



FIRST SUNDAY OF ADVENT

November 30, 2025

Opening Hymn # 66

Blessed be God, Father, Son and Holy Spirit.

And blessed be God's kingdom now and forever. Amen

The Advent Bidding The Book of Occasional Services

Lighting of the Advent Wreath
verses 1& 2

O Come O Come Emmanuel

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

Refrain:

**Rejoice! Rejoice! Immanuel
shall come to you, O Israel.**

**2 O come, O Wisdom from on high,
who ordered all things mightily;
to us the path of knowledge show
and teach us in its ways to go. Refrain**

Refrain:

**Rejoice! Rejoice! Immanuel
shall come to you, O Israel.**

The Lord be with you **and also with you**

The Collect

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 for ever. *Amen.*

Old Testament

Isaiah 2:1-5

The word that Isaiah son of Amoz saw concerning Judah and Jerusalem.

In days to come
the mountain of the LORD's house
shall be established as the highest of the mountains,
and shall be raised above the hills;
all the nations shall stream to it.
Many peoples shall come and say,
'Come, let us go up to the mountain of the LORD,
to the house of the God of Jacob;
that he may teach us his ways
and that we may walk in his paths.'
For out of Zion shall go forth instruction,
and the word of the LORD from Jerusalem.
He shall judge between the nations,
and shall arbitrate for many peoples;
they shall beat their swords into ploughshares,
and their spears into pruning-hooks;
nation shall not lift up sword against nation,
neither shall they learn war any more.

O house of Jacob,
come, let us walk
in the light of the LORD!



Psalm 122 *Laetatus sum*

- 1 I was glad when they said to me, *
"Let us go to the house of the LORD."
- 2 Now our feet are standing *
within your gates, O Jerusalem.
- 3 Jerusalem is built as a city *
that is at unity with itself;
- 4 To which the tribes go up,
the tribes of the LORD, *
the assembly of Israel,
to praise the Name of the LORD.
- 5 For there are the thrones of judgment, *
the thrones of the house of David.
- 6 Pray for the peace of Jerusalem: *
"May they prosper who love you.
- 7 Peace be within your walls *
and quietness within your towers.
- 8 For my brethren and companions' sake, *
I pray for your prosperity.
- 9 Because of the house of the LORD our God, *
I will seek to do you good."

The Epistle

Romans 13:11-14

You know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

The Gospel

Matthew 24:36-44

Jesus said to the disciples, "But about that day and hour no one knows, neither the angels of heaven, nor the Son, but only the Father. For as the days of Noah were, so will be the coming of the Son of Man. For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, and they knew nothing until the flood came and swept them all away, so too will be the coming of the Son of Man. Then two will be in the field; one will be taken and one will be left. Two women will be grinding meal together; one will be taken and one will be left. Keep awake therefore, for you do not know on what day your Lord is coming. But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. Therefore you also must be ready, for the Son of Man is coming at an unexpected hour."

The Nicene Creed

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father.**

With the Father and the Son he is worshiped and glorified.

He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead, and the life of the world to come. Amen.

Prayers of the People

Let us be attentive to the call of Jesus our Lord to be awake and to prepare his coming in the Church and the world of today and let us say with hope: R/
Lord of hope, hear our prayer.

- For the Church, especially for Sarah Archbishop of Canterbury-Elect; and in the Anglican Cycle of Prayer we pray for the Episcopal Church of the Middle East , especially those members living in Gaza and the West Bank.

We pray for Sean our Presiding Bishop; Lawrence, Geralyn, and William our local Bishops, and all the people and parishes of the Diocese of Long Island, especially for those in our Deanery and for Charles our Priest.

We pray that the Christian community may have the firm, indestructible hope that we can build a better world if we become aware that Christ is alive among us today, let us pray:

R/ Lord of hope, hear our prayer.

– For all Christian Churches, that they may respond to God's expectations and proclaim in words and deeds the Lord's message of love and service, let us pray:

R/ Lord of hope, hear our prayer.

– For the world in which we live, that all may work together to put an end to war and hatred, oppression and injustice and to seek peace, freedom and justice, let us pray:

R/ Lord of hope hear our prayer.

– For the poor and the suffering, that through us Christ may come to them to visit and uplift the sick, to help the hungry earn their food in dignity, to liberate those unjustly deprived of their freedom, and to bring the good news to those rejected, let us pray:

R/ Lord of hope, hear our prayer.

– For all of us here, that we may not be self-satisfied but keep seeking Christ and his light by renewing ourselves and living for those around us, let us pray:

R/ Lord of hope, hear our prayer.

- For all those whose names appear on our parish's prayer list.
For those who have departed this life, and all those who rest in our cemetery I invite you to share with the community gathered here any intercession or names you may wish us to pray for ...Pause..... For all of these we pray....

R/ Lord of hope, hear our prayer.

Our saving God, long ago you sent your Son Jesus among us, but we have been little aware of his presence and we hide him even from others.

Wake us up, make us recognize him, that he may be the light of our lives and that eagerly we may lead people to him.

May he build up among us and with us a world and a kingdom of peace and love where we serve you in one another, as we move forward in hope to your home of endless joy and rest. We ask this through Christ our Lord. **R/ Amen.**

When the Lord comes, he will bring to light the things now hidden in darkness , and will disclose the purposes of the heart. Therefore in the light of Christ let us confess our sins.

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Silence is kept.

**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.**

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

**Hymn during the preparation of the Gifts
The Doxology**

Eucharistic Prayer II for Advent (*of the Scottish Episcopal Church*)

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give him thanks and praise

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It is indeed right to give you our thanks and praise, O God, for from your deepest mercy comes our hope of salvation. And now we give you thanks because you sent him to redeem us from sin and death and to make us inheritors of everlasting life; that when he shall come again in power and great triumph to judge the world, we may with joy behold his appearing, and in confidence may stand before him.

**Holy, holy, holy Lord
God of power and might.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

Glory and thanksgiving be to you,
most loving Father.
In Jesus you showed us yourself.
Our hope is built on him,
the first, the last, the living one.
Obedient, even to accepting death,
He opened the gate of glory
and calls us now to share the life of heaven.
Before he was given up to suffering and death,
alight with the vision of a feast that heralded a kingdom yet to come,
at supper with his disciples
he took bread and offered you thanks.
He broke the bread,
and gave it to them, saying:
"Take, eat.
This is my Body: it is broken for you."
After supper, he took the cup,
he offered you thanks,
and gave it to them saying:
"Drink this, all of you.
This is my Blood of the new covenant;
it is poured out for you, and for all,
that sins may be forgiven.
Do this in remembrance of me."

We now obey your Son's command.

**We recall his blessed passion and death,
his glorious resurrection and ascension;
and we look for the coming of his Kingdom.**

Made one with him, we offer you these gifts
with them ourselves,
a single, holy, living sacrifice.
Hear us, most merciful Father,
and send your Holy Spirit upon us
and upon this bread and this wine,
that, overshadowed by his life-giving power,
they may be the Body and Blood of your Son, and we may be kindled with
the fire of your love and renewed for the service of your Kingdom.
Help us, who are baptized into the fellowship of Christ's Body
to live and work to your praise and glory;
may we grow together in unity and love
until at last, in your new creation,
we enter into our heritage
in the company of the Virgin Mary,
the apostles, and prophets,
and of all our brothers and sisters living and departed.
Through Jesus Christ our Lord,
with whom, and in whom,
in the unity of the Holy Spirit,
all honor and glory be to you,
Lord of all ages,
world without end.

Amen.

All: **Our Father...**

Priest: O Lamb of God, who takes the sins of the world, **have mercy upon us.**

O Lamb of God, who takes the sins of the world, **have mercy upon us.**

O Lamb of God, who takes the sins of the world, **grant us your peace**

Gifts of God.....

Communion Meditation

Prayer after Communion (*From the Book of Common Worship, CofE*)

Father in heaven, who sent your Son to redeem the world and will send him again to be our judge:

give us grace so to imitate him in the humility and purity of his first coming that, when he comes again, we may be ready to greet him with joyful love and firm faith; through Jesus Christ our Lord. Amen

Blessing *From the Book of Occasional Services of the Episcopal Church*

May Almighty God, by whose providence our Savior Christ came among us in great humility, sanctify you with the light of his blessing and set you free from all sin.

rewarded with unending life

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. **Amen.**

Go in peace and live in the joy of knowing that the Lord is near.. **R/ Thanks be to God**



Beginning Advent:

What are the key first steps to enter into Advent?

We can all slow down. We can all breathe more deeply. We can all begin to trust that this will be a blessed time. Then, when we let ourselves be who we are, and hear the Scriptures, we can begin to quietly pray, "Come, Lord, Jesus." We might expand that prayer, in quiet moments of our days ahead, "Come into my life. I trust you don't mind if it is still messy. I believe you love me, because I need your love. I don't fear you can't find the way to my heart. Come and fill me with peace and the love only you can give." Some of us will want to open our hands on our laps or hold up our arms in the privacy of our rooms and say out loud, "Come, Lord, Jesus, come into this house, into my family, into our struggles. Come and heal us, and give us joy again. Come and unite us and let us experience, each in our own way, a bit of the joy you are offering me now." And, before a single decoration goes up, we have prepared for Christmas' message with the foundation of faith, with the mystery of Advent's gift. God wants to be with us. Advent is letting God's will be done in our hearts and in our everyday lives.

Beginning Advent:

Getting in Touch with Myself

One of the best ways to prepare for the very special season of Advent is to "get in touch with ourselves." It may sound odd, but one symptom of our contemporary lives is that we can often be quite "out of touch" with what is going on in our very own hearts. We are about to begin our Advent, right at the time our Western culture begins Christmas preparations. It is a busy time, and our heads are filled with details to remember. And, it is a time of emotional complexity that is part of this holiday season - with all of the expectations and challenges of family and relationships: who we want to be with and who we struggle to be with. So, our hearts are a bit tender, if not completely defended from experiencing anything deeply. We are about to hear some very powerful and stirring readings from Isaiah, the Prophet. We will re-enter the ancient tradition of a people longing for the coming of a Savior. We may remember the days of our childhood when we longed for Christmas to come, because it was a magical time of receiving gifts. As adults, we have to ask ourselves: "What is it I long for now?" The answer won't come easily. The more we walk around with that question, and let it

penetrate through the layers of distraction and self-protection, the more powerfully we will experience Advent.

The Two Parts of Advent:

Part 1: up until December 16

While most liturgical seasons have the gospel as their main focus, during the first weeks of Advent, the Church gives us daily readings from the prophet Isaiah. With the eyes of faith, these foretell the coming of the Messiah. Rather than a continuous gospel narrative familiar to us for most of the year, this part of Advent offers a wide variety of gospel readings that support the first reading of the day. After almost two weeks of Isaiah readings, we hear the foretelling of a Messiah from other prophets from the Hebrew scriptures - in Sirach, Numbers, Zephaniah and returning to Isaiah. With each passing week, the prophets speak more clearly of the coming of a Savior. So, in reading the first reading, for the first part of Advent, we listen to the anticipation, expectation, hope and promise. In listening to the second reading, we listen for the fulfillment or connection with the gospel.

Part 2: December 17 - 24

In these last eight days before Christmas, the relationship between the readings changes. Now the gospel brings us to our celebration of Christmas. The gospels are taken from the infancy narratives of Matthew and Luke. Each of these days, the first reading is taken from the Hebrew scriptures, and chosen to match the gospel. In many cases we can imagine Matthew or Luke having the first reading open on their desks while they wrote the gospel. So, we can read the gospel first and then read the first reading. The sense of anticipation and fulfillment builds as we read the story of the preparation for Jesus' first coming into this world for us.

Am I Too Defended for Advent?:

All of these traumas and states of inner disturbances and defenses can make entering into Advent very, very difficult. So, what do we do, if we find ourselves identifying with this defensiveness in any way? Is there hope? There is always hope! This is a season designed by our God to offer hope. Images from Isaiah, the prophet, offer hope to a people in the darkness and gloom of political captivity in Babylon. It is all language that offers us hope to believe that the coming of Jesus into our world is all about our personal

liberation from whatever captivity we are in, whatever darkness or discouragement envelops us.

If we can read this prophetic announcement with an open enough heart to hear it as addressed to our personal situation, then Advent has begun in us. It is simple. It involves imagining that God can do this. We don't need to know how, to rationally figure it out, to begin to have evidence, or figure out how those who hurt us will pay for what they did. All we have to do is listen to how "good news" sounds in our ears. If a tiny bit of our hearts longs for this to be true, if even one image here or one phrase stirs something in us, then we are letting our defenses down enough to let the Holy Spirit in. And, God's Spirit can do infinitely more than we can ask or imagine. If we can put down our guard enough to imagine that this season - these four weeks - could help us know God's love for us more deeply, could help us hear about the first coming of our Lord into this world, so that we can be opened to accept his coming into our hearts these days, then grace has entered in beyond the defenses and Advent has begun in us. Read these words slowly. If possible, begin by praying a simple prayer: "Come, Lord Jesus, Come and touch my heart. Come and be with me during Advent. Let your Word make me defense-less before your love."

Prayers During Advent:

Working in the Kitchen During Advent

What joy this brings me, Lord. Thank you for guiding me into the kitchen for some time of silence with you. The room fills with wonderful smells and I share tastes and samples with my family as they make extra trips through the kitchen on days like this. Thank you for each and every one of these special people in my family. They are like the ingredients of my own life, adding spice and heat and wonderful flavor and melding together into a unique dish designed to glorify you. You know, God, cooking is quite a bit like my life. It's messy, I get careless and sometimes things don't turn out as I had planned. But in the mess of my life, that's where I can turn to you. Help me when I have to deal with being so imperfect. Bless me with humility when I grapple with my own poverty. Let me feel how deeply you love me, even when all I have to offer is scorched and humble. Be with me Lord, in this kitchen today. Help me to take the time in this intimate silence with you, to pray for each person who will eat this food. Allow me to remember all of those around the world who have so little food, and bless those who share what little they have.

Praying Through Exhaustion

Oh Lord, I am so tired. It seems like the lists of to-do's get longer each day, the frenzy in my home each night gets wilder. It seems like the holidays have barely started and already I am behind. Help me, dear Jesus. Let me feel your loving arms wrap me tightly in the warm embrace of your endless love. Teach me to make choices about my time, to remember what is important this season and to say "NO" whenever my Yes would take me away from your peace. Fill me with patience, love and a sense of humor. Remind me of your deep love for me and let the fire of that love be something I can share with everyone around me.

Shopping during Advent

Dear God, as I look through my gift shopping list, I hold up to you each person listed on it. Slowly, one by one, I ask that the fire of your abundant love burn within each of them. I pray that the gift I find for each person will bring joy into that life. But, help me to keep a balance this season, Lord. Let me keep my buying in perspective, not to spend more than I need to or can afford. Let me not give in to the pressures of this world and not equate love with money spent. Let me always remember the many, many people who have so much less in material things. Help me to buy wisely, so that my choices will not burden those in other countries who are so deeply affected by this country's economy. And finally, loving God, help me to find time in the frantic moments of each day to become centered on you. Walking through a store, riding on the bus, hurrying down a street: let each of these times be moments when I can remember your incredible love for me and rejoice in it.

Advent as I Consider the World Situation

God of comfort, these times seem so uncertain, so scary. The world seems darker than it has in the past and I am less sure of myself. Maybe that's a good thing; maybe now I am turning to you with a realization that I need you so much more and that my life is not in my own control. Let me not forget all of those around the world who are frightened at this moment. Help those who are victims of terrorism and war. Be with those who have lost so much in the past year. Hold us all in your loving arms and let us be comforted by the strength and peace you want to much to offer us through the birth of your son, Jesus. Thank you for the many gifts you offer us.

Preparing for Christmas after the loss of a Loved One

Such a loss! Such a keen and tearing pain. Even when I am in a crowded

room, there is a loneliness I never knew existed. Comforting God, I have turned to you so many times for solace, and I come again. While the world is bright and sparkling, my heart feels leaden and has an emptiness that cannot be filled. Lord, how can I enter into this season of joy? In my head I celebrate your birth into this world, but in my everyday life, I am filled with a grief that runs so very deep. You blessed me with a loving relationship and now it is gone from my life. How can I be faithful to that love and the memory of that love and my sorrow in this season of "Rejoice!"?? Tears are so close to the surface all the time and helpful friends who want to "keep me busy" don't seem to really understand that I need to embrace my grief. I am afraid of letting go of the sadness and losing the deep love connection I had. Instead of entering into the Rejoice of Christmas, I long for the sorrow of Lent. I beg you Lord, show me how the two are connected. I ponder the name Emmanuel and know that it means "God with us." With us. With me in this world, in this sorrow. If I look beyond my pain, I know that you, too, suffered so much in this world. I never understood so clearly before that Emmanuel is what your nativity is really about. You are in my world, in my pain. Thank you, Lord, for the loved one you blessed my life with. Grant me now in my grief, a peace. Give me a comfort that might not make the tears go away, but that lets me feel your presence as you take up a place deep in my heart, with me.

Pray for the Healing & Support:

We pray for Joanne Calabro, Joe Canning, John Stadenraus, Walter Brigham, Betianne Morritt, Mark Capellino's Parents, Lois Corbett, Barbara Brigham for continued recovery , for Bob Fisher, Sharon Gibbs, Barbara Allen Lieblein Kathryn James, Peter Gulluscio, Bob and Virginia Springsteen, Valerie Capon, Louie Cicero, Linda Armbruster, Sr. Tina Ferrio, Andrew Kuhn, Sr. Joy Wright

We pray for, Ukraine, the Sudan, Syria and the Middle East for peace and for safety. For all those suffering from extreme weather in our country and around the world. We pray especially for the floods in the Southwest and throughout our country.

For those grieving loved ones, especially those interred in our cemetery, for those who are ill, for all those who serve the sick, the needy and those in prison, for those who are anxious or fearful. For all those in the midst of war or natural disasters.

For all our parishioners living with cancer, known or undetected & for all those who participate in a 12 step group here at St. Mary, and those who have visited our Prayer Wall.

Call in any requests or corrections to the office. (631-749-0770)