

Christ Church Cathedral– Staying Connected

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SUGGESTIONS FOR RECEIVING THE HOLY COMMUNION AT HOME

If possible, join the livestream at home during the Sunday Service or watch it after on YouTube or Facebook. After the Holy Communion has been consecrated at the altar, during the prayer for Spiritual Communion, receive the communion, knowing yourself connected to the altar and to those who celebrate with you.

If not possible to join or watch the livestream, receive the Holy Communion at a moment when you can dedicate energy and attention to the presence of Jesus Christ within and around you. Set up an altar or make a holy space where God's invitation to you is clear. If possible, read scripture or follow one of the short Daily Prayers listed below.

The Prayer Book offers the following prayers

Before Receiving Communion

Be present, be present, O Jesus, our great High Priest, as you were present with your disciples, and be known to us in the breaking of bread; who live and reign with the Father and the Holy Spirit, now and for ever. *Amen.*

After Receiving Communion

O Lord Jesus Christ, who in a wonderful Sacrament has left us a memorial of your passion: Grant us, we beseech you, so to venerate the sacred mysteries of your Body and Blood, that we may ever perceive within ourselves the fruit of your redemption; who lives and reigns with the Father and the Holy Spirit, one God, for ever and ever. *Amen.*

SHORT DAILY PRAYERS FROM THE BCP

In the Morning

From Psalm 51

Open my lips, O Lord, *
and my mouth shall proclaim your praise.
Create in me a clean heart, O God, *
and renew a right spirit within me.
Cast me not away from your presence *
and take not your holy Spirit from me.
Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.

A Reading

Blessed be the God and Father of our Lord Jesus Christ!
By his great mercy we have been born anew to a living hope
through the resurrection of Jesus Christ from the dead.

1 Peter 1:3

A period of silence may follow.

A hymn or canticle may be used; the Apostles' Creed may be said.

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Lord God, almighty and everlasting Father, you have brought
us in safety to this new day: Preserve us with your mighty
power, that we may not fall into sin, nor be overcome by
adversity; and in all we do, direct us to the fulfilling of your
purpose; through Jesus Christ our Lord. *Amen.*

At Noon

From Psalm 113

Give praise, you servants of the LORD; *
praise the Name of the LORD.

Let the Name of the LORD be blessed, *
from this time forth for evermore.

From the rising of the sun to its going down *
let the Name of the LORD be praised.

The LORD is high above all nations, *
and his glory above the heavens.

A Reading

O God, you will keep in perfect peace those whose minds are
fixed on you; for in returning and rest we shall be saved; in
quietness and trust shall be our strength. *Isaiah 26:3; 30:15*

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your mercies' sake. *Amen.*

or this

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you." Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly City, where with the Father and the Holy Spirit you live and reign, now and for ever. *Amen.*

In the Early Evening

This devotion may be used before or after the evening meal.

O gracious light,
pure brightness of the everliving Father in heaven,
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,
O Son of God, O Giver of Life,
and to be glorified through all the worlds.

A Reading

It is not ourselves that we proclaim; we proclaim Christ Jesus as Lord, and ourselves as your servants, for Jesus' sake. For the same God who said, "Out of darkness let light shine," has caused his light to shine within us, to give the light of revelation--the revelation of the glory of God in the face of Jesus Christ. *2 Corinthians 4:5-6*

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. *Amen.*

At the Close of Day

Psalm 134

Behold now, bless the LORD, all you servants of the LORD, *
you that stand by night in the house of the LORD.
Lift up your hands in the holy place and bless the LORD; *
the LORD who made heaven and earth bless you out of Zion.

A Reading

Lord, you are in the midst of us and we are called by your
Name: Do not forsake us, O Lord our God. *Jeremiah 14:9,22*

The following may be said

Lord, you now have set your servant free *
to go in peace as you have promised;
For these eyes of mine have seen the Savior, *
whom you have prepared for all the world to see;
A Light to enlighten the nations, *
and the glory of your people Israel.

