

# People Look East

## *Prayers and Song* for around the *Advent Wreath*



This guide is an offering of *Singing with the Saints*, a ministry whose purpose is to bring the ancient Truth, Goodness, and Beauty of the Church into the hearts and homes of Catholic families through sacred music.



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*BarefootAbbey.com*



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# *The History of the Advent Wreath*

Advent is the liturgical season of joyful anticipation and a time to prepare our hearts for the arrival of our long awaited Savior. As the beginning of the new Church Year, Advent also provides Catholics a fresh start, and therefore the perfect opportunity to incorporate new spiritual devotions and disciplines within our families. The 4 week length of Advent is just enough time to cement a new religious resolution or habit into the liturgy of our lives and prayers around the Advent Wreath are an easy place to start that can help make the mystery of the Incarnation more tangible to every member of your family young and old.

Thought by some to date back as far as the middle ages, the Advent Wreath is a simple and beautiful sacramental meaning with the theology and symbolism of the season. The circular shape of the wreath illustrates the eternal nature of God and model His presence in the Burning Bush. Meanwhile the evergreen boughs remind us of our souls' immortality and purpose of eternity with Him in heaven. The accompanying berries, seeds and pinecones are also a display of that hope for new life through Christ's resurrection.



The four candles of the Advent wreath are layered with meaning as well as they represent both the four millennia of salvation history before Christ's birth and the number of weeks that compose Advent. Each candle is also designated to a specific group or saint: the Patriarchs, the Prophets, St. John the Forerunner, and Our Lady.

## Immaculate Conception

*December 8th*

O God, who by the Immaculate Conception of the Blessed Virgin prepared a worthy dwelling for your Son, grant, we pray, that as you preserved her from every stain by virtue of the Death of your Son, which you foresaw, so, through her intercession, we, too, may be cleansed and admitted to your presence. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Ghost, one God, for ever and ever. Amen.

## Our Lady of Guadalupe

*December 12th*

O God, Who has willed that, under the special patronage of the blessed Virgin Mary, we be laden with perpetual favors, grant to Thy suppliants that, as we this day rejoice in her commemoration on earth, we may enjoy the vision of her in heaven. Through our Lord Jesus Christ, Thy Son, who liveth and reigneth in the unity of the Holy Ghost, God, world without end. Amen.

## St. Lucy

*December 13th*

Hear our prayer, O God our Savior, and let us learn the spirit of true devotion from Your blessed virgin and martyr Lucy, as we joyfully celebrate her feast. Through Our Lord Jesus Christ, Thy Son, who liveth and reigneth in the unity of the Holy Ghost, God, world without end. Amen.

Additionally the different positions of the four candles are of note with the South candle symbolizing Bethlehem, the North candle Jerusalem, the East candle the rising of the sun and the Second Coming of Christ, and the West candle for Jesus who overcomes all darkness as the Light of the World. There is also a virtue assigned to each candle: Hope for week one, then Faith, Joy, and Peace.

The violet and rose colors of the candles are significant in that they mirror the vestments worn each Sunday of the season and the spirit of that week. The violet vestments and candles bring to mind that Advent is a preparation a kin to a little lent for our souls. In contrast, the third Sunday, and midpoint, of Advent with the rose sacramentals of Gaudete Sunday serve as a visible reminder that we are all called to rejoice in the coming of our Lord.



Although the colors of violet and rose are common among North American Catholics, all purple or even white candles are wholly acceptable alternatives. Similarly in Germany, red candles are often used as shown by the personal Advent Wreath of Pope Emeritus Benedict XVI.

Finally, the glow of the candles' flames depict the light of Christ himself and foreshadow His reign in heaven on the Great White Throne as King of Kings, at the end of time.





## *Adding in the Advent Wreath*

The Advent Wreath is traditionally lit at night, and preferably in the dark for the greatest effect on the senses and the soul alike. With most things the most painless way to remember to add something new into our hectic lives is by pinning to or pairing it with something else your family already does habitually. For example, your family may decide to light your Advent Wreath before or after a meal like supper, or before bedtime.

Our family does our devotions before bed as a quiet close to the busy day. We light the week's candle(s), sing "People Look East," and the O Antiphon if during the Golden Nights, say our Advent prayers, and listen to the day's brief Jesse Tree Bible reading. When over, we blow out the candles and, in the spirit of the Great Silence at the close of day in a monastery, head off to bed as hushed as possible with six little ones in tow.

"People Look East" is an Advent carol written by the English children's author Eleanor Farjeon in 1920. Its tune is a traditional French carol from the 1800's called Besançon. Though each of the five verses of this festive hymn a different Messianic title of Christ is expounded upon as the anticipation for his coming builds in the text.

Some may wonder why we have music placed first in our devotions instead of prayer. In this case we have followed the example of the High Mass in that the first spiritual practice performed in community is the singing of a hymn. The exercise of singing first also helps signify that something different and special is taking place and create the atmosphere for the remainder of the night's devotions.

## *Prayers for the Advent Saints*



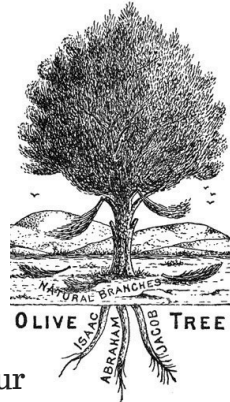
**St. Andrew**  
*November 30th*  
We humbly entreat Thy majesty, O Lord: that as the blessed Apostle Andrew was once a teacher and ruler of Thy Church: so he may be a constant advocate for us before Thee. Through our Lord Jesus Christ, Thy Son, who liveth and reigneth with Thee in the unity of the Holy Ghost, God, and world without end. Amen.

**St. Francis Xavier**  
*December 3rd*  
Stir up Thy might, we beseech Thee, Lord, and come: that they who trust in Thy loving kindness may be the more speedily freed from all adversity: Who livest and reignest with God the Father, in the unity of the Holy Spirit, God, forever and ever. Amen.

**St. Nicholas**  
*December 6th*  
O God, You glorified the holy bishop Nicholas by working countless miracles through him. Grant that we may be spared from the flames of hell by his merits and prayers. Through Our Lord Jesus Christ, Thy Son, who liveth and reigneth in the unity of the Holy Ghost, God, world without end. Amen.

**St. Ambrose**  
*December 7th*  
O God, who didst give blessed Ambrose as a minister of eternal salvation to Thy people: grant, we beseech Thee, that we, who have had him for our teacher on earth, may deserve to have him for our advocacy in heaven. Through our Lord Jesus Christ, Thy Son, Who with Thee liveth and reigneth in the unity of the Holy Ghost, God, world without end. Amen

# Prayers for the Advent Embertide



## Wednesday Collect

Grant, we beseech Thee, almighty God, that the coming solemnity of our redemption may both confer upon us assistance in this present life and bestow the rewards of everlasting blessedness. Through our Lord Jesus Christ, Thy Son, who liveth and reigneth in the unity of the Holy Ghost, God, world without end. Amen.

## Friday Collect

Stir up Thy might, we beseech Thee, Lord, and come: that they who trust in Thy loving kindness may be the more speedily freed from all adversity: Who livest and reignest with God the Father, in the unity of the Holy Spirit, God, forever and ever. Amen.

## Saturday Collect

O God, who seest that we are afflicted because of our iniquity, mercifully grant that we may be comforted by Thy visitation: Who livest and reignest with God the Father, in the unity of the Holy Spirit, God, forever and ever. Amen.

The Ember Days are a set of 3 days put aside each natural season for prayer, fasting, abstinence, and thanksgiving. Always on Wednesday, Friday, and Saturday; the Advent Ember Days fall immediately after the Feast of St. Lucy on December 13th. The Winter Embertide gives thanks for the olives grown to make the holy oils of the Church. It is also customary to pray for priests and vocations at this time.

For this book I have provided the text and downloadable recordings for "People Look East" and all the prayers we typically use throughout Advent. Our prayers include: The Blessing of the Advent wreath, the week's collect said every day, the St. Andrew Christmas Novena, and those prayers we add to the end of certain days for our favorite Advent saints and the Advent Ember Days. You can find downloadable recordings of each hymn verse at our People Look East Resource Page:

<http://barefootabbey.com/people-look-east-guide/>

The final week before Advent, December 17th through 23rd, we also pray and sing the O Antiphons, but they are not contained in this book. For the prayers and music of the O Antiphons, please see my other Advent book, *Gaude Gaude Emmanuel*.

