

### Third Sunday of Advent – Year B

#### Entrance Hymn

1. Hills of the north, rejoice; river and mountain spring,  
hark to the advent voice; valley and lowland, sing;  
though absent long, your Lord is nigh;  
he judgment brings and victory.
2. Isles of the southern seas, deep in your coral caves  
pent be each warring breeze, lulled be your restless waves:  
he comes to reign with boundless sway,  
and makes your wastes his great highway.
3. Lands of the East, awake, soon shall your sons be free;  
the sleep of ages break, and rise to liberty.  
On your far hills, long cold and grey,  
has dawned the everlasting day.
4. Shores of the utmost West, ye that have waited long,  
unvisited, unblessed, break forth to swelling song;  
high raise the note, that Jesus died,  
yet lives and reigns, the Crucified.
5. Shout, while ye journey home; songs be in every mouth;  
lo, from the North we come, from East, and West, and South.  
City of God, the bonds are free, we come to live and reign in thee!

#### 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.**