

Feast + Fast + Feria



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This booklet contains excerpts from
The Feast Fast Feria Companion, coming soon.

It is an offering of Feast Fast Feria,
a Barefoot Abbey ministry whose purpose is to aid
families as they grow in holiness and journey to
heaven by living out their Catholic faith each day through
the Liturgical Year.

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Traditional Prayers, Carols, & Blessings
for around the Advent Wreath

www.feastfastferia.com

Genie Shaw

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And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.” — John 1:14

Advent is the liturgical season of penitential but joyful anticipation and a time to prepare our hearts for the arrival of our long awaited Savior. It is also one of our family’s favorite seasons of the liturgical year and one that we begin observing with our children from their earliest days through traditions like the Advent Wreath.

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. As our children grew, we started selecting individual religious resolutions for the coming year as part out our Catholic New Year’s Eve festivities the night before Advent begins.

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 it 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 has 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, then say our Advent prayers 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 eight 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 tune

Prayers for the Advent Ember Tide

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.

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.

from the 1800's called Besançon. Through 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 creates the atmosphere for the remainder of the night's devotions.

For this booklet 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, the Alma Redemptoris Mater, and those prayers we add to the end of certain days for the Advent Ember Days. The daily collect, for feasts, is read from the missal. 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 beginning on December 16th, we begin praying the over 300 year old Christmas Novena that includes the O Antiphons. You can find our Christmas Novena booklet as well as all our other Advent booklets, like Gaude Gaude Emmanuel for the O Antiphons and the Marian Antiphon prayer Booklet, in the Feast + Fast + Feria Collection here: <http://barefootabbey.com/collection/>

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.

My prayer is that your family may be as blessed by your solemn evenings around the Advent Wreath as ours has been over the years. Blessed Advent and joyous Christmastide to you and yours!

Ad Majorem Dei Gloriam,



The History of the Advent Wreath

Thought by some to date back as far as the middle ages, the Advent Wreath is a simple and beautiful sacramental teeming 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.

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.

ALMA REDEMPTORIS MATER

Alma Redemptoris Mater, quae pervia caeli
Porta manes, et stella maris, succurre cadenti,
Surgere qui curat, populo: tu quae genuisti,
Natura mirante, tuum sanctum Genitorem
Virgo prius ac posterius, Gabrielis ab ore
Sumens illud Ave, peccatorum miserere.

ADVENT COLLECT

V. Angelus Domini nuntiavit Mariae.
R. Et concepit de Spiritu Sancto.

Oremus

Gratiam tuam, quaesumus, Domine, mentibus nostris infunde: ut qui, Angelo nuntiante, Christi Filii tui incarnationem cognovimus; per passionem eius et crucem, ad resurrectionis gloriam perducamur. Per eundem Christum Dominum nostrum. Amen.

MOTHER OF CHRIST

Mother of Christ, hear thou thy people's cry
Star of the deep and Portal of the sky!
Mother of Him who thee made from nothing made.
Sinking we strive and call to thee for aid:
Oh, by what joy which Gabriel brought to thee,
Thou Virgin first and last, let us thy mercy seeth
in the unity of the Holy Ghost, God, world without end. Amen.

ADVENT COLLECT

V. The Angel of the Lord announced unto Mary.
R. And she conceived by the Holy Spirit.

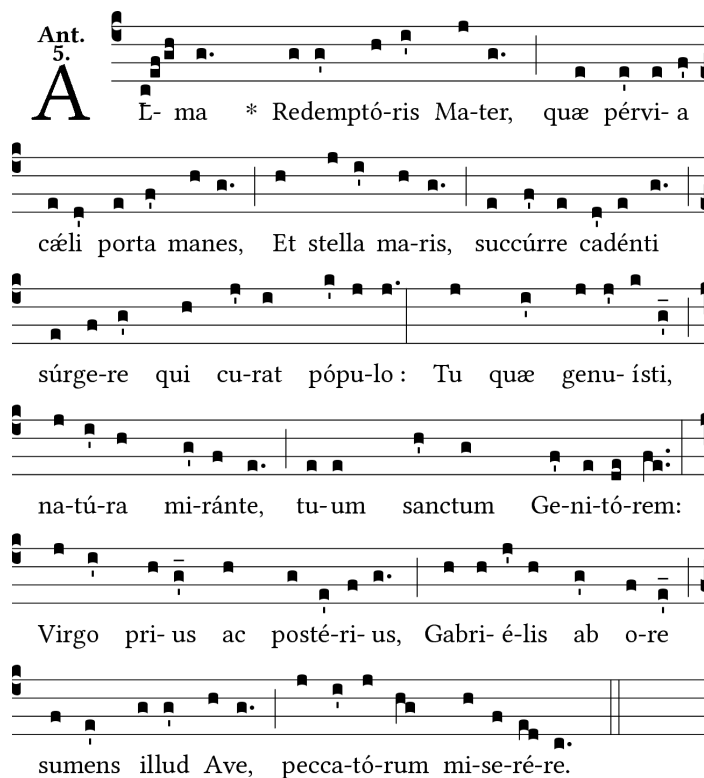
Let us pray

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts: that as we have known the incarnation of Thy Son Jesus Christ by the message of an Angel, so too by His Cross and passion may we be brought to the glory of His resurrection. Amen.