The Joyful Mysteries of the Rosary are another apropos prayer that your family could add to these Advent devotions if your family does not already participate in a daily Rosary. Likewise, the seasonal marian antiphon for Advent, *Alma Redemptoris Mater*, could also be incorporated. More information on adding the seasonal marian antiphons to your home can be found at this post and in my book, *The Marian Antiphon Prayerbook*:

<http://barefootabbey.com/2018/08/28/marian-antiphons-post>



# The Litany of Loreto Continued



Help of Christians,  
 Queen of Angels,  
 Queen of Patriarchs,  
 Queen of Prophets,  
 Queen of Apostles,  
 Queen of Martyrs,  
 Queen of Confessors,  
 Queen of Virgins,  
 Queen of all Saints,  
 Queen conceived without  
 original sin,  
 Queen assumed into heaven,  
 Queen of the most holy Rosary,  
 Queen of families,  
 Queen of peace,

V. Lamb of God, Who takest away the sins of the world,

R. Spare us, O Lord.

V. Lamb of God, Who takest away the sins of the world,

R. Graciously hear us, O Lord.

V. Lamb of God, Who takest away the sins of the world,

Have mercy on us.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray. Grant, O Lord God, that we thy

servants may enjoy perpetual health of mind and body, and by the glorious intercession of blessed Mary, ever Virgin, may we be freed from present sorrow, and rejoice in eternal happiness. Through Christ our Lord. Amen.

V. The Angel of the Lord declared unto Mary.

R. And she conceived by the Holy Spirit.

Let us pray. O God, who hast willed that by the message of an

Angel, thy Word should receive flesh from the womb of the

Virgin Mary: grant unto thy suppliants, that we who believe

that she is truly the Mother of God, may be assisted by her

intercession before Thee. Through the same Christ our Lord.

Amen.

# The Blessing of the Advent Wreath



The Advent Wreath is traditionally blessed on the  
 Saturday evening before Advent Wreath begins. The making and  
 blessing of the family Advent Wreath are lovely additions  
 to all Liturgical New Years Eve festivities!

Leader:  
 Our help is in the name of the Lord.

All:

Who made heaven and earth.

Leader:

O God, by whose Word all things are sanctified,  
 pour forth Your blessing upon this wreath and  
 grant that we who use it may prepare our hearts  
 for the coming of Christ and may receive from  
 You abundant graces. We ask this through  
 Christ our Lord.

All:

Amen.

Now Sprinkle your Advent Wreath, candles, and family  
 with holy water for good measure.



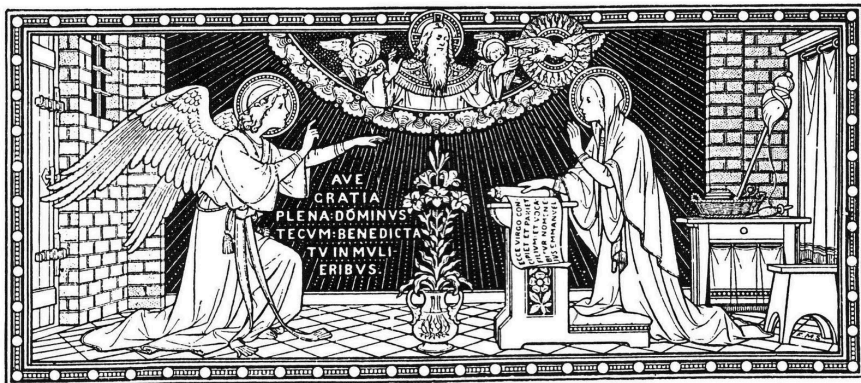
# The Litany of Loretto

December 10th

V. Lord, have mercy.  
R. Christ have mercy.  
V. Lord have mercy.  
Christ hear us.  
R. Christ graciously hear us.  
God the Father of heaven,  
have mercy on us.  
God the Son, Redeemer of the  
world, have mercy on us.  
God the Holy Spirit,  
have mercy on us.  
Holy Trinity, one God,  
have mercy on us.

Holy Mary, pray for us.  
Holy Mother of God, pray for us.  
Holy Virgin of Virgins, {etc.}  
Mother of Christ,  
Mother of divine grace,  
Mother most pure,  
Mother most chaste,  
Mother inviolate,  
Mother undefiled,  
Mother most amiable,  
Mother most admirable,

Mother of good Counsel,  
Mother of our Creator,  
Mother of our Savior,  
Virgin most prudent,  
Virgin most venerable,  
Virgin most renowned,  
Virgin most powerful,  
Virgin most merciful,  
Virgin most faithful,  
Mirror of justice,  
Seat of wisdom,  
Cause of our joy,  
Spiritual vessel,  
Vessel of honor,  
Singular vessel of devotion,  
Mystical rose,  
Tower of David,  
Tower of ivory,  
House of gold,  
Ark of the covenant,  
Gate of heaven,  
Morning star,  
Health of the sick,  
Refuge of sinners,  
Comforter of the afflicted,



# First Week of Advent



Light the 1st candle. Sing then pray.

