrifice is leaving yourself behind at times for a greater good, the good of prayer, the good of helping someone in need, the good of just listening to another. The greatest gift we have is our time.

Thu 3 Dec St Francis Xavier, Pr

Isaiah 26:1-6; Psalm 118; Matthew 7:21,24-27

"It is not the actual physical exertion that counts towards one's progress, nor the nature of the task, but by the spirit of faith with which it is undertaken." – St Francis Xavier

Fri 4 Dec (St John Damascene, PrD)

Isaiah 29:17-24; Psalm 27; Matthew 9:27-31

John Damascene defended the Church's understanding of the veneration of images. His holiness expressed itself in putting his literary and preaching talents at the service of the Lord.

Sat 5 Dec Liturgy of the Day

Isaiah 30:19-21,23-26; Psalm 147; Matt. 9:35–10:1,5-8

It seems that there is always a lack of peace "out there somewhere". But it all really begins in our own hearts. This Advent, let us pray to change our own sword-like qualities into peacemaking qualities.

Sun 6 Dec 2ND SUNDAY OF ADVENT

Isaiah 40:1-5,9-11; Psalm 85; Mark 1:1-8

How much time and energy do we spend judging and correcting the faults of others? During Advent, its time to listen to John the Baptist – to look in the mirror and admit our own faults and to repent of them.

KEY: **SOLEMNITY:** FEAST; Memorial; (Optional Memorial) A=Apostle; V=Virgin; M=Martyr; Pr=Priest; D=Doctor

Catholic Link

ADVENT AND CHRISTMAS: JOURNEY OF FAITH

1st Sunday of Advent • Year B
Divine Office: Week 1 • 29 November 2026

A Journey of Reciprocal Blessing

We begin the season of Advent with its twofold dimension: a season of preparation for the commemoration of Christ's first coming at Christmas, and a season of anticipation for his second coming at the end of time. It's a season of many journeys, where Christ journeys toward Earth through his incarnation, and humanity makes a journey returning toward its source at the end of time. In this context, the Visitation of Mary to Elizabeth serves as a profound model of this dual journey, illustrating how the divine presence moves toward us and how we move toward the Divine.

"... why is this granted to me, that the mother of my Lord should come to me? (Lk 1:43)? These words from Elizabeth tell us about the joyful encounter between two expectant mothers, the joy that comes with Mary's visit. It is a joy that was prefigured in the memorable stories told in the Old Testament about the Ark of the Covenant. Mary's journey to the hill country of Judea recalls the journey of King David, who brought the Ark of the Covenant to Jerusalem. When Luke tells us that Mary, "rose and went" into the hill country to visit Elizabeth (Lk 1:39), he is evoking the same language and imagery used to describe David's procession in the same region to retrieve the Ark of the Covenant. Just as David asked, "How can the ark of the Lord come to me?" (2 Samuel 6:9), Elizabeth's exclamation, "And why is this granted to me, that the mother of

my Lord should come to me? (Lk 1:43)

Just as David danced before the Ark, overcome with awe at the presence of the Lord, so too does the unborn child in Elizabeth's womb leap for joy at the presence of the Lord. Mary's journey carries joy and leaves joy across boundaries, reaching the depths of our own hearts today and inviting us to consider how we might become vessels of joy in our own lives for others. We begin by making an inward journey to our own lives and seeing areas in need of this joy. Old memories, old wounds, and bad feelings might be robbing us of this joy. A journey to our own inner landscape carries graces and blessings. By becoming vessels of this joy to others, we bring blessings to others and bless them just as Elizabeth proclaimed words of blessings to Mary: "Blessed are you among women and

blessed is the fruit of your womb". Blessings abound at the visitation. Why else would John the Baptist leap in his mother's womb; why else would Mary spontaneously sing a song of praise that has echoed through generations?

As a personal reflection, recall a time when you were the recipient of joy after someone visited you. Consider who in your life might currently be waiting for such a visit and could be uplifted by your presence. Reach out to that person this week, or to someone else, and experience how a simple act of presence can transform both your hearts, creating a shared space where joy is not just remembered, but becomes a mutual blessing.



Visitation by Pontorno, 1528, Rectory of Saints Michael and Francis, Carmignano