

Sunday, Dec 17, 2023

Oh, Antiphons!

At evening prayer tonight, the church begins to invoke seven names for Jesus traditionally called the O Antiphons. These names—Wisdom, Sacred Lord, Flower of Jesse’s Stem, Key of David, Radiant Dawn, King of All Nations, Emmanuel—suggest to us how the stories of the Old Testament foreshadow the arrival of God-With-Us. As Mary Winifred observes in *Hasten the Kingdom: Praying the O Antiphons of Advent*: “The Word, which joyfully shouted all the galaxies into being, left All Power and came silently into the womb of a young girl.” Seek to encounter Jesus today in wise people, books, and practices.

THIRD SUNDAY OF ADVENT (O WISDOM)

TODAY’S READINGS: Isaiah 61:1-2a, 10-11; 1 Thessalonians 5:16-24; John 1:6-8, 19-28 (8). “[John] came for testimony, to testify to the light, so that all might believe through him.”

Monday, Dec 18, 2023

Pray for safe passage

Today’s O Antiphon of Advent, the second of seven leading up to Christmas Eve, is “O Sacred Lord and Leader of the House of Israel, giver of the Law to Moses on Sinai: come to rescue us with your mighty power!” Today is also International Migrants Day, which recognizes the contributions of migrants, their challenges, and their human rights. Migrants number in the hundreds of millions the world over—some by choice but many forcibly displaced. Jesus and his family became migrants fleeing for their lives soon after the birth that we are preparing to celebrate. Make safe migration and the humane treatment of migrants everywhere your prayer intention with this O Antiphon.

ADVENT WEEKDAY (O SACRED LORD AND LEADER OF THE HOUSE OF ISRAEL)

TODAY’S READINGS: Jeremiah 23:5-8; Matthew 1:18-25 (194). “When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home.”

Tuesday, Dec 19, 2023

Grafted onto Jesus’ family tree

Near Bethlehem stands an olive tree scientists say is 5,000 years old. It’s not uncommon for olive trees to reach the ripe old age of 900+ years in Mediterranean countries. Once they grow so old that they stop bearing fruit, olive trees are cut down to mere stumps. But that stump? Leave it alone for a couple of years, then suddenly new shoots spring forth. A shoot or root in this context does not symbolize fragility but rather hardiness and promise. Such are the descendants of the House of David, a spiritual family tree that includes Jesus and us. If you don’t mark Advent with a Jesse tree, review the tradition—and pray the Jesse Tree Litany, a version of the Litany of the Saints.

ADVENT WEEKDAY (O FLOWER OF JESSE’S STEM)

TODAY’S READINGS: Judges 13:2-7, 24-25a; Luke 1:5-25 (195). “Though you are barren and have had no children, yet you will conceive and bear a son.”

Wednesday, Dec 20, 2023

Stand together

On this International Human Solidarity Day, enacted by the U.N. in 2005, we remember Blessed Michael Piaszczyński, who in the early 1900s taught at the diocesan seminary of Lomza, Poland. Modest and compassionate, Father Piaszczyński had a deep respect for Judaism and even invited rabbis to speak at his school.

During World War II he was imprisoned by the Nazis and often shared his bread with elderly Jewish inmates. Piaszczyński died in the camp in 1940. He was beatified by his compatriot, Pope John Paul II, in 1999. What are small ways you can show solidarity with your fellow humans, especially those who seem different from you?

ADVENT WEEKDAY (O KEY OF DAVID)

TODAY’S READINGS: Isaiah 7:10-14; Luke 1:26-38 (196). “Do not be afraid, Mary, for you have found favor with God.”

Thursday, Dec 21, 2023

Radiant reminders

Monks, nuns, and others who take part in evening prayer are now chanting the O Antiphons, a rich series of references to the coming Christ recited from December 17-23. Today’s antiphon proclaims: “O Radiant Dawn, splendor of eternal light, sun of justice: come and shine on those who dwell in darkness and in the shadow of death.” Look around you today and seek out the many lights associated with Christmas: Advent candles, strings of light, Posadas candles, fires for holiday gatherings. Let each one remind you of the light of Christ coming into the world.

ADVENT WEEKDAY (O RADIANT DAWN)

TODAY’S READINGS: Song of Songs 2:8-14 or Zephaniah 3:14-18a; Luke 1:39-45 (197). “Blessed are you who believed that what was spoken to you by the Lord would be fulfilled.”

Friday, Dec 22, 2023

The “O Hail No” antiphon

Few have direct experience of royalty, and so the words “queen” and “king” might do little other than remind us of some TV or streaming series. For some though, the terms hit hard because within their culture, people experienced oppression and violence from ruling classes. Singing the O Antiphon, “O King of All Nations,” then, might not evoke a hopeful experience of God. How might we tap into the deeper meaning of the antiphon? What words and images can help us experience the longing for God who brings peace and right relationship, who removes barriers that divide, and who breathes life into our tired bodies?

ADVENT WEEKDAY (O KING OF ALL NATIONS)

TODAY’S READINGS: 1 Samuel 1:24-28; Luke 1:46-56 (198). “My spirit rejoices in God my savior.”

Saturday, Dec 23, 2023

We stand corrected

John Kanty (1390-1473) was a Polish priest, philosopher, physicist, and theologian. He helped develop early scientific theories of inertia that Newton would later use to formulate his laws of motion. Kanty’s theories also helped Galileo figure out the orbital motions of the planets around the sun. During Kanty’s time, the Catholic Church taught the geocentric model that the planets and the sun orbited around the Earth. In 1632 Galileo’s work was condemned by Pope Urban VIII, and he was placed under house arrest for the rest of his life. Kanty was canonized in 1767, around the same time Rome finally capitulated to Galileo’s heliocentric model of the solar system. Give thanks for the church that corrects its faults.

MEMORIAL OF JOHN OF KANTY, PRIEST (O EMMANