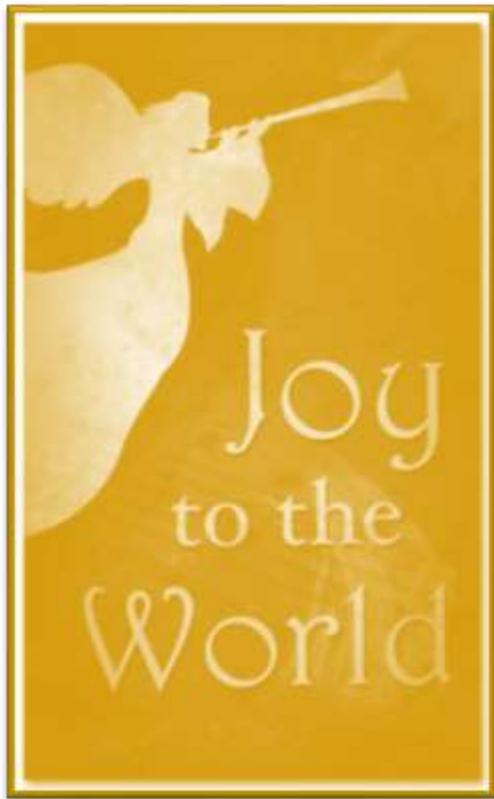


The Parish of the Holy Family  
Exmouth & Budleigh Salterton



Advent  
and  
Christmas  
2020

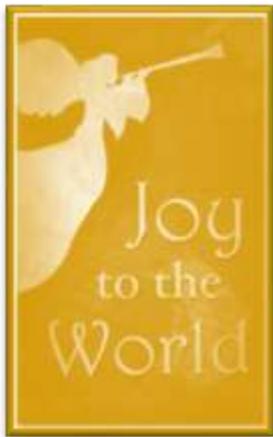
Sunday Readings

Reflections from Pope Francis

Advent Appeal

Advent wreaths

Mass arrangements for Christmas



Advent always gives us the opportunity to focus our lives and to re-evaluate our priorities. But perhaps more so this year, *anticipation* and *hope*, so traditionally associated with the family celebration of the birth of Our Lord, will be uppermost in our thoughts. As a Eucharistic Community operating under the *Covid-safe* regulations, all our preparation for and celebration of the feast will be new ground. In some respects, this could help us. The hope is that this little pamphlet will help us to feel united, even though, by circumstances, we may feel separated. The seasonal message, 'Joy to the World', has perhaps never been more urgent or welcome than this year. Let us celebrate Christmas WITH JOY!



## Advent Wreaths at Home

Why not make an Advent Wreath at home this year, if you don't already? The idea behind this is, in some way, to unite us all on each Sunday of Advent since we will not all be in the church to hear the Advent Gospels and see the light from the Advent Candles increase week-by-week. There will be packs of candles for you to use (available in St Anne's Cloister as you leave church) – or perhaps you already have some of your own. The pack of candles will have prayers for you to use each week as we all make our individual journeys towards the celebration of Our Lord's Birth.

# Our Advent Appeal 2020



As we would normally do during Advent, we are supporting a local charity by a fundraising appeal. This year we invite you to give generously to **Hospiscare** Exmouth and Lympstone

This hospice charity looks after you or a loved one during any time of terminal illness. They offer an holistic, palliative care service, delivering care in the community, in patient's homes, care homes or community hospitals.

For more information visit –

<http://www.hospicecare.co.uk/>

<https://www.facebook.com/hospicecareexmouth/>



## What can I do to help?

- 1 Pray for the caring staff and the patients and families they visit each time you light your Advent Candle
- 2 Write a cheque payable to '*Hospiscare*' and put it in an envelope marked Advent Appeal through the Presbytery letter box. (Please request a Gift Aid envelope if you are eligible to use it.)
- 3 Cash – banknotes only please – may be similarly placed in an envelope, as above, BUT PLEASE ONLY IF YOU DO NOT HAVE A CHEQUE BOOK
- 4 Check out their website – spread the word – volunteer – fundraise!

