

# 4th Sunday of Advent

Year C

Sunday 22nd December 2024

## First Reading *Micah 5:1-4*

A reading from the prophet Micah

*Out of you will be born the one who is to rule over Israel.*

The Lord says this:

You, Bethlehem Ephrathah,  
the least of the clans of Judah,  
out of you will be born for me  
the one who is to rule over Israel;  
his origin goes back to the distant past,  
to the days of old.  
The Lord is therefore going to abandon them  
till the time when she who is to give birth  
gives birth.

Then the remnant of his brothers will come back  
to the sons of Israel.

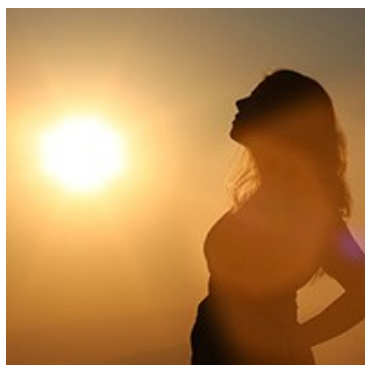
He will stand and feed his flock  
with the power of the Lord,  
with the majesty of the name of his God.  
They will live secure, for from then on he will  
extend his power  
to the ends of the land.  
He himself will be peace.

## The word of the Lord

## Responsorial Psalm *Ps 79:2-3. 15-16. 18-19. R. v.4*

*(R.) Lord, make us turn to you;  
let us see your face and we shall be saved.*

1. O Shepherd of Israel, hear us,  
shine forth from your cherubim throne.  
O Lord, rouse up your might,  
O Lord, come to our help. *(R.)*
2. God of hosts, turn again, we implore,  
look down from heaven and see.  
Visit this vine and protect it,  
the vine your right hand has planted. *(R.)*
3. May your hand be on the man you have  
chosen,  
the man you have given your strength.  
And we shall never forsake you again:  
give us life that we may call upon your  
name. *(R.)*



## Second Reading

*Hebrews 10:5-10*

A reading from the letter to the Hebrews

*I am coming to do your will.*

This is what Christ said, on coming into the world:

You who wanted no sacrifice or oblation,  
prepared a body for me.  
You took no pleasure in holocausts or sacrifices  
for sin;  
then I said,  
just as I was commanded in the scroll of the  
book,  
'God, here I am! I am coming to obey your will.'

Notice that he says first: You did not want what the Law lays down as the things to be offered, that is: the sacrifices, the oblations, the holocausts and the sacrifices for sin, and you took no pleasure in them; and then he says: Here I am! I am coming to obey your will. He is abolishing the first sort to replace it with the second. And this will was for us to be made holy by the offering of his body made once and for all by Jesus Christ.

## The word of the Lord

## Gospel Acclamation *Luke 1:38*

Alleluia, alleluia!  
I am the servant of the Lord:  
may his will for me be done.  
Alleluia!

## Gospel *Luke 1:39-45*

A reading from the holy Gospel according to Luke

*Why should it happen that I am honoured with a visit from the mother of my Lord?*

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'

## The Gospel of the Lord

# St. Mary's Parish Cowes Three Churches—One Parish

St Mary's—Cowes

Our Lady Star of the Sea—San Remo

St. Joseph's—Bass

Parish Priest: Father Manny Lomagno Parish Secretary: Kerry Laughton-McConnon  
 6 Cowes Rhyll Road Cowes 3922 PO Box 878 Cowes 3922 Telephone 59 525 418 Email [cowes@cdsale.org.au](mailto:cowes@cdsale.org.au)  
 Office Hours: Wednesday 9.30am –2.30pm Parish Safeguard Officer: Brendan Marrinon.

## Mass/Liturgy of the Word with Holy Communion Times

**Star of the Sea—San Remo**

No Mass Tuesday morning. Saturday 6pm

**St Joseph's—Bass**

Mass Sunday 11 am

**St Mary's—Cowes** Mass Friday 9am. Sunday 9am.

Reconciliation Saturday 10-11am.

**Feast Day:** St. Stephen, Thursday 26th December, St, John, Friday 27th December, The Holy Innocents, Saturday 28th December.

**Christmas Offerings:** Envelopes are available at the back of the Church



## REFLECTION

by Fr Michael Tate © Fr Michael Tate; mtate@bigpond.com

### Life in the Womb



This little gospel story tells us that 'the baby in Elizabeth's womb leaped' and not merely leaped, but leaped 'for joy'. Is this just poetic hyperbole?

We know that beautiful music can have a wonderful effect on life in the womb. Good vibrations. Here, the presence of Jesus, being carried by Mary in her pregnancy, had a wonderful effect on the life carried by Elizabeth. Very good vibrations.

From the moment of the conception of Jesus, good vibrations reverberated out to all human beings. The good news is that you and I and every human life ever conceived is visited by Our Risen Lord Jesus Christ, and we receive that visit as Original Blessing.

There is a further and consoling truth. Every mother or father who has lost a baby too early needs to know that the same extraordinary sense of Our Lord's presence was felt by your baby. That Divine Presence conferred a powerful Original Blessing on that little life within the womb, and that same Presence accompanied your baby into the everlasting embrace of Divine Love in Heaven.

We could pause a moment to pray using the very words of Elizabeth, reciting:

Hail Mary, full of grace, the Lord is with thee.

*Blessed art thou among women,*

*and blessed is the fruit of thy womb, Jesus.*

Ou

Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

### Christmas Eve:

Our Lady Star of the Sea, San Remo. Carols 5.30pm  
 Mass 6pm

St. Mary's Cowes, Carols at 7.30pm before 8pm Mass

### Christmas Day:

St. Mary's Cowes, 8.45 Carols before 9am Mass

St. Josephs Bass, 11am



**Bass Prayer Group** on Monday 23rd December at 7pm. Contact Wendy Power 56 782271. All



In 2025 Pope Francis has proclaimed a Year of Jubilee. The theme is 'Pilgrims of Hope'. Join us as we celebrate the opening of this year-long journey of hope and faith at St Mary's Cathedral, Sale. The Mass, celebrated by Bishop Greg Bennet, on 1st January will begin at 11:00am and all are welcome. Following the Mass, light refreshments will be available. There will be an opportunity for you to pray and reflect on the diocesan themes for the year as well as considering how you can be a pilgrim of hope in 2025.



Bishop Greg's Advent video is available to view on YouTube. The link to YouTube is <https://youtu.be/9FMa5NRzG8U> or scan the QR code



### Diocesan Assembly

Our attention is now focussed on the Diocesan Assembly that is being held at Marist-Sion College, Warragul, on the 14<sup>th</sup> and 15<sup>th</sup> of February 2025. At this assembly, some 232 delegates from parishes, schools, Diocesan bodies and organisations, and other Churches, will aim, (a) to acknowledge and affirm the strengths and best practices of our Diocese that we wish to continue to build on; (b) to identify the significant challenges we face in our Diocese as missionary disciples of Jesus Christ, and, (c) to gain a clear picture of which pastoral goals and actions need to be given priority over the next five years, for our Diocese to develop towards becoming more Christ-centred, synodal and missionary. Please join with the people of the Diocese in praying that the Holy Spirit will guide the planning and outcomes of this important event.



*We are a child safe parish. Any children, young persons and adults at risk have a right to feel safe and be safe. If you are concerned about any form of abuse, or believe that someone is at significant risk, you should immediately raise your concerns with our Parish Safety Officer. He can be contacted through the Parish Office. Ph 03 59 525 418*

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