

Great “O” Antiphons Prayer Companion

December 17-23



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O Antiphons Prayer Companion

Gospel Cantic: Magnificat (Luke 1:46-55)

Antiphon of the Day

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for He has looked with favor on His lowly servant.

From this day all generations will call me blessed:
the Almighty has done great things for me,
and Holy is His Name.

He has mercy on those who fear Him
in every generation.

He has shown the strength of His arm,
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich He has sent away empty.

He has come to the help of His servant Israel
for He has remembered His promise of mercy,
the promise He made to our fathers,
to Abraham and His children for ever.

Repeat Antiphon

Veni, Veni Emmanuel (O Come, O Come Emmanuel)

<p>1. O Come, O come, Emmanuel, And ransom captive Israel, That mourns in lonely exile here Until the Son of God appear.</p> <p>Refrain: Rejoice, rejoice! Emmanuel shall come to thee, O Israel.</p>	<p>December 20: O Key of David</p> <p>5. O come, thou Key of David, come, And open wide our heavenly home; Make safe the way that leads on high, And close the path to misery. Refrain</p>
<p>December 17: O Wisdom</p> <p>2. O come, O Wisdom from on high, who orders all things mightily, to us the path of knowledge show, and teach us in her ways to go.</p> <p>Refrain</p>	<p>December 21: O Dayspring</p> <p>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. Refrain</p>
<p>December 18: O Lord and Ruler</p> <p>3. 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.</p> <p>Refrain</p>	<p>December 22: O King of Nations</p> <p>7. O come, Desire of nations, bind, In one the hearts of all mankind; Bid Thou our sad divisions cease, And be Thyself our King of peace.</p> <p>Refrain</p>
<p>December 19: O Root of Jesse</p> <p>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.</p> <p>Refrain</p>	<p>December 23: O Emmanuel</p> <p>8. O Come, O come, Emmanuel, And ransom captive Israel, That mourns in lonely exile here Until the Son of God appear. Refrain</p>

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He has come to the help of His servant Israel
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Repeat Antiphon



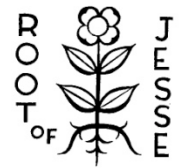
December 17: O Wisdom (O Sapientia)

Wisdom, O holy Word of God, you govern all creation with your strong yet tender car. **Come** and show your people the way to salvation.



December 18: O Lord and Ruler (O Adonai)

O sacred Lord of ancient Israel, who showed yourself to Moses in the burning bush, who gave him the holy law on Sinai mountain: **come**, stretch out your mighty hand to set us free.



December 19: O Root of Jesse (O Radix Jesse)

O Flower of Jesse's stem, you have been raised up as a sign for all peoples; kings stand silent in your presence; the nations bow down in worship before you. **Come**, let nothing keep you from coming to our aid.



December 20: O Key of David (O Clavis David)

O Key of David, O royal Power of Israel controlling at your will the gate of heaven: **come**, break down the prison walls of death for those who dwell in darkness and the shadow of death; and lead your captive people into freedom.



December 21: O Rising Dawn (O Oriens)

O Radiant Dawn, splendor of eternal light, sun of justice: come, shine on those who dwell in darkness and the shadow of death.



December 22: O King of the Nations (O Rex Gentium)

O King of all the nations, the only joy of every human heart; O Keystone of the mighty arch of man, **come** and save the creature you fashioned from the dust.



December 23: O Emmanuel

O Emmanuel, king and lawgiver, desire of the nations, Savior of all people, **come** and set us free, Lord our God.

O Antiphons Prayer Companion

December 17: O Wisdom / O Sapientia



Antiphon: Wisdom, O holy Word of God, you govern all creation with your strong yet tender car. **Come** and show your people the way to salvation.

Traditional translation: *O Wisdom*, You came forth from the mouth of the Most High, and reaching from beginning to end You ordered all things mightily and sweetly. * Come, and teach us the way of prudence.

Latin Antiphon: **O Sapientia**, quae ex ore Altissimi prodidisti, attingens a fine usque ad finem, fortiter suaviter disponensque omnia: * **Veni** ad docendum nos viam prudentiae.

Pray the *Magnificat* (See Page 1) and repeat Antiphon

Verse from O Come Emmanuel:

O come, O Wisdom from on high,
who orders all things mightily,
to us the path of knowledge show,
and teach us in her ways to go.

Refrain: Rejoice, rejoice! Emmanuel
shall come to thee, O Israel.

Symbols: Oil lamp; open book or scroll; dove (Holy Spirit); all-seeing eye.