# On the First Sunday of Advent

Sunday 29 November 2020

*Today we begin the journey of Advent..... the time we are given to welcome the Lord who comes to encounter us, and also..... at the end of time, “to judge the living and the dead”. Therefore, we must always be vigilant and await the Lord with the hope of encountering him. Today’s liturgy introduces us precisely to this evocative theme of vigilance and waiting.*

*In the Gospel (Mk 13:33-37), Jesus exhorts us.... “Take heed, watch ... for you do not know when the time will come.... Watch therefore ... lest he come suddenly and find you asleep” (vv. 33-37).*

*The person who takes heed is the one who, amid the worldly din, does not let himself be overwhelmed by distraction or superficiality, but lives in a full and conscious way, with concern first and foremost for others. .... The heedful person then also turns toward the world, seeking to counter the indifference and cruelty in it, and taking delight in its beautiful treasures which also exist and are to be safeguarded.....*

*The watchful person is the one who accepts the invitation to keep watch, that is, not to let himself be overpowered by the listlessness of discouragement, by the lack of hope, by disappointment; and at the same time it wards off the allure of the many vanities with which the world is brimming and for which, now and then, time and personal and familial peace is sacrificed..... The Lord shows us the good path, the way of faith, the way of love, but we seek our happiness elsewhere.....*

From Pope Francis’ Angelus Message First Advent Sunday, 3 December 2017

## **First reading** (Isaiah 63:16-17,64:1,3-8)

*Lord, you are our Father;  
we the clay, you the potter,  
we are all the work of your hand.*

## **Responsorial Psalm** (Psalm 79(80):2-3,15-16,18-19)

*Lord of hosts, bring us back; let your face shine on us  
and we shall be saved.*

## **Second reading** (1 Corinthians 1:3-9)

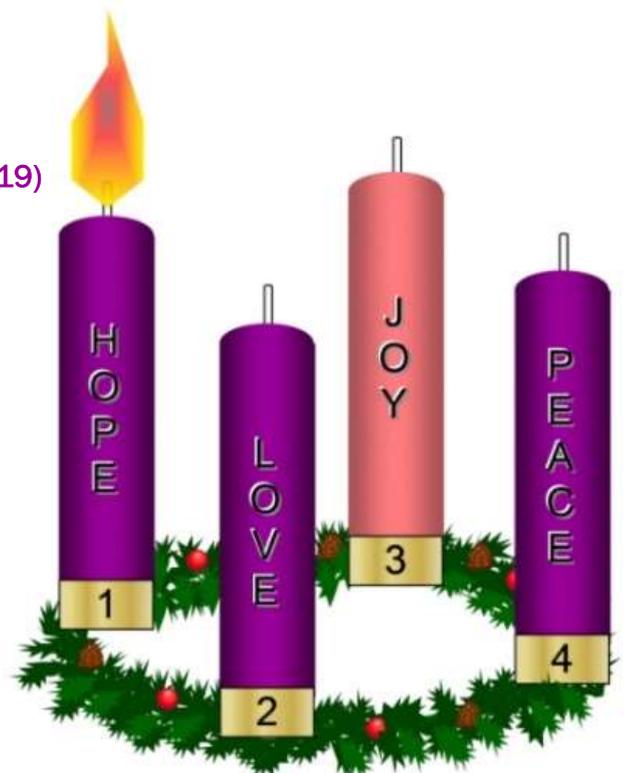
*May God our Father and the Lord Jesus Christ  
send you grace and peace.*

## **Gospel** (Mark 13:33-37)

*Be on your guard, stay awake, because  
you never know when the time will come.*

## **Communion Antiphon** (Ps 84: 13)

*The Lord will bestow his bounty,  
and our earth shall yield its  
increase.*



## On the Second Sunday of Advent

6 December 2020

Last Sunday we began Advent with the call to be vigilant; today.... the liturgy indicates [to us that it is] the time to **recognize the shortcomings in our life, to smooth out the roughness of pride and to make room for Jesus** who comes.

The Prophet Isaiah addresses the people.... **“A voice cries: ‘In the wilderness prepare the way of the Lord... Every valley shall be lifted up’”** (40:3-4). The valleys to be lifted up represent all the shortcomings of our behaviour before God, all our sins of omission. One shortcoming in our life could be the fact that we do not pray or that we pray little. Advent is thus a favourable time to pray with greater intensity, to reserve to the spiritual life the important place it deserves. Another shortcoming could be a lack of charity for our neighbour, above all toward people most in need of help, not only material, but also spiritual. We are called to be more attentive, closer, to the needs of others. Like John the Baptist, in this way we can open the ways of hope in the desert of the barren hearts of many people.

