

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.

FIRST READING

Micah 5:2-5a

*A reading from the book of the prophet
 Micah.*

The LORD says to his people: But 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.

CANTICLE OR PSALM

Either Luke 1:46b-55
 (Magnificat)

Or Psalm 80:1-8

*R Turn us again, O God; show the
 light of your countenance, and we
 shall be saved.*

Hear, O Shepherd of Israel,
 you that led Joseph like a flock;
 Shine forth, you that are enthroned
 upon the cherubim,
 before Ephraim, Benjamin and
 Manasseh.
 Stir up your mighty strength
 and come to our salvation. **R**

O Lord God of hosts,
 how long will you be angry at your
 people's prayer?
 You feed them with the bread of
 tears;
 you give them abundance of tears
 to drink.
 You have made us the derision of
 our neighbours
 and our enemies laugh us to scorn. **R**

SECOND READING

Hebrews 10:5-10

A reading from the letter to the Hebrews.
 When Christ came into the world,
 he said, "Sacrifices and offerings
 you have not desired, but a body
 you have prepared for me; in burnt-
 offerings and sin-offerings you have
 taken no pleasure. Then I said, 'See,
 God, I have come to do your will, O
 God' (in the scroll of the book, it is
 written of me)." When Christ said,
 "You have neither desired nor taken
 pleasure in sacrifices and offerings
 and burnt-offerings and sin-offerings"
 (these are offered according to the
 law), then he added, "See, I have
 come to do your will." He abolishes
 the first in order to establish the
 second. And it is by God's will that
 we have been sanctified through the
 offering of the body of Jesus Christ
 once for all.

GOSPEL

Luke 1:39-45, [46-55]

*Hear the gospel of our Lord Jesus Christ
 according to Luke.*

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." [And Mary said,
 "My soul magnifies the Lord, and
 my spirit rejoices in God my Saviour,
 for he has looked with favour on
 the lowliness of his servant. Surely,
 from now on all generations will call
 me blessed; for the Mighty One has
 done great things for me, and holy
 is his name. His mercy is for those
 who fear him from generation to
 generation. He has shown strength
 with his arm; he has scattered the
 proud in the thoughts of their hearts.
 He has brought down the powerful
 from their thrones, and lifted up the
 lowly; he has filled the hungry with
 good things, and sent the rich away
 empty. He has helped his servant
 Israel, in remembrance of his mercy,
 according to the promise he made to
 our ancestors, to Abraham and to his
 descendants for ever."]

POST COMMUNION

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.

Lively

Turn us a-gain, O God, show the light of your coun-ten-ance, and we shall be saved.