



Advent "O Antiphons"

The O Antiphons refer to the seven antiphons that are recited (or chanted) They are the Antiphons preceding the Magnificat (Mary's hymn of praise) during evening prayer of the Liturgy of the Hours, from December 17-23 as well as the Alleluia verse preceding the Gospel during daily Mass.

The importance of O Antiphons is twofold: Each one highlights a title for the Messiah: *O Sapientia* (O Wisdom), *O Adonai* (O Lord), *O Radix Jesse* (O Root of Jesse), *O Clavis David* (O Key of David), *O Oriens* (O Rising Sun), *O Rex Gentium* (O King of the Nations), and *O Emmanuel*. Also, each one refers to the prophecy of Isaiah of the coming of the Messiah.

This year the priests of Immaculate Heart of Mary offer our reflections (**please see the link below**) on these antiphons through these 8-10 minute videos in the hope that they will help your prayer and preparation for the coming celebration of Christmas. May our loving God continue to bless you and your family this Advent season.

Fr. Mike, Fr. Valentine and Fr. Rob

December 22nd

O come thou King of all nations and keystone of the Church:
come and save man, whom you formed from the dust!

<https://www.youtube.com/watch?v=SdUSCXdgJaI&feature=youtu.be>