*Prayers for ourselves and others may follow. It is appropriate that
prayers of thanksgiving for the blessings of the day, and penitence for our
sins, be included.*

The Lord's Prayer

The Collect

Visit this place, O Lord, and drive far from it all snares of the
enemy; let your holy angels dwell with us to preserve us in
peace; and let your blessing be upon us always; through Jesus
Christ our Lord. *Amen.*

The almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us. *Amen.*

THE ADVENT WREATH

We know that ADVENT means COMING, and we know that Christmas is coming, but the season of Advent reminds us there is more to Christmas preparations than gift lists, frantic shopping, school plays and party schedules, etc. All the December activities make it easy to put off preparing our hearts for the true meaning of our Christmas celebration. The Advent wreath helps us keep a balance in our lives during the weeks of expectancy.

The tradition of an individual or family gathered around the table before a meal, lighting Advent candles, saying Advent prayers and sharing appropriate readings helps us to prepare our hearts for the coming of the Christ Child --- as for many centuries God prepared the world for the birth of Jesus. The circle of the wreath reminds us that God has no beginning and no end. The evergreens represent the promise of eternal life and ever growing faith. The candles represent Jesus' overcoming the darkness of hatred and evil with the light of joy and love.

The brief ritual described below, and on the following pages, is to be used each evening for individuals and families, beginning on the first of the four Sundays in Advent and continuing each day of the week. Adapt it if you like to include other prayers and verses. Create your own Advent Wreath using what you have at hand. Candles are not necessary, you may substitute by placing anything meaningful in your "wreath." You may also choose to add a white "Christ candle" in the center to light on Christmas Eve.

THE FIRST WEEK IN ADVENT

A family member lights one (only) purple candle, saying: "I light this candle to remind us that we must prepare our hearts for the coming of the Christ Child."

COLLECT for the first week in Advent (said by all):

"Almighty God, give us grace to cast away the works of darkness and put on the armor of light, now in the time of this mortal life in which your son, Jesus Christ, came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen." (*Book of Common Prayer, page 211*)

Read: Isaiah 9: 1-7

Read or Sing:

"Come, thou long expected Jesus, born to set thy people free; from our fears and sins release us, let us find our rest in thee.

"Israel's strength and consolation, hope of all the earth thou art: dear desire of every nation, joy of every longing heart.

"Born they people to deliver, born a child, and yet a king, born to reign in us

for ever, now thy gracious kingdom bring.
“By thine own eternal Spirit rule in all our hearts alone; by thine all
sufficient merit raise us to they glorious throne.” (*Hymn 66*)

THE SECOND WEEK IN ADVENT

A member of the family lights last week’s candle and then another purple one, saying: “I light these candles to remind us that we must prepare our hearts for the coming of the Christ Child.”

COLLECT for the second week in Advent:

“Merciful God, who sent your messengers the prophets to preach repentance and prepare the way for our salvation: Give us grace to heed their warnings and forsake our sins, that we may greet with joy the coming of Jesus Christ our Redeemer; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.”
(*BCP p. 211*)

Read: St. Matthew 3: 1-3

Read or Sing:

“On Jordan’s bank the Baptist’s cry announces that the Lord is nigh; awake
and hearken, for he brings glad tidings of the King of kings...”
(*Hymn 76*)

Prayer :

Dear Christ, the light of all who love you, help us to make ready for Your birthday by preparing room for you in our hearts. Let no selfishness of ours darken our homes. Let no ill feelings spoil the joy of being together. Draw us closer by showing us how to truly love and serve you. Amen.

THE THIRD WEEK IN ADVENT

A family member lights the two purple candles and the rose (pink) one (a symbol of joy), saying: “I light these candles to remind us that we must prepare our hearts for the coming of the Christ Child.” (The pink candle symbolizes joy in the midst of waiting.)

