

## **A Monastic Mass in the Spirit of Advent**

### **Musical Offering (Cantor):**

"O Come, O Come Emmanuel / O ven, O ven Emanuel"  
[text: anon. 12th c.; tune: Veni, veni emmanuel]

### **A brief period of reflective silence follows**

#### **Narrator: A Meditation on Silence**

Silence has long been understood as an important step in spiritual development. The scriptures encourage silence. "Be still and know that I am God (Ps 46.10)" is a powerful verse when we understand these words as being personally spoken to us by God. "Listen to me in silence (Isa 41.1)" is another such verse as well as "Be still before the Lord (Ps 37.7).

We can respond by saying "It is good to sit alone in silence when the Lord has imposed it (Lam.3.27-28)" or by saying "For God alone my soul waits (Ps 62.1)" or "I wait for the Lord, my soul waits (Ps 130.5)" as ways of heeding to God's encouragement to be silent.

During our service, we will be silently asked to be silent between prayers and chants in order to reflect on what was just voiced. So, let our sounds and silence be intertwined—let our sounds bring silence and let our silence bring sounds.

### **A period of reflective silence follows**

#### **Centering Prayer**

#### **Celebrant:**

"Be still and know that I am God (Ps 46.10)" are words that should encourage us to "let go" and surrender ourselves to a divine presence. Therefore, let us quiet our thoughts and desires and

further center ourselves in God's presence. There is an ancient spiritual saying that quotes God as follows "You will never be able to hear my words if you cannot first hear my silence." Let our periods of silence move us beyond conversation with God and into an intimate voiceless communion.

### **A period of reflective silence follows**

### **The Lighting of Candles (Acolyte lights sanctuary candles)**

#### **Celebrant:**

Almighty God, we give you thanks for surrounding us,  
as daylight fades, with the brightness of the vesper light;  
and we implore you of your great mercy that,  
as you enfold us with the radiance of this light,  
so you would shine into our hearts  
the brightness of your Holy Spirit;  
through Jesus Christ our Lord. Amen.

**Cantor:** sings the Phos Hilaron

The **Phos Hilaron** is the earliest known Christian hymn recorded outside of the scriptures that is still being used today and is generally sung during the lighting of lamps or candles.

O Radiant Light,  
O Holy Glory of God  
the immortal blessed Father in heaven,  
O Christ Jesus!  
Now as the sunset comes upon us  
and we see the evening lights,  
we praise God, Father, Son and Holy Spirit!  
It is right at all times to sing your praise  
with all the universe,  
O Son of God:  
You are the life of the world.

## A brief period of reflective silence follows

**Celebrant:** Let Us Stand

### Psalm 104

**Cantor:** The sun knows its time for / setting (v.19b);  
You make darkness and it \ is / night (v.20a).

**All:** The sun knows its time for / setting (v.19b);  
You make darkness and it \ is / night (v.20a).

**Cantor:** Bless the Lord, O my / soul.  
O Lord my God, you are \ very / great.  
You are clothed with honor and / majesty,  
wrapped in light as with \ a / garment.  
You stretch out the heavens like a / tent,  
you set the beams of your chambers on \ the / waters,  
you make the clouds your / chariot,  
you ride on the wings of \ the / wind,  
you make the winds your / messengers,  
fire and flame \ your / ministers.  
You set the earth on its foun- / dations,  
so that it shall never \ be / shaken. (vv. 1-5)

**All:** The sun knows its time for / setting (v.19b);  
You make darkness and it \ is / night (v.20a).

**Cantor:** the sun knows its time for / setting;  
You make darkness and it \ is / night.  
May the glory of the Lord endure for- / ever;  
may the Lord rejoice in his works—  
who looks on the earth and it / trembles,  
who touches the mountains and \ they / smoke.  
I will sing to the Lord as long as I / live;  
I will sing praise to my God while I \ have / being.  
May my meditation be pleasing to / him,

for I rejoice in \ the / Lord.  
Bless the Lord, O my / soul.  
Praise \ the / Lord! (vv. 19b-20; 31-34)