Scripture References: Sirach 24:3; Wisdom 8:1; Isaiah 40:14; John 1:3; Colossians 1:16

Suggested Foods: a) "Brain food" such blueberries, tomatoes, dark chocolate, avocados and eggs. b) Symbols of the Holy Spirit such as a dove inspire poultry or "winged" ideas, such as chicken wings. c) Remembering the chrism at Baptism and Confirmation, serve bread slices to dip into flavored olive oil. d) God is also portrayed as the all-seeing eye, present eye-ball shaped foods (like stuffed olives).



Alabaster Holy Spirit Window in St. Peter's Basilica, Vatican

O Antiphons Prayer Companion

December 18: O Lord and Ruler / O Adonai



Moses with the Ten Commandments, 1648, Philippe de Champaigne



Antiphon: O sacred Lord of ancient Israel, who showed yourself to Moses in the burning bush, who gave him the holy law on Sinai mountain: **come**, stretch out your mighty hand to set us free.

Traditional Translation: *O Adonai* and Ruler of the house of Israel, You appeared to Moses in the fire of the burning bush and on Mount Sinai gave him Your Law. * Come, and with an outstretched arm redeem us.

Latin Antiphon: **O Adonai**, et Dux domus Israel, qui Moysi in igne flammae rubi apparuisti, et ei in Sina legem dedisti: * **Veni** ad redimendum nos in brachio extento.

Magnificat (See Page 1) and repeat Antiphon

Verse from O Come Emmanuel:

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.

Refrain: Rejoice, rejoice! Emmanuel
shall come to thee, O Israel.

Scripture References: Exodus 3:14; Micah 5:1; 2 Sam 5:2; Matthew 2:6; Exodus 3:2; Exodus 20; Jeremiah 32:21.

Symbols: Burning bush; stone tablets; tent/tabernacle in desert.

Suggested Foods: The symbol of the burning bush brings to mind hot, spicy, or flaming foods. Try grilled or flame-broiled, flambé or skewered meals, or hot and spicy foods. A simple treat would be tortilla chips and salsa or red hot candies.

O Antiphons Prayer Companion

December 19: O Root of Jesse / O Radix Jesse



The Tree of Jesse, English Miniature Illuminated Manuscript 1140s



Antiphon: O Flower of Jesse's stem, you have been raised up as a sign for all peoples; kings stand silent in your presence; the nations bow down in worship before you. **Come**, let nothing keep you from coming to our aid.

Traditional Translation: *O Root of Jesse*, You stand for the ensign of mankind; before You kings shall keep silence and to You all nations shall have recourse.
* Come, save us, and do not delay.

Latin Antiphon: **O Radix Jesse**, qui stas in signum populorum, super quem continebunt reges os suum, quem gentes deprecabuntur: * **Veni** ad liberandum nos, iam noli tardare.

Pray the *Magnificat* (See Page 1) Repeat Antiphon

Verse from O Come Emmanuel:

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.

Refrain: Rejoice, rejoice! Emmanuel
shall come to thee, O Israel.

Scripture References: Isaiah 11:1, 10; Isaiah 52:15; Jeremiah 23:5; Zachariah 6:12; Habakkuk 2:3; Revelation 5:5, 22:16.

Symbols: flower; plant with flower with roots; root with flowering stem; stump with roots.

Suggested Foods: Root vegetables, such as carrots, potatoes, sweet potatoes or yams; root beer. Recipe ideas: carrot and raisin salad; twice-baked potatoes; French fries. Inspired by the flower of Jesse, serve different edible flowers (such as broccoli) or foods shaped like flowers (fruit cut in fancy ways)

O Antiphons Prayer Companion

December 20: O Key of David / O Clavis David



King David, by Andre Beauneveu, before 1402



Antiphon: O Key of David, O royal Power of Israel controlling at your will the gate of heaven: **come**, break down the prison walls of death for those who dwell in darkness and the shadow of death; and lead your captive people into freedom.

Traditional Translation: *O Key of David*, and Scepter of the house of Israel: You open and no man closes; you close and no man opens * Come, and deliver him from the chains of prison who sits in darkness and in the shadow of death

Latin Antiphon: **O clavis David**, et sceptrum domus Israel: qui aperis, et nemo claudit; claudis, et nemo aperit: * **Veni**, et educ vinctum de domo carceris, sedentem in tenebris.

Pray the *Magnificat* (See Page 1), repeat Antiphon

Verse from O Come Emmanuel:

O come, thou Key of David, come,
And open wide our heavenly home;
Make safe the way that leads on high,
And close the path to misery.

Refrain: Rejoice, rejoice! Emmanuel
shall come to thee, O Israel.

Scripture References: Isaiah 22:22; Numbers 24:7; Psalm 107:10; Matthew 16:19; Revelation 3:7.

