

ADVENT LESSONS AND CAROLS



Sunday, November 29, 2020

Cathedral of St. Mary of the Immaculate Conception
KINGSTON, ONTARIO

*Due to CoVid regulations for the Archdiocese of Kingston,
you are asked not to sing, but to participate in the music interiorly.*

MUSICA DIVINA

Deep, extremely attentive listening to God in music is one of the many ways of fulfilling what has been traditionally defined as prayer by St. John Damascene as lifting our hearts and minds to God or the requesting of good things from God.

(Catechism of the Catholic Church, #2559)

St. Thérèse said prayer is a surge of the heart;

it is a simple look turned toward heaven,

it is a cry of recognition and of love, embracing both trial and joy.

(CCC, #2558)

Lectio divina is a traditional way of listening to scripture with the ear of the heart, beyond intellectual thought.

Lectio divina readings are traditionally read more than once, alternating with periods of silence, to allow them to sink more deeply into the heart.

The same can be done with music when we listen to a short piece of music with the ear of the heart in silence.

We may hear God speaking to us through the music or simply rest in God's presence as we listen to it.

Throughout this evening's prayers and music, you will only hear each piece once, and due to CoVid you are encouraged not to sing.

Listen with the ear of your heart. Notice your breath. Be aware of your body.

Simply allow the music and the words wash over you, allow them to speak to your heart.

God is present. In the words and the music, God is speaking to you.

Invite Him in. Let Him touch you.

ORGAN PRELUDE

Nun komm, der Heiden Heiland, BWV 659
 (“Saviour of the Nations, Come”)

Johann Sebastian Bach
 (1685-1750)

(PLEASE STAND AT THE SOUND OF THE BELL)

CHORAL INTROIT

Matin Responsory

Gerre Hancock
 (1934-2012)

I look from afar.

And lo! I see the power of God coming, and a great cloud covering the whole earth.

Go ye out to meet Him and say:

“Tell us, art Thou He that should come to reign over thy people Israel?”

High and low, rich and poor, one with another.

Go ye out to meet Him and say:

Hear, O Thou Shepherd of Israel, Thou that leadest Joseph like a shepherd.

“Tell us, art Thou He that should come?”

Stir up thy strength, O Lord, and come
 to reign over thy people Israel!

Glory be to the Father, and to the Son, and to the Holy Spirit;

As it was in the beginning, is now and ever shall be, world without end. Amen.

HYMN

O Come, O Come, Emmanuel

1. O come, O come, Emmanuel,
 and ransom captive Israel,
 that mourns in lonely exile here
 until the Son of God appear.

4. O come, Thou Rod of Jesse's stem,
 from ev'ry foe deliver them
 that trust thy mighty power to save,
 and give them vict'ry o'er the grave. R.

REFRAIN

Gaude, gaude Emmanuel
 nascetur pro te Israel.

*(Rejoice, rejoice, Emmanuel
 will be born for you, O Israel.)*

5. O come, Thou Key of David, come,
 and open wide our heav'nly home,
 make safe the way that leads on high,
 that we no more have cause to sigh. R.

2. O come, Thou Wisdom, from on high,
 and order all things far and nigh;
 to us the path of knowledge show,
 and teach us in her ways to go. R.

6. O come, Thou Dayspring from on high,
 and cheer us by thy drawing nigh;
 disperse the gloomy clouds of night
 and death's dark shadow put to flight. R.

3. O come, O come, Thou Lord of Might,
 who to thy tribes on Sinai's height
 in ancient times did give the law,
 in cloud, and majesty, and awe. R.

7. O come, Desire of Nations, bind
 in one the hearts of all mankind;
 bid every strife and quarrel cease
 and fill the world with heaven's peace. R.

Text: Latin, c. 12th century, versified in 18th century, tr. John Mason Neale, 1818-1866

Tune: French 15th c., ad. Thomas Helmore, 1811-1890

OPENING PRAYER

(PLEASE BE SEATED)

LESSON I

Genesis 3:8-15

CAROL

Adam Lay Ybounden

Boris Ord
(1897-1961)

Adam lay ybounden, bounden in a bond;
Four thousand winter thought He not too long.
And all was for an apple, an apple that he took,
As clerkes finden written in their book.
Ne had the apple taken been, the apple taken been,
Ne had never our lady abeen heavené queen.
Blessed be the time that apple taken was,
Therefore, we moun singen, *Deo gratias!* (thanks be to God)

CAROL

The Truth from Above

English traditional
arr. Ralph Vaughan Williams
(1872-1958)

This is the truth sent from above,
The truth of God, the God of love.
Therefore, don't turn me from your door,
But hearken all, both rich and poor.