**“Every mountain and hill shall be made low”** (cf. v. 4), Isaiah again exhorts. The mountains and hills that must be made low are pride, arrogance, insolence..... We must take on attitudes of meekness and humility, without reproach, to listen, to speak with meekness and thus to prepare for the coming of our Saviour, He who is meek and humble of heart (cf. Mt 11:29). Then we are asked to eliminate all obstacles that we set against our union with the Lord: **“the uneven ground shall become level, and the rough places a plain. And the glory of the Lord shall be revealed”** — says Isaiah — **“and all flesh shall see it together”** (40:4-5).

**These actions, however, must be performed with joy, because they are designed in preparation for the coming of Jesus. At home, when we await the visit of a dear person, we prepare everything with care and gladness. In the same way, we want to prepare ourselves for the coming of the Lord: to await him each day attentively, so as to be filled by his grace when he comes.**

From Pope Francis' Angelus Message Second Sunday of Advent, 10 December 2017

### First reading (Isaiah 40:1-5,9-11)

...then the glory of the Lord shall be revealed  
and all mankind shall see it.

### Responsorial Psalm (Psalm 84(85):9-14)

Let us see, O Lord, your mercy,  
and give us your saving help.

### Second reading (2 Peter 3:8-14)

So then, my friends, while you are waiting, do  
your best to live lives without spot or stain so  
that he will find you at peace.

### Gospel (Mark 1:1-8)

A voice cries in the wilderness:  
Prepare a way for the Lord, make his paths straight.



## On the Third Sunday Advent – Gaudete!

13 December 2020

**Entrance Antiphon** (Phil 4: 4-5)  
*Rejoice in the Lord always; again I say, rejoice!  
Indeed, the Lord is near.*

*On this Third Sunday of Advent, called the “Sunday of Joy”..... Saint Paul invites us [in the Second Reading] to prepare for the coming of the Lord, by assuming three attitudes. Listen carefully: three attitudes. First, constant joy; second, steadfast prayer; third, continuous thanksgiving. **Constant joy, steadfast prayer and continuous thanksgiving.***

*The first attitude, constant joy: “Rejoice always” Saint Paul says (1 Thess 5:16). This means always being joyful, even when things do not go according to our wishes; but there is that profound joy, which is peace: that too is joy; it is within..... Jesus is the Father’s envoy who comes, as Isaiah stresses, “to bring good tidings to the afflicted.....to bind up the broken-hearted, proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the year of the Lord’s favour” (61:1-2).....The joy which characterizes the awaiting of the Messiah is based on steadfast prayer: this is the second attitude. Saint Paul says: “pray constantly” (1 Thess 5:17). By praying we can enter a stable relationship with God, who is the source of true joy. A Christian’s joy is not bought; it cannot be bought. It comes from faith and from the encounter with Jesus Christ, the reason for our happiness.....*

*The third attitude Paul points to is **continuous thanksgiving**, which is grateful love towards God. Indeed, he is very generous to us, and we are invited to always recognize his beneficence, his merciful love, his patience and goodness, thus living in unceasing thanksgiving.*

*Joy, prayer and gratitude are three attitudes that prepare us to experience Christmas in an authentic way. **Joy, prayer and gratitude** ..... In this last period of the Season of Advent, let us entrust ourselves to the maternal intercession of the Virgin Mary. She is a “cause of our joy”, not only because she begot Jesus, but because she keeps directing us to him.*

Angelus Third Sunday of Advent, 17 December 2017

**First reading** (Isaiah 61:1-2,10-11)  
*He has sent me to bring good news to the poor, to bind up hearts that are broken; to proclaim liberty to captives, freedom to those in prison; to proclaim a year of favour from the Lord.*

**Responsorial Psalm** (Luke 1:46-50,53-54)  
*My soul rejoices in my God.*

**Second reading** (1 Thessalonians 5:16-24)  
*Be happy at all times; pray constantly; and for all things give thanks to God,*

**Gospel** (John 1:6-8,19-28)  
A man came, sent by God. His name was John. He came as a witness, as a witness to speak for the light, so that everyone might believe through him.



