

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.

COLLECT

Grant your faithful, we pray, almighty God, the resolve to run forth to meet your Christ with righteous deeds at his coming, so that, gathered at his right hand, they may be worthy to possess the heavenly Kingdom.
Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.
Amen.

FIRST READING

Is 2:1-5

A reading from the prophet Isaiah.
The vision of Isaiah son of Amoz, concerning Judah and Jerusalem.
In the days to come the mountain of the Temple of the Lord shall tower above the mountains and be lifted higher than the hills. All the nations will stream to it, peoples without number will come to it; and they will say:
'Come, let us go up to the mountain of the Lord, to the Temple of the God of Jacob that he may teach us his ways so that we may walk in his paths; since the Law will go out from Zion, and the oracle of the Lord from Jerusalem.' He will wield authority over the nations and adjudicate between many peoples; these will hammer their swords into ploughshares, their spears into sickles. Nation will not lift sword against nation, there will be no more training for war. O House of Jacob, come, let us walk in the light of the Lord.
The word of the Lord.
Thanks be to God.

PSALM

Ps 121:1-2, 4-5, 6-9

Response:
I rejoiced when I heard them say: 'Let us go to God's house.'

1. I rejoiced when I heard them say: 'Let us go to God's house.' And now our feet are standing within your gates, O Jerusalem. (R.)
2. It is there that the tribes go up, the tribes of the Lord. For Israel's law it is, there to praise the Lord's name. There were set the thrones of judgement of the house of David. (R.)
3. For the peace of Jerusalem pray: 'Peace be to your homes! May peace reign in your walls, in your palaces, peace!' (R.)
4. For love of my brethren and friends I say: 'Peace upon you!' For love of the house of the Lord I will ask for your good. (R.)

SECOND READING

Rm 13:11-14

A reading from the letter of St Paul to the Romans.
You know 'the time' has come: you must wake up now: our salvation is even nearer than it was when we were converted. The night is almost over, it will be daylight soon - let us give up all the things we prefer to do under cover of the dark; let us arm ourselves and appear in the light. Let us live decently as people do in the daytime: no drunken orgies, no promiscuity or licentiousness, and no wrangling or jealousy. Let your armour be the Lord Jesus Christ.
The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia! Let us see, O Lord, your mercy and give us your saving help. Alleluia!

GOSPEL

Mt 24:37-44

A reading from the holy Gospel according to Matthew.
Jesus said to his disciples: 'As it was in Noah's day, so will it be when the Son of Man comes. For in those days before the Flood people were eating, drinking, taking wives, taking husbands, right up to the day Noah went into the ark, and they suspected nothing till the flood came and swept all away. It will be like this when the Son of Man comes. Then of two men in the fields one is taken, one left; of two women at the millstone grinding, one is taken, one left. 'So stay awake, because you do not know the day when your master is coming.
You may be quite sure of this that if the householder had known at what time of night the burglar would come, he would have stayed awake and would not have allowed anyone to break through the wall of his house. Therefore, you too must stand ready because the Son of Man is coming at an hour you do not expect.'
The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH

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, (all bow during the next three lines) and by the Holy Spirit was incarnate of the Virgin Mary, and became man. 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.

PRAYER OVER THE OFFERINGS

Accept, we pray, O Lord, these offerings we make, gathered from among your gifts to us, and may what you grant us to celebrate devoutly here below gain for us the prize of eternal redemption. Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

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

PRAYER AFTER COMMUNION

May these mysteries, O Lord, in which we have participated, profit us, we pray, for even now, as we walk amid passing things, you teach us by them to love the things of heaven and hold fast to what endures. Through Christ our Lord.
Amen.

To regard the Mass as an obligation, a chore, and a boring one at that, to be done on a Sunday, is a hideous travesty of the truth. Mass may indeed be boring, and the dear priest's sermon an affliction to be patiently endured (or, of course, an intellectual treat to be discussed throughout the week), but we do not go to mass for entertainment... To be taken to the self-offering of Jesus to the Father is what being a Catholic is about, it is what the Mass is about.

Sister Wendy Beckett

Sunday Message

FIRST SUNDAY OF ADVENT

THE WORD

Year A • 30 November 2025 • Colour: Violet • Psalter Week 1



STAY AWAKE!