COLLECT for the third week in Advent:

“Stir up your power, O Lord, and with great might come among us; and, because we are sorely hindered by our sins, let your bountiful grace and mercy speedily help and deliver us; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory, now and forever. Amen.”
(*BCP p. 212*)

Read: St. Luke 1: 26-33, 38

Read or Sing:

“The King shall come when morning dawns and light triumphant
breaks; when beauty gilds the eastern hills and life to joy awakes.
“Not, as of old, a little child, to bear, and fight, and die, but crowned
with glory like the sun that lights the morning sky...”
(*Hymn 73*)

Prayer:

Dear God, bless our family. Help us make our home a happy place
for you. Be with us in all we do together that we may please You. Amen.

THE FOURTH WEEK IN ADVENT

LIGHT THE FIRST THREE CANDLES AND THEN THE FOURTH, saying: “I light
these candles to remind us that we must prepare our hearts for the coming of the Christ
Child.”

COLLECT for the fourth Sunday in Advent:

“Purify our conscience, Almighty God, by your daily visitation, that your Son
Jesus Christ, at His coming, may find in us a mansion prepared for Himself; and forever.
Amen. (*BCP p. 212*)

Read: St. Luke 2: 1 - 20

Read or sing:

“Once he came in blessing, all our ills redressing; came in likeness lowly, Son of
God most holy; bore the cross to save us, hope and freedom gave us.
“Still he comes within us, still his voice would win us from the sins that hurt us,
would to Truth convert us: not in torment hold us, but in love enfold us.
“Thus, if thou canst name him, not ashamed to claim him, but wilt trust him
boldly nor dost love him coldly, he will then receive thee, heal thee, and forgive
thee.
“One who thus endureth bright reward secureth. Come, then, O Lord Jesus,
from our sins release us; let us here confess thee till in heaven we bless thee.”
(*Hymn 53*)

Prayer:

Lord Jesus, the Son of God, our Father, born in a stable among the oxen and
sheep because there was no room in the inn; come into our hearts and dwell
in them forever. Help us to cast out all that is unworthy of Your Holy Presence.
Grant that the peace and good of which the angels sang may shine forth in our
lives. Amen.

O holy Child of Bethlehem,
Descend to us, we pray;
Cast out our sin and enter in,
Be born in us today.
We hear the Christmas angels
The great glad tidings tell;
O come to us, abide with us,
Our Lord Emmanuel! Amen.” (Hymn 78)

ADDITIONAL COLLECTS AND PRAYERS FOR ADVENT

Come, long-expected Jesus. Excite in me a wonder at the wisdom and power of Your Father and ours. Receive my prayer as part of my service of the Lord who enlists me in God's own work for justice.

Come, long-expected Jesus. Excite in me a hunger for peace: peace in the world, peace in my home, peace in myself.

Come, long-expected Jesus. Excite in me a joy responsive to the Father's joy. I seek His will so I can serve with gladness, singing and love.

Come, long-expected Jesus. Excite in me the joy and love and peace it is right to bring to the manger of my Lord. Raise in me, too, sober reverence for the God who acted there, hearty gratitude for the life begun there, and spirited resolution to serve the Father and Son.

I pray in the name of Jesus Christ, whose advent I hail. Amen.

Father, in the wilderness of the Jordan you sent a messenger to prepare people's hearts for the coming of your Son. Help me to hear his words and repent of my sins, so that I may clearly see the way to walk, the truth to speak, and the life to live for Him, our Lord Jesus Christ. Amen.

All-powerful God, increase our strength of will for doing good that Christ may find an eager welcome at his coming and call us to his side in the kingdom of heave, where he lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Father in heaven, our hearts desire the warmth of your love and our minds are searching for the light of your Word. Increase our longing for Christ our Savior and give us the strength to grow in love, that the dawn of his coming may find us rejoicing in his presence and welcoming the light of his truth. We ask this in the name of Jesus the Lord. Amen.