

## First Sunday of Advent (Year B)

### O come, O come, Emmanuel

O come, O come, Emmanuel, and ransom captive Israel,  
That mourns in lonely exile here, until the Son of God appear.  
Rejoice! Rejoice! Emmanuel shall come to thee, O Israel.

O come, Thou Rod of Jesse, free thine own from Satan's tyranny;  
From depths of hell Thy people save, and give them victory o'er the grave.  
Rejoice! Rejoice! Emmanuel Shall come to thee, O Israel.

O come, Thou Dayspring, from on high, and cheer us by thy drawing  
nigh;  
Disperse the gloomy clouds of night, and death's dark shadows put to  
flight.  
Rejoice! Rejoice! Emmanuel Shall come to thee, O Israel.

O come, Thou Key of David, come and open wide our heav'nly home;  
Make safe the way that leads on high, and close the path to misery.  
Rejoice! Rejoice! Emmanuel shall come to thee, O Israel.

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

### **Act of Spiritual Communion**

**My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.**