The first thing which I do relate
Is that God did man created;
The next thing which to you I'll tell:
Woman was made with man to dwell.

Thus we were heirs to endless woes,
'Til God the Lord did interpose;
And so a promise soon did run
That He would redeem us by his Son.

LESSON II

Isaiah 40:1-11

CAROL

Comfort, Comfort Ye, My People

Claude Goudimel
(1510-1572)

Comfort, comfort ye my people,
Speak ye peace, thus saith our God.
Comfort those who sit in darkness,
Mourning 'neath their sorrow's load.
Speak ye to Jerusalem
Of the peace that waits for them;
Tell her that her sins I cover,
And her warfare now is over.

Hark, the voice of one that crieth
In the desert far and near,
Calling all to new repentance
Since the kingdom now is here.
Oh, that warning cry obey!
Now prepare for God a way;
Let the valleys rise to meet him
And the hills bow down to greet him.

CAROL

Make Straight in the Desert a Highway

Judy Hunnicutt
(b. 1939)

Make straight in the desert a highway, prepare the way of the Lord:
Let mountains and hills bow down humbly and valleys rise up for their King.
In joy shall the wilderness blossom, and streams through the desert be poured:
The eyes of the blind shall be opened, and tongues that were silent shall sing.

Break forth into singing, O Zion, your King is coming to you.
Jerusalem, shout with rejoicing, He comes to redeem you from fear.
For God shall bring peace and abundance, your praise and renown to renew:
Prepare to receive your salvation: the promised Redeemer is near.

The reign of the Lord will be gracious, its blessings ever will last;
For then will God bring to fulfillment the promise of peace from above.
All creatures will prosper together, to ploughshares all swords will be cast:
Earth's people will find their true freedom in God's perfect kingdom of love.

LESSON III

Zephaniah 3:14-20

CAROL

Lo, in the Time Appointed

Healey Willan
(1880-1968)

Lo, in the time appointed the Lord will come;
The mountains and the hills shall break forth into singing,
And all the trees of the field shall clap their hands:
For the Lord God shall come into his everlasting kingdom:
And upon the throne of David shall He reign for ever. Alleluia.

HYMN

The Angel Gabriel from Heaven Came

Basque carol

The Angel Gabriel from heaven came,
His wings as drifted snow, his eyes as flame:
"From God, all hail," the angel said to Mary,
"Most highly favoured lady." Gloria!

"Fear not for you shall bear a holy child,
By whom we shall to God be reconciled;
His name shall be Emmanuel, the long foretold:
"Most highly favoured lady." Gloria!

Then gentle Mary humbly bowed her head:
"To me be as it pleases God," she said,
"My soul shall praise and magnify his holy name."
"Most highly favoured lady." Gloria!

Of her Emmanuel, the Christ, was born
In Bethlehem, upon that Christmas morn,
And Christian folk throughout the world will ever say:
"Most highly favoured lady." Gloria!

(PLEASE STAND)

LESSON IV

Luke 1:26-38

DEACON OR PRESIDER:

The Lord be with you.

ALL:

And with your spirit.

DEACON OR PRESIDER:

A reading from the holy Gospel according to Luke.

ALL:

Glory to you, O Lord.

Following the Gospel:

DEACON OR PRESIDER:

The Gospel of the Lord.

ALL:

Praise to you, Lord Jesus Christ.

(PLEASE BE SEATED)

CAROL

“Bogorodjitse Djevo”
from *All-Night Vigil*, Op. 37

Sergei Rachmaninoff
(1870-1943)

*Bogorodjitse Djevo, raduisya,
Blagodatnaya Marie, Gospod s' toboyu:
Blagoslovyena tyh v' zhenakh,
Y blagoslovyen plod chreva Tvoyego,
yako Spasa rodila yesi dush nashikh.*

God-bearer (Theotokos) Virgin, rejoice,
Mary full of grace, the Lord is with thee.
Blessed art thou amongst women,
And blessed is the fruit of thy womb,
For thou hast borne the Saviour of our souls.