**All:** The sun knows its time for / setting (v.19b);  
You make darkness and it \ is / night (v.20a).

**Everyone sits & a brief period of reflective silence follows**

### Psalm 113

**Cantor:** From the rising of the sun to / its \ setting;  
the name of the Lord is / to \ be / praised. (v. 3).

**All:** From the rising of the sun to / its \ setting;  
the name of the Lord is / \ be / praised. (v. 3).

**Cantor:** Praise the Lord! Praise, O servants of the Lord;  
praise the name of the Lord.  
Blessed be the name of the Lord  
from this time on and forevermore.  
From the rising of the sun to its setting  
the name of the Lord is to be praised.  
The Lord is high above all nations,  
and his glory above the heavens. (vv. 1-4)

**All:** From the rising of the sun to / its \ setting;  
the name of the Lord is / to \ be / praised. (v. 3).

**Cantor:** Who is like the Lord our God,  
who is seated on high,  
who looks far down on the heavens and the earth.  
He raises the poor from the dust,  
and lifts the needy from the ash heap,  
to make them sit with princes,  
with the princes of his people (vv. 5-8).

**All:** From the rising of the sun to / its \ setting;  
the name of the Lord is / \ be / praised. (v. 3).

## A brief period of reflective silence follows

### The Spirit of Advent

The word advent is derived from the Latin *adventus*, which means "coming" or "arrival."

#### **Narrator:**

The Season of Advent begins next weekend. It is a time set aside for reflection. Marked by a spirit of expectation and hope, the four weeks leading up to the celebration of Christmas call Christians to focus on the birth of our Savior.

### The Lighting of the Advent Wreath

#### **Celebrant:**

We are an Advent people—a people who live in the eternal hope and expectation of the ever burning light of the Risen One. As we light each of the candles let us reflect on some of the prophecies that were fulfilled with the birth of Christ. You are invited to read one of the passages of scripture.

### Acolyte Lights the First Candle

The first purple candle that will be lit is traditionally the candle of Expectation or Hope that is often expressed in prophecy. Purple, which is associated with royalty, is the historical color for three of the four Sundays of Advent and symbolizes Christ as the "Prince of Peace."

#### **Reader 1 (reads after the first candle is lit):**

A shoot will come up from the stump of Jesse;  
from his roots a Branch will bear fruit.  
The Spirit of the LORD will rest on him—  
the Spirit of wisdom and of understanding,  
the Spirit of counsel and of power,  
the Spirit of knowledge and of the fear of the LORD -

and he will delight in the fear of the LORD.  
He will not judge by what he sees with his eyes,  
or decide by what he hears with his ears;  
but with righteousness he will judge the needy,  
with justice he will give decisions for the poor of the earth.  
He will strike the earth with the rod of his mouth;  
with the breath of his lips he will slay the wicked.

Righteousness will be his belt  
and faithfulness the sash around his waist.

The wolf will live with the lamb,  
the leopard will lie down with the goat,  
the calf and the lion and the yearling together;  
and a little child will lead them.

The cow will feed with the bear,  
their young will lie down together,  
and the lion will eat straw like the ox.

The infant will play near the hole of the cobra,  
and the young child put his hand into the viper's nest.

They will neither harm nor destroy  
on all my holy mountain,  
for the earth will be full of the knowledge of the LORD  
as the waters cover the sea.

In that day the Root of Jesse  
will stand as a banner for the peoples;  
the nations will rally to him, and his place of rest will be glorious.

(Isa 11. 1-10)

**Cantor:** Be patient until the coming of the Lord;  
and strengthen your hearts,  
for the coming of the Lord is near.

Tengan paciencia hasta la venida del Señor. (James 5. 7-8)

### **Acolyte Lights the Second Candle**

The lighting of the Advent candles is always associated with different aspects of the Advent story within the scriptures. The lighting of the next three candles will be associated with the pregnancy of Mary.

## **Reader 2 (reads after the second candle is lit):**

In the sixth month, God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you." Mary was greatly troubled at his words and wondered what kind of greeting this might be. But the angel said to her, "Do not be afraid, Mary, you have found favor with God. You will be with child and give birth to a son, and you are to give him the name Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over the house of Jacob forever; his kingdom will never end."

"How will this be," Mary asked the angel, "since I am a virgin?" The angel answered, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God. Even Elizabeth your relative is going to have a child in her old age, and she who was said to be barren is in her sixth month. For nothing is impossible with God." "I am the Lord's servant," Mary answered. "May it be to me as you have said." Then the angel left her.

