



The Sunday Sheet *for* The 4th Sunday of Advent Sunday 22nd December 2024

*A very warm welcome as we gather for the **Parish Eucharist**.
An induction loop is provided.*

Gluten free wafers are available for those who need them. Please inform one of the
welcomers who will pass the information on to the clergy. Many thanks

Entrance Hymn

Long ago, prophets knew
Christ would come, born a Jew,
come to make all things new,
bear his people's burden,
freely love and pardon.

*Ring bells, ring, ring, ring!
Sing, choirs, sing, sing, sing!
When he comes, when he comes,
who will make him welcome?*

God in time, God in man,
this is God's timeless plan:
he will come, as a man,
born himself of woman,
God divinely human:

Mary, hail! Though afraid,
she believed, she obeyed.
In her womb God is laid:
till the time expected,
nurtured and protected:

Journey ends! Where afar
Bethlem shines, like a star,
stable door stands ajar.
Unborn Son of Mary,
Saviour, do not tarry.

Ring bells, ring, ring, ring!
Sing, choirs, sing, sing, sing!
When he comes, when he comes,
we will make him welcome.

✠ In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Grace and peace be with you
And keep you in the love of Christ.

The Priest gives an introduction to the Eucharist

Jesus Christ is the Light of the world:
A light no darkness can put out.

The fourth candle on the Advent Wreath is lit

Eternal God,
as we seek the dawning brightness
and the lengthening of days
we light a candle
to quicken our hearts and warm our frozen lives
so that he who took flesh in the womb of Mary
may find us eager to welcome him
and ready to embrace him, the Light of the world,
for he is Lord forever and ever. **Amen.**

The Priest calls the people to penitence.

Silence is kept

Lord, you draw us close to each other for strength and comfort:
Lord, have mercy: **Lord, have mercy.**

Lord, you came in to the world to be one with your people:
Christ, have mercy: **Christ, have mercy.**

Lord, through your love and by your presence you make us free:
Lord, have mercy: **Lord, have mercy.**

Almighty God have mercy on you,
✠ forgive you and set you free from sin,
and keep you in eternal life. **Amen.**

The Collect

God our redeemer,
who prepared the Blessed Virgin Mary
to be the mother of your Son:
grant that, as she looked for his coming as our Saviour,
so we may be ready to greet him
when he comes again as our judge;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Please Sit

Micah 5. 2-5a

A reading from the book of the prophet Micah.

You, O Bethlehem of Ephrathah,
who are one of the little clans of Judah,
from you shall come forth for me
one who is to rule in Israel,
whose origin is from of old,
from ancient days.

Therefore he shall give them up until the time
when she who is in labour has brought forth;
then the rest of his kindred shall return
to the people of Israel.

And he shall stand and feed his flock in the strength of the Lord,
in the majesty of the name of the Lord his God.
And they shall live secure, for now he shall be great
to the ends of the earth;
and he shall be the one of peace.

For the word of the Lord:
Thanks be to God.

The Gospel

Please Stand

O come, O come, Emmanuel,
and ransom captive Israel,
that mourn in lonely exile here,
until the Son of God appear:

*Rejoice! Rejoice! Emmanuel
shall come to thee, O Israel.*

O come, thou Dayspring, come and cheer
our spirits by thine Advent here;
disperse the gloomy clouds of night,
and death's dark shadows put to flight:

O come, O come, thou Lord of Might,
who to thy tribes, on Sinai's height,
in ancient times didst give the law
in cloud and majesty and awe:

*Jason Mason Neale tr. from Latin Antiphons
Tune: Veni Emmanuel*

Luke 1. 39-45

Listen to the Gospel of Christ according to Saint Luke.

Glory to you, O Lord.

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leapt in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leapt for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord.'

This is the Gospel of the Lord.

Praise to you, O Christ.

The Homily

Please Sit

An Affirmation of the Faith.

Please Stand

Let us declare our faith in God.

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit. Amen.**

The Intercession

Please Sit

Appropriate responses may be used, for example

Lord, in your mercy:
hear our prayer.

Lord, hear us:
Lord, graciously hear us.

The Intercession ends with a suitable collect said by the priest, or the following

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

The Peace

Please Stand

May the God of peace make you completely holy,
ready for the coming of our Lord Jesus Christ.

The peace of the Lord be with you always.
And also with you.

Let us offer one another a sign of the Lord's peace.

Offertory Hymn

O little town of Bethlehem,
how still we see thee lie!
Above thy deep and dreamless sleep
the silent stars go by:
yet in thy dark streets shineth
the everlasting Light;
the hopes and fears of all the years
are met in thee tonight.

O morning stars, together
proclaim the holy birth,
and praises sing to God the King,
and peace to men on earth.
For Christ is born of Mary;
and, gathered all above,
while mortals sleep, the angels keep
their watch of wondering love.

How silently, how silently,
the wondrous gift is given!
So God imparts to human hearts
the blessings of his heaven.
No ear may hear his coming;
but in this world of sin,
where meek souls will receive him still,
the dear Christ enters in.

O holy Child of Bethlehem,
descend to us, we pray;
cast out our sin, and enter in:
be born in us today.
We hear the Christmas angels
the great glad tidings tell:
O come to us, abide with us,
our Lord Emmanuel.

Phillips Brookes 1835-1893
Tune: Forest Green

The Thanksgiving

We celebrate together the gifts and grace of God.

**We take this bread,
we take this wine
to follow Christ's example
and obey his command.**

Prayer over the Gifts

Come, O come, Emmanuel,
you are the way, the truth and the life;
you are the true vine and living bread.
Come, Christ our Saviour,
come to the world which waits for you;
who are alive and reign, now and for ever. **Amen.**

The Eucharistic Prayer

The Lord be with you.
And also with you.

Lift up your hearts.
We lift them to the Lord.

Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

It is indeed right, it is our duty and our joy
at all times and in all places to give you thanks, holy Father,
all-powerful and everliving God,
through Jesus Christ our Lord.

The prophets prepared us for his coming,
the Blessed Virgin Mary longed for him with love beyond all telling.
At the presence of Jesus, John the Baptist danced in his mother's womb
and proclaimed his advent when at last he came.
Already we rejoice in his birth,
for he has given us the gift of grace,
that he may find us watchful and waiting,
our hearts filled with wonder and praise.

And so with the hosts of angels and all the company of heaven
we proclaim the glory of your name
and join in their unending hymn of praise:

**Holy, holy, holy, holy,
Holy, holy, Lord God Almighty.
And we lift our hearts before you
as a token of our love.
Holy, holy, holy, holy.**

**Gracious Father, gracious Father,
Blessed is the one who comes to us
in your name.
And we lift our hearts before you
as we give you thanks and praise.
Hosanna in the highest.**

All praise and thanks to you, true and living God,
Creator of all things, Giver of life.
You formed us in your own image;
but we have marred that image and fall short of your glory.
We give you thanks
that you sent your Son to share our life;
you gave him up to death that the world might be saved,
and you raised him from the dead
that we might live in him and he in us.

Sanctify with your Spirit this bread and wine, your gifts to us,
that they may be for us the body and blood of our Saviour Jesus Christ.

On the night he was betrayed, he took bread,
and when he had given thanks
he broke it and gave it to his disciples, saying,

Take, eat; this is my body which is given for you:
do this in remembrance of me.

In the same way after supper he took the cup,
and when he had given thanks
he gave it to them, saying,

Drink from this, all of you,
for this is my blood of the new covenant
which is shed for you and for many
for the forgiveness of sins:
do this as often as you drink it
in remembrance of me.

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come in glory.

As he has commanded us, Father,
we remember Jesus Christ, your Son.
Proclaiming his victorious death,
rejoicing in his resurrection
and waiting for him to come in glory
we bring to you this bread, this cup.

Accept our sacrifice of thanks and praise.
Restore and revive your people,
renew us and all for whom we pray
with your grace and heavenly blessing,
and at the last receive us with all your saints
into that unending joy promised by your Son, Jesus Christ our Lord.

Through him, with him, in him,
in the unity of the Holy Spirit
all honour and glory are yours, almighty Father,
for ever and ever. **Amen.**

Silence is kept

Please Sit

Let us pray with confidence to the Father:

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread,
forgive us our sins
as we forgive those
who sin against us.**

**Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power
and the glory are yours,
now and for ever. Amen.**

The Communion

The priest breaks the bread
Every time we eat this bread and drink of this cup
we proclaim the Lord's death until he comes.

Jesus, Lamb of God: have mercy on us.
Jesus, bearer of our sins: have mercy on us.
Jesus, redeemer of the world: give us your peace.

The Invitation to Holy Communion

Jesus is the Lamb of God
who takes away the sins of the world.
Happy are those who are called to his supper.
**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

The sacrament is administered with these words:

The body of Christ. **Amen.** The blood of Christ. **Amen.**

All those who are baptised (Christened) are welcome to receive Holy Communion today. Baptised (Christened) children are welcome to receive holy communion at the discretion of their parents.

If you are not receiving you are welcome to come forward for a blessing but please bring this leaflet with you as a signal to the priest.

Hymn at the end of Communion

Come, thou Redeemer of the earth,
and manifest thy virgin-birth:
let every age adoring fall;
such birth befits the God of all.

From God the Father he proceeds,
to God the Father back he speeds,

runs out his course to death and hell,
returns on God's high throne to dwell.

Thy cradle here shall glitter bright,
and darkness glow with new-born light,
no more shall night extinguish day,
where love's bright beams their power display.

Veni Redemptor gentium
Tr. by John Mason Neale 1818-1866
Tune: Puer Nobis Nascitur

Silence is kept

The Sending Out

Please Stand

Post Communion Prayer

Give thanks to the Lord for he is gracious:
his love is everlasting.

Heavenly Father,
who chose the Blessed Virgin Mary
to be the mother of the promised Saviour:
fill us your servants with your grace,
that in all things we may embrace your holy will
and with her rejoice in your salvation;
through Jesus Christ our Lord. **Amen.**

The Blessing

The Lord be with you
And also with you.

Christ the Sun of righteousness shine on you and scatter the darkness from before you.
And the blessing of God almighty, ✠ the Father, the Son, and the Holy Spirit, be
among you and remain with you always. **Amen.**

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

Final Hymn

With Mary let my soul rejoice,
and praise God's holy name –
his saving love from first to last,
from age to age, the same!

How strong his arm, how great his power!
The proud he will disown;
the meek and humble he exalts
to share his glorious throne.

The rich our God will send away
and feed the hungry poor;
the arms of love remain outstretched
at mercy's open door.

So shall God's promise be fulfilled,
to Israel firmly made:
a child is born, a Son is given
whose crown will never fade.

All glory to the Father, Son
and Spirit now proclaim;
with Mary let the world rejoice
and praise God's holy name!

David Mowbray b. 1938
Tune: Bristol

CCL No: 961722

Notices

Refreshments. Please do join us for refreshments after the service if you can.

Praying for Growth. Please pray for the growth and renewal of the Church here in this place. Here is the Leading Your Church into Growth Prayer:

*God of Mission,
Who alone brings growth to your
Church,
Send your Holy Spirit to give
Vision to our planning,
Wisdom to our actions,
Joy to our worship,
And power to our witness.
Help our church to grow in numbers,
In spiritual commitment to you,
And in service to our local community,
Through Jesus Christ our Lord. Amen.*

The Community Fridge takes place every Sunday from 4-5pm at the Parish Church.

Sunday Sheet. Please take this sheet home with you for the notices for the week and to pray for what is happening in the life of our Church.

Choir Tour. The Cathedral Choir have been given the amazing opportunity of singing in Finland on a choir tour in May next year. We are raising money to make sure this can happen. For more details, and to donate online, please see the following link: <https://gofund.me/560aa0db>
If you would like to donate in cash or by cheque, please clearly mark your donations 'Choir Finland' and hand to a member of the cathedral team or pop it in the collection plate or donation box

in the cathedral. If you are able to, please share the Go Fund Me page – from the page on the link above, click 'Share' and you can share on social media or copy the link to send to friends and family. Thank you.

O Come, let us adore him is an Advent Study Group put together by the Bishops of the Church in Wales. We will be running the group at the Parish Church on the following Mondays: 23rd & 30th December starting at 11am. The sessions will last no longer than one hour. A warm welcome to all!

Food4Thought Lunch. This has now finished for a break over Christmas and will start back again on Thursday 16th January 2025.

Mission Area Eucharist takes place on Sunday 29th December at 10.30am at the Cathedral. No other services in the Mission Area that morning.

The Week Ahead

23rd Monday – O Emmanuel!

9am Morning Prayer

9.30am Holy Eucharist

11am 'O Come let us adore him'

*Advent Study Group at the Parish
Church*

5pm Evening Prayer

24th Tuesday – CHRISTMAS EVE

9am Morning Prayer

4pm Christingle & Crib Service *at the
Parish Church*

7pm Festival of Nine Lessons & Carols

11.30pm The Midnight Mass

25th Wednesday – CHRISTMAS DAY

9.30am The Parish Eucharist

9.30am Holy Eucharist *at St Mary's*
Cefn

11am The Cathedral Eucharist

26th Thursday – Stephen, Deacon & 1st Martyr

9am Morning Prayer

10am Holy Eucharist *at the Parish*
Church

5pm Evening Prayer

27th Friday – John, Apostle & Evangelist

9am Morning Prayer

9.30am Offeren (Welsh Eucharist)

5pm Evening Prayer

28th Saturday – The Innocents

9am Morning Prayer

5pm Evening Prayer

29th Sunday – Christmas 1 (The Holy Family)

10.30am Mission Area Eucharist *at the*
Cathedral

3.30pm Evening Prayer

Today's Readings

Micah 5. 2-5a

The ancient words of the prophet Micah echo down the centuries and speak of a strange birth, and a ruler of the humblest origins, who will bring security and peace in the name of the Great God.

Psalm 80. 1-7

Hebrews 10. 5-10

The writer to the Hebrews explains the destiny of the baby whose birth we prepare to celebrate: to open the way to God for all of us, for all time.

Luke 1. 39-45

Mary has received her angelic visit and the astounding news of her pregnancy. She sets off to visit her cousin Elizabeth, also an important part of the story and mother-to-be of a miraculous child.



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www.stasaphparishchurch.org.uk