# On the Fourth Sunday of Advent

20 December 2020

*This Sunday just before Christmas, we listen to the Gospel of the Annunciation (Lk 1:26-38)..... Mary does not exalt herself before the prospect of becoming the mother of the Messiah, but rather remains modest and expresses her acceptance of the Lord's plan. "Behold, I am the handmaid of the Lord; let it be to me according to your word." (v. 38) ..... She recognizes that she is small before God and she is happy to be so. At the same time, she is aware that the fulfilment of God's plan depends on her response, and that therefore she is called to accept it with her whole being.*

*In this circumstance, Mary's behaviour corresponds perfectly to that of the Son of God when he comes into the world..... the **Servant of the Lord**, to put himself at the service of humanity to fulfil the Father's plan. Mary says: "Behold, I am the handmaid of the Lord" and the Son of God upon entering the world says: "Lo, I have come to do thy will, O God" (Heb 10:7)..... she reveals herself as a disciple of his Son, and in the Magnificat, she will be able to proclaim that God has "exalted those of low degree" (Lk 1:52) because with her humble and generous response, she has obtained great joy and also great glory. As we admire our Mother for this response to God's call to mission, we ask her to help each of us to welcome God's plan into our lives with sincere humility and brave generosity.*

Pope Francis' Angelus Message Sunday 24 December 2017

**First reading** (2 Samuel 7: 1-5, 8-12, 14 & 16)

*"Your House and your sovereignty will always stand secure before me and your throne be established for ever."*

**Responsorial Psalm** (Psalm 88(89): 2-5, 27 & 29)

*I will sing for ever of your love, O Lord.*

**Second reading** (Romans 16: 25-27)

*God alone is wisdom; give glory therefore to him through Jesus Christ for ever and ever. Amen.*

**Gospel** (Luke 1: 26-38)

*"Rejoice, so highly favoured! The Lord is with you..... Mary, do not be afraid; you have won God's favour. Listen! You are to conceive and bear a son, and you must name him Jesus...."*

**Communion Antiphon** (Isaiah 7: 14)

*Behold, a Virgin shall conceive and bear a son; and his name will be called Emmanuel.*



## **Christmas Masses – in the hope that we can gather for mass**

This year, because of the Covid-19 safety restrictions, no more than 50 of us will be able to gather for the celebration of The Nativity of the Lord on Christmas Eve and Christmas Day. Luckily, the Church provides us with an Octave of Christmas masses and an even longer period of Christmastime – until the Baptism of the Lord on Sunday January 10th. 2021, in fact.

We will therefore be operating a **telephone-booking-service** for masses between December 24th. (Christmas Eve) and January 3rd. (The Epiphany of the Lord)

**It will be essential that you book a place before arriving at the church.**

You may do so by 'phoning this number 07591 168 012

from 10 – 12 noon and 6 – 7 p.m.

**The phone line opens on Monday December 14th. until Wednesday December 23rd.**

**Bookings cannot be made through the Parish Office.**

**Please book for the following masses:-**

Thursday Dec 24th.	<b>The Vigil of the Nativity of the Lord</b>	(1) 5.00.p.m. (2) 8.00.p.m.
Friday Dec 25th.	<b>The Nativity of the Lord</b>	(1) 9.00.a.m. (2) 11.30.a.m.
Saturday Dec 26th.	<b>The Feast of St Stephen</b> <b>Vigil of The Holy Family</b>	(1) 11.00.a.m. (2) 5.00.p.m.
Sunday Dec 27th.	<b>The Feast of The Holy Family</b>	10.00.a.m.
Monday Dec 28th.	<b>The Feast of The Holy Innocents</b>	2.00.p.m.
Wednesday Dec. 30th.	<b>The 6th. Day of the Octave</b>	10.00.a.m.
Friday January 1st.	<b>Solemnity of Mary Mother of God</b>	11.00.a.m.
Saturday January 2nd.	<b>The Vigil of the Epiphany</b>	5.00.p.m.
Sunday January 3rd.	<b>The Epiphany of the Lord</b>	10.00.a.m.