(Luke 1. 26-38)

**Cantor:** Be patient until the coming of the Lord;  
and strengthen your hearts,  
for the coming of the Lord is near.

Tengan paciencia hasta la venida del Señor. (James 5. 7-8)

## **Acolyte Lights the Third Candle**

Pink is the color for the Third Sunday of Advent, known as Gaudete Sunday from the Latin word "rejoice." Gaudete Sunday anticipates the joy of the Christmas celebration, so the third candle that will be lit is a mixture of Advent purple and Christmas white.

## **Reader 3 (reads after the third candle is lit):**

At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah's home and greeted Elizabeth. When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear! But why am I so favored, that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. Blessed is she who has believed that what the Lord has said to her will be accomplished!" (Luke 1. 39-45)

**Cantor:** Be patient until the coming of the Lord;  
and strengthen your hearts,  
for the coming of the Lord is near.  
Tengan paciencia hasta la venida del Señor. (James 5. 7-8)

### **Acolyte Lights the Fourth Candle**

**Reader 4 (reads after the fourth candle is lit):**

an angel of the Lord appeared to (Joseph)  
in a dream and said, "Joseph son of David,  
do not be afraid to take Mary home as your wife,  
because what is conceived in her is from the Holy Spirit.  
She will give birth to a son,  
and you are to give him the name Jesus,  
because he will save his people from their sins."  
All this took place to fulfill what the Lord  
had said through the prophet: "The virgin will be with child  
and will give birth to a son,  
and they will call him Immanuel"—which means,  
"God with us."  
(Math 1. 20-22)

**Cantor:** Be patient until the coming of the Lord;  
and strengthen your hearts,  
for the coming of the Lord is near.  
Tengan paciencia hasta la venida del Señor. (James 5. 7-8)

## **Acolyte Lights the Christ (Fifth) Candle**

The center candle is white and is called the Christ Candle. It is traditionally lit on Christmas Eve or Day. The central location of the Christ Candle within the Advent wreath reminds us that the incarnation is the heart of the season and giving light to the world.

### **Celebrant (after the Christ Candle is lit):**

In the past God spoke to our ancestors through the prophets  
at many times and in various ways,  
but in these last days he has spoken to us by his Son,  
whom he appointed heir of all things,  
and through whom he made the universe.  
The Son is the reflection of God's glory  
and the exact representation of his being,  
sustaining all things by his powerful word.  
(Hebrews 1. 1-3)

## **A period of reflective silence follows**

**Cantor:** sings once before everyone joins in the meditation

(Ps 27.14)

Wait for the Lord,  
Whose day is near.

Wait for the Lord:  
keep watch, take heart

## **Lectio Divina: A Dialogue with God**

### **Narrator:**

The practice of Lectio Divina (Sacred Reading) includes dialoguing with God in prayer by hearing scripture as God speaking and responding in similar thoughts and words to what God said. Let us hear what God has to say to us.

**Celebrant:**

As a mother comforts her child, so I will comfort you;  
You shall see, and your heart shall rejoice.  
(Isaiah 66. 13-14)

**All:** Dear God, as a mother comforts her child, comfort us that our hearts may rejoice.

**A brief period of reflective silence follows**

**Celebrant:**

As a father has kindness on his children,  
so the LORD has kindness on those who revere him  
(Ps 103.13)

**All:** As a father has kindness on his children, O' Lord, bestow your kindness on us.

**A brief period of reflective silence follows**

**Celebrant:**

"Before I formed you in the womb I knew you,  
and before you were born I consecrated you; (Jer 1.5)

**All:** O God you knew us before we were formed in the womb and you consecrated us before we were born for your service.

**A brief period of reflective silence follows**

**The Lighting of the Incense**

**Psalm 141**

**Cantor:** Like incense, may our prayers rise before you O God,  
the lifting of our hands like an evening oblation. (Ps  
141.2)

**All:** Like incense, may our prayers rise before you O God,  
the lifting of our hands like an evening oblation.

**Cantor:** O LORD, I call to you; come quickly to me.  
Hear my voice when I call to you. (v.1)

Like incense, may my prayer rise before you O God,  
the lifting of my hands like an evening oblation. (v. 2)

But my eyes are fixed on you, O Sovereign LORD;  
in you I take refuge. (v.8)

**All:** Like incense, may our prayers rise before you O God,  
the lifting of our hands like an evening oblation.

**Cantor:** sings once before everyone joins in the meditation

O Lord Hear My Prayer  
O Lord Hear My Prayer  
When I Call Answer Me  
O Lord Hear My Prayer  
O Lord Hear My Prayer  
Come and Listen to Me.

-Psalm 143.1ff-

**A brief period of reflective silence follows**

**An Examination of Conscience:**

**Narrator:**

The Examination of Conscience is an ancient spiritual practice that helps us reflect on God's daily activity in our life. Let us ask God to help us reflect upon the following questions

**Celebrant:** God, what did you say to me today that I did not hear?

**A period of reflective silence follows**

**Celebrant:** God, what needs healing in my life?

**A period of reflective silence follows**

**Celebrant:** God, do I need to make amends with anyone?

**A period of reflective silence follows**

**Cantor:** Bless the Lord, my soul  
And bless God's holy name.  
Bless the Lord, my soul  
Who leads me into life.  
-taken from Psalm 103-

**All:**

Bless the LORD, my soul, and all that is within me,  
bless God's holy name.  
Bless the LORD, my soul, and do not forget all God's benefits—  
who forgives all your iniquity, who heals all your diseases,  
who redeems your life from the Pit,  
who crowns you with steadfast love and mercy,  
who satisfies you with good as long as you live  
so that your youth is renewed like the eagle's.  
The LORD works vindication and justice  
for all who are oppressed. (vv. 1-6)

**Cantor:** Bless the Lord, my soul  
And bless God's holy name.  
Bless the Lord, my soul  
Who leads me into life.

**The Nicene Creed**

**Celebrant:** Let us stand and profess our faith together

We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, light from light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.

For us and for our salvation  
he came down from heaven,  
was incarnate of the Holy Spirit and the Virgin Mary  
and was made man.

For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.

On the third day he rose again  
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.

We 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 worshiped and glorified,  
who has spoken through the prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,  
and the life of the world to come. Amen.

**Everyone sits**

**Eucharist Begins**

**Celebrant:** The scriptures encourage us to examine ourselves before Holy Communion. Let us reflect upon the following words of Christ and our desire to fulfill these words

"Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself'"<sup>1</sup>

**A brief period of reflective silence.**

**Celebrant:** Let us pray

**All:** Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent, for the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

**Cantor:** sings once then everyone joins in the following meditative petition Kyrie eleison/Christe eleison (Lord have mercy/Christ mercy)

Kyrie eleison, Kyrie eleison, Kyrie eleison, Kyrie eleison  
Christe eleison, Christe eleison, Christe eleison, Christe eleison  
Kyrie eleison, Kyrie eleison, Kyrie eleison, Kyrie eleison.

**Celebrant:**

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

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<sup>1</sup> Matthew 22.37-39

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

**All:** Christ has died.  
Christ is risen.  
Christ will come again.

**Celebrant:**

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. Amen.

### **The Breaking of the Bread**

The Celebrant breaks the consecrated Bread.

A period of silence is kept.

**Celebrant:** Christ our Passover is sacrificed for us;

**All:** Therefore let us keep the feast

**Celebrant:** The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

***NOTE: Everyone is invited to take communion.***

**Cantor:** sings once before everyone joins in the meditation

Eat this bread, drink this cup,  
Come to me and never be hungry.  
Eat this bread, drink this cup,  
Trust in me and you will not thirst.

### **The Prayer of Thanksgiving**

**Celebrant:** Let Us Pray

Holy, gracious and loving God, you have drawn us to your heart, and nourished us at your table with holy food and drink, the body and Blood of Christ. Now send us forth to be your servants in the world, and to proclaim your truth, this day and evermore. Amen.

**All:**

The people walking in darkness  
have seen a great light;  
for those living in the land of the shadow of death  
a light has dawned.  
For to us a child is born,  
to us a son is given,  
and the government will be on his shoulders.  
And he will be called  
Wonderful Counselor, Mighty God,  
Everlasting Father, Prince of Peace.  
Of the increase of his government and peace  
there will be no end.  
He will reign on David's throne  
and over his kingdom,  
establishing and upholding it

with justice and righteousness  
from that time on and forever.  
The zeal of the LORD Almighty  
will accomplish this.  
(Isa 9. 2, 6-7)

**Celebrant:** Go in peace to love and serve the Lord.

**Everyone is Invited for Light Refreshments Next Door.**

**Afterwards, Everyone is Invited  
to a No-Host Dinner at a Local Restaurant**

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