## People Look East Verse 1

People, look east. The time is near  
of the crowning of the year.  
Make your house fair as you are able,  
trim the hearth and set the table.  
People, look east and sing today:  
Love, the guest, is on the way.

## Collect for the 1st Sunday

Stir up Thy power, we beseech Thee, O Lord, and  
come: that from the threatening dangers of our  
sins, by Thy protection we may deserve to be  
rescued, and be saved by Thy deliverance: Who  
livest and reignest with God the Father, in the  
unity of the Holy Ghost, God, forever and ever.  
Amen.

# St. Andrew Christmas Novena

Hail and blessed be the hour and moment  
 In which the Son of God was born  
 Of the most pure Virgin Mary,  
 at midnight, in Bethlehem,  
 in the piercing cold.  
 In that hour vouchsafe, I beseech Thee,  
 O my God, to hear my prayer  
 and grant my desires,  
 { here mention your request }  
 through the merits of Our Saviour Jesus  
 Christ, and of His blessed Mother.  
 Amen.

Amen.

There are two methods of praying the St. Andrew Christmas Novena. The first begins on his feast day, November 30th and continues through Christmas Eve. The second way of praying this prayer is similar to other novenas. In this case it would start 9 days before Christmas on December 16th and also end on Christmas Eve. With both forms the prayer is said 15 times a day. Assigning the leading of five of the prayers to a specific child is a simple way to keep up with them as the children can use the fingers of one hand to count them out.



# Second Week

## of Advent



Light the 1st & 2nd candles. Sing then pray.

## People Look East

### Verse 2

Furrows, be glad. Though earth is bare,  
 One more seed is planted there:  
 Give up your strength the seed to nourish,  
 that in course the flower may flourish.  
 People, look east and sing today:  
 Love, the rose, is on the way.

## Collect for

### the 2nd Sunday

Stir up our hearts, O Lord, to prepare the ways  
 of Thine only-begotten Son; that through His  
 coming we may attain to serve Thee with  
 purified minds. Who with Thee liveth and  
 reigneth with God the Father, in the unity of the  
 Holy Ghost, God, forever and ever.  
 Amen.



## Christmas Day

Light the Christ candle. Sing then pray.

### Joy to the World!

Joy to the world, the Lord is come  
Let earth receive her King  
Let every heart prepare Him room  
And Heaven and nature sing  
And Heaven and nature sing  
And Heaven, and Heaven, and nature sing

### Collect for the Feast of the Nativity

O God, Who dost gladden us by the yearly expectation of our redemption, grant that we, who now joyfully receive Thine only begotten Son as our redeemer, may also without fear behold Him coming as our Judge, even the same Lord Jesus Christ Thy Son: Who livest and reignest in the unity of the Holy Ghost, God, world without end. Amen.

## Third Week of Advent



Light the 1st, 2nd, & 3rd (rose) candles. Sing then pray.

### People Look East Verse 3

Birds, though you long have ceased to build,  
guard the nest that must be filled.  
Even the hour when wings are frozen  
God for fledging time has chosen.  
People, look east and sing today:  
Love, the bird, is on the way.

### Collect for the 3rd Sunday

Incline Thine ear to our prayers we beseech Thee, O Lord; and enlighten the darkness of our minds by the grace of Thy visitation: Who livest and reigneth with God the Father, in the unity of the Holy Ghost, God, forever and ever.  
Amen.

Stir up Thy power and come, we pray Thee, O Lord, and with great might succour us; that our deliverance, which our sins impede, may be hastened by the help of Thy grace and the forgiveness of Thy mercy: Who livest and reigneth with God the Father, in the unity of the Holy Ghost, God, forever and ever. Amen.

### Collect for the 4th Sunday

Stars, keep the watch. When night is dim one more light the bowl shall brim, Shining beyond the frosty weather, bright as sun and moon together. People, look east and sing today: Love, the star, is on the way.

#### Verse 4

### People Look East

Light all four candles. Sing then pray.

*Fourth Week  
of Advent*



O God, Who dost gladden us by the yearly expectation of our redemption, grant that we, who now joyfully receive Thine only begotten Son as our redeemer, may also without fear behold Him coming as our Judge, even the same Lord Jesus Christ Thy Son: Who livest and reignest in the unity of the Holy Ghost, God, world without end. Amen.

### Collect for the Eve of the Nativity

Angels, announce with shouts of mirth Christ who brings new life to earth. Set every peak and valley humming with the word, the Lord is coming. People, look east and sing today: Love, the Lord, is on the way.

#### Verse 5

### People Look East

Light all four candles. Sing then pray.

*Christmas  
Eve*