Advent Marian Antiphon

SINCE THE 13TH CENTURY THIS ANTIPHON HAS BEEN CHANTED AS PART OF THE OFFICE OF COMPLINE. IT WAS WRITTEN IN THE 11TH CENTURY BY BLESSED HERMANN OF REICHENAU, A BENEDICTINE MONK ALSO KNOWN AS HERMAN CONTRACTUS. AND THE TEXT ITSELF WAS INSPIRED BY THE WORKS OF STS. EPIPHANIUS, FULGENTIUS, AND IRENAEUS. THIS ANTIPHON IS TRADITIONALLY PRAYED FROM THE BEGINNING OF ADVENT UNTIL CANDLEMAS ON FEBRUARY 2ND.

Ant.
5.



A L- ma * Redemptó-ris Ma-ter, quæ pérv- a
cæli porta manes, Et stella ma-ris, succúrre cadénti
súrge-re qui cu-rat pópu-lo: Tu quæ genu-ísti,
na-tú-ra mi-ránte, tu-um sanctum Ge-ni-tó-rem:
Virgo pri-us ac posté-ri-us, Gabri-é-lis ab o-re
sumens illud Ave, pecca-tó-rum mi-se-ré-re.

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 akin 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.



The Blessing of the Advent Wreath

THE ADVENT WREATH IS TRADITIONALLY BLESSED ON THE SATURDAY EVENING BEFORE ADVENT BEGINS. THE MAKING AND BLESSING OF THE FAMILY ADVENT WREATH ARE LOVELY ADDITIONS TO ALL LITURGICAL NEW YEAR'S 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.



St. Andrew Christmas Novena

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 STARTS 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.

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.

V. Thou art all fair, O Mary.
 R. Thou art all fair, O Mary.
 V. And the original stain is not in thee.
 R. And the original stain is not in thee.
 V. Thou art the glory of Jerusalem.
 R. Thou art the joy of Israel
 V. Thou art the honor of our people.
 R. Thou art the advocate of sinners.
 V. O Mary.
 R. O Mary.
 V. Virgin, most prudent.
 R. Mother, most tender.
 V. Pray for us.
 R. Intercede for us with Jesus our Lord.
 V. In thy conception, Holy Virgin, thou wast immaculate.
 R. Pray for us to the Father Whose Son thou didst bring forth.
 V. O Lady! aid my prayer. R. And let my cry come unto thee.

Let us pray

Holy Mary, Queen of Heaven, Mother of Our Lord Jesus Christ, and mistress of the world, who forsakest no one, and despisest no one, look upon me, O Lady! with an eye of pity, and entreat for me of thy beloved Son the forgiveness of all my sins; that, as I now celebrate, with devout affection, thy holy and immaculate conception, so, hereafter I may receive the prize of eternal blessedness, by the grace of Him whom thou, in virginity, didst bring forth, Jesus Christ Our Lord: Who, with the Father and the Holy Ghost, liveth and reigneth, in perfect Trinity, God, world without end. Amen.



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 FIRST 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.

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 SECOND 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.

The Immaculate Conception Novena

THE SOLEMNITY OF THE IMMACULATE CONCEPTION IS A HOLY DAY OF OBLIGATION. THIS TRADITIONAL NOVENA IS PRAYED FOR NINE DAYS BEGINNING ON NOVEMBER 29TH THROUGH DECEMBER 7TH, THE EVE OF THE IMMACULATE CONCEPTION.

Immaculate Virgin! Mary, conceived without sin! Remember, thou wert miraculously preserved from even the shadow of sin, because thou wert destined to become not only the Mother of God, but also the mother, the refuge, and the advocate of man; penetrated therefore, with the most lively confidence in thy never-failing intercession, we most humbly implore thee to look with favor upon the intentions of this novena, and to obtain for us the graces and the favors we request. Thou knowest, O Mary, how often our hearts are the sanctuaries of God, Who abhors iniquity. Obtain for us, then, that angelic purity which was thy favorite virtue, that purity of heart which will attach us to God alone, and that purity of intention which will consecrate every thought, word, and action to His greater glory. Obtain also for us a constant spirit of prayer and self-denial, that we may recover by penance that innocence which we have lost by sin, and at length attain safety to that blessed abode of the saints, where nothing defiled can enter.

O Mary, conceived without sin, pray for us who have recourse to thee.



Christmas Day

LIGHT THE CHRIST CANDLES. 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 NATIVITY OF OUR LORD

Grant, we beseech Thee, almighty God, that the new birth in the flesh of Thine only-begotten Son may set us free, whom the old bondage doth hold under the yoke of sin. Through the same Jesus Christ, Thy Son, our Lord Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.. 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 eat and sing today:
 Love, the bird, is on the way.**

COLLECT FOR THE THIRD 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.

Fourth Week of Advent



LIGHT ALL THE CANDLES. SING THEN PRAY.

PEOPLE LOOK EAST

Verse 4

**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.**

COLLECT FOR THE FOURTH SUNDAY

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.

Christmas Eve



LIGHT ALL THE CANDLES. SING THEN PRAY.

PEOPLE LOOK EAST

Verse 5

**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.**

COLLECT FOR THE EVE 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 reigneth in the unity of the Holy Ghost, God, world without end. Amen.