Symbols: Key; broken chains.

Suggested Foods: Serve food that require a “key” to open, such as a bowl of unshelled nuts with a nutcracker. Other ideas: Key lime foods or drink; unshelled pistachios; shell fish; pomegranates.

O Antiphons Prayer Companion

December 21: O Dayspring / O Oriens



Sunrise in a Wood, after 1670, Jacob Isaacksz van Ruisdael



Antiphon: O Radiant Dawn, splendor of eternal light, sun of justice: come, shine on those who dwell in darkness and the shadow of death.

Traditional Translation: *O Rising Dawn*, Radiance of the Light eternal and Sun of Justice: * come, and enlighten those who sit in darkness and in the shadow of death.

Latin Antiphon: **O Oriens**, splendor lucis aeternae, et sol iustitiae: * **Veni**, et illumina sedentes in tenebris et umbra mortis.

Pray the *Magnificat* (See Page 1), repeat Antiphon

Verse from O Come Emmanuel:

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.

Refrain: Rejoice, rejoice! Emmanuel
shall come to thee, O Israel.

Scripture References: Jeremiah 23:5; Zechariah 3:8, 6:12; Habakkuk 3:4; Wisdom 7:26; Hebrews 1:3; Malachi 3:20; Psalm 107:10; Luke 1:78; Matthew 17:1-2; Revelation 1:16.

Symbols: Sunrise; sun.

Suggested Foods: Citrus fruits such as clementines, oranges, grapefruit and lemons are wonderful reminders of the sun. Serve fruit juice, lemon or orange flavored bars or cakes, lemon-flavored main dishes, such as chicken or pasta.

O Antiphons Prayer Companion

December 22: O King of the Nations / O Rex Gentium



The Adoration of the Magi, Jean Bourdichon



Antiphon: O King of all the nations, the only joy of every human heart; O Keystone of the mighty arch of man, **come** and save the creature you fashioned from the dust.

Traditional Translation: *O King of the Gentiles*, and the Desired of all, You are the Cornerstone that binds two into one. * Come, and save man whom You fashioned out of clay.

Latin Antiphon: **O Rex gentium**, et desideratus earum, lapisque angularis, qui facis utraque unum: * **Veni**, et salva hominem, quem de limo formasti.

Pray the *Magnificat* (See Page 1), repeat Antiphon.

Verse from O Come Emmanuel:

O come, Desire of nations, bind,
In one the hearts of all mankind;
Bid Thou our sad divisions cease,
And be Thyself our King of peace.

Refrain: Rejoice, rejoice! Emmanuel
shall come to thee, O Israel.

Scripture References: Jeremiah 10:7; Haggai 2:7; Isaiah 28:16; Psalm 117:22-23; Matthew 21:42; Luke 20:17-18; 1 Corinthians 3:11; Ephesians 2:20; Genesis 2:7.

Symbols: Crown; crown and scepter; cornerstone.

Suggested Foods: Cake shaped as a crown; wreath cookie; crispy rice cereal treats shaped into wreaths or cornerstones; simple butter cookies in ring shapes; Cornerstone ideas could include loaf-shaped breads, such as pound cake, quick breads like cranberry-nut, banana nut.

O Antiphons Prayer Companion

December 23: O Emmanuel / O Emmanuel



Nativity, at Night, 1484-90, Geertgen tot Sint Jans



Antiphon: O Emmanuel, king and lawgiver, desire of the nations, Savior of all people, **come** and set us free, Lord our God.

Traditional Translation: *O Emmanuel*, our King and Lawgiver, the Expected of the nations and their Savior: Come, and save us, O Lord our God.

Latin Antiphon: **O Emmanuel**, Rex et legifer noster, expectatio gentium, et Salvator earum: * **Veni** ad salvandum nos Domine Deus noster.

Pray the *Magnificat* (See Page 1), repeat Antiphon

Verse from O Come Emmanuel:

O Come, O come, Emmanuel,
And ransom captive Israel,
That mourns in lonely exile here
Until the Son of God appear.

Refrain: Rejoice, rejoice! Emmanuel
shall come to thee, O Israel.

Scripture References: Isaiah 7:14, 8:8; Luke 1:31-33; Genesis 49:10; Ezekiel 21:32; Isaiah 33:22.

Symbols: Manger; Chalice and host; Crown with tablets.

Suggested Foods: Considering the symbols chalice and host, bread and wine would be a simple addition for the meal. Even though the people of the Old Testament didn't realize that Emmanuel was to come in the form of a baby, we do know that Jesus became man, first as a helpless infant. Think of soft "mushy" foods to serve: mashed potatoes, ice cream, pudding, rice pudding, or applesauce.