HOMILY

Father Shawn J. Hughes
Rector, St. Mary's Cathedral

CAROL

E'en So, Lord Jesus, Quickly Come

Paul Manz
(1919-2009)

Peace be to you and grace from him who freed us from our sins,
Who loved us all and shed his blood that we might saved be.

Sing holy, holy to our Lord, the Lord, Almighty God,
Who was and is and is to come; sing holy, holy Lord!

Rejoice in heaven, all ye that dwell therein,
Rejoice on earth, ye saints below,
For Christ is coming, is coming soon, for Christ is coming soon!

E'en so, Lord Jesus, quickly come, and night shall be no more;
They need no light nor lamp nor sun, for Christ will be their All!

(PLEASE STAND)

THE LORD'S PRAYER



Pa-ter nos-ter, qui es in cae-lis: san-cti-fi-cé-tur no-men tu-um;
ad-vé-ni-at reg-num tu-um; fi-at vo-lún-tas tu-a, si-cut in cae-lo,
et in ter-ra. Pa-nem nos-trum co-ti-di-á-num da no-bis hó-di-e;
et di-mít-te no-bis dé-bi-ta nos-tra, si-cut et nos di-mít-ti-mus
de-bi-tó-ri-bus nos-tris; et ne nos in-dú-cas in ten-ta-ti - ó-nem;
sed lí-be-ra nos a ma-lo.

SOLEMN BLESSING & DISMISSAL

HYMN

Come, Thou Redeemer of the Earth

1. Come, Thou Redeemer of the earth,
and manifest thy virgin-birth:
let ev'ry age adoring fall;
such birth befits the God of all.
2. Begotten of no human will,
but of the Spirit, Thou art still
the Word of God, in flesh arrayed,
the Saviour, now to us displayed.
3. 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.
4. O equal to thy Father, Thou!
Gird on thy fleshly mantle now,
the weakness of our mortal state
with deathless might invigorate.
5. 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 pow'r display.
6. O Jesu, virgin-born, to Thee
eternal praise and glory be,
whom with the Father we adore
and Holy Spirit, evermore.

Text: St. Ambrose, c. 340-397, tr. John Mason Neale, 1818-1866

Tune: PUER NOBIS, LM; Michael Praetorius, 1571-1621; descant Jeffrey Moellman

The Choir of St. Mary's Cathedral is eager to welcome new singers for regular participation, special liturgical events, or holiday seasons.

Rehearsals begin shortly for Christmas!

Contact Jeffrey Moellman, Director of Music and Organist, at the Parish Office or following any Mass for information.

UPCOMING EVENTS AT ST. MARY'S CATHEDRAL

SOLEMN SUNG VESPERS (EVENING PRAYER) FOR
THE SOLEMNITY OF THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY

Tuesday, December 8, 7:00pm (doors open at 6:30pm)

Two choirs sing in alternatim from opposite ends of the Cathedral for the Church's beautiful evening service for the Patronal Feast of St. Mary's Cathedral and the Archdiocese of Kingston.

In-person attendance permitted (with mask), also live-streamed

CHRISTMAS MASSES

Thursday, December 24: Christmas Eve

4:00pm *Celebrant: Father Shawn J. Hughes, with cantor*

7:00pm *Celebrant: Father Shawn J. Hughes, with cantor*

9:30pm *Celebrant: Father Shawn J. Hughes,
with Cathedral Choir, live-streamed*

Friday, December 25: Christmas Day

Midnight *Celebrant: Archbishop Mulhall,
with Cathedral Choir, live-streamed*

8:00am *Celebrant: Father Shawn J. Hughes,
with cantor*

10:30am *Celebrant: Archbishop Mulhall,
live-streamed)*

NEW YEAR'S MASSES: The Solemnity of Mary, Mother of God

Thursday, December 31: New Year's Eve

5:00pm

Friday, January 1: New Year's Day

10:00am *(with Archbishop Mulhall & choir,
live-streamed)*

HOLY HOUR: for the needs of the parish for the upcoming year

Thursday, December 31, 11:00pm

WEEKEND MASSES

Saturday 5:00pm

Sunday 8:00am

10:30am Mass *(with choir, live-streamed)*