MT 24:37-44

In today's Gospel Jesus makes comparisons. He compares the people of his day with those of Noah's, who were punished for their wickedness. The people of Jesus' time are not particularly wicked, but they are heedless and unthinking. They get on with life.

They eat, drink, get married. That's all very fine. But the problem is they don't think about their relationships with God or with one another. Due to their ignorance, they won't be ready for God's coming judgement.

Jesus tells a parable about a householder and a thief. It's not the householder's immoral life that causes his downfall. It's his carelessness. God's judgement comes like a thief for those who are not prepared for it.

Be on the lookout! That's the message of this First Sunday of Advent. Things are changing. Property, possessions, power will all pass away. Even health and life do not last forever. Only our relationships with God and one another are eternal.

The season of Advent offers us an opportunity to stand back from the regular routine of life to reflect on our relationship with God and with each other. It is a time to be more conscious of God's presence, so that he will find us ready and waiting when he comes. ■

SAY

"Come, Lord Jesus."

DO

Make some extra time for prayer each day during the season of Advent.

Try to see the sacred in the everyday

Make an Advent wreath

PRAY

Ask the Lord to help you live in such a way that you will always be ready for his coming.

LEARN

The word Advent comes from the Latin *adventus*, which means "coming" and refers to the four-week period of preparation for Christmas. *Adventus* is a Latin translation of the Greek word *parousia*, which refers to the future coming or return of Jesus. During the Season of Advent we contemplate two different comings of Jesus. The first refers to his birth over 2000 years ago in Bethlehem. The second refers to his future return as judge at the end of time.

REFLECT

The message of the season of Advent, and today's readings, is to stay awake and alert so as to be ready to meet the Lord when he comes. One way to do this is through practising mindfulness or attentiveness. Jesus was always attentive. Remember the story of the Widow's Mite in Mark's Gospel. Jesus was observing people as they contributed to the Temple treasury. We can imagine how pleased the Temple authorities were when the well-to-do made big donations, no doubt greeting these rich benefactors obsequiously, how they were oblivious to the poor widow and her equals, failed to see her, failed to appreciate her. After all, she was a nobody whose offering wasn't worth talking about. But Jesus saw her and he drew his disciples' attention to her. He saw what the others failed to see. Time and again, throughout the Gospels, we see Jesus' attention to people, his compassion, his mindfulness. He sees people's need and responds to it. We must bring this attentiveness to our everyday living too, seeking to be attentive in every moment.

It is about practising Present Moment Awareness. To live in each moment, to be

alive to each moment, to not journey through each day carelessly or casually or in a hurry or half asleep. One of the tips I picked up when trying to cope with chronic back pain was to notice when the pain was reduced or even absent. To not let the moment pass, but to register it, savour it, delight in it. We can be so busy or distracted we fail to notice what we should notice, we can fail to live fully attuned to what's going on around us, to the here and now. We can lose our sense of wonder.

As Elizabeth Barrett Browning writes in her poem, "Aurora Leigh:" "Earth's crammed with heaven, / And every common bush afire with God; / But only he who sees, takes off his shoes."

The sacred shines through the everyday. We need to see it, to savour it. This season invites us to take off our shoes, to appreciate every moment, to practice present moment awareness.

Another expression for it is Intentional Living. We don't know how long we have left. It's usually after a health scare or diagnosis of

a serious illness that we begin to focus on our end, our purpose. But notwithstanding how young or old or fit we are, we should live each day with the end in mind, asking how do I wish to spend this day? It's about my priorities and my relationship to time. Do I live purposefully? Are there obstacles or distractions that prevent me from putting God and my loved ones first?

Again the Advent admonition rings loud: Stay attentive! Stay focused! What might be getting in the way of my purposeful living? Are my priorities right? What would I do differently if tomorrow I was told I had a terminal illness?

Maybe to treasure the gifts of family and friends a little more... maybe to acknowledge kindnesses done... maybe to deepen my relationship with God... maybe to free myself from any unhealthy obsessions or addictions... maybe to make the best use of every, single day... maybe to appreciate the beauty of each day. Intentional living is about identifying and focusing on what's important. Advent challenges us to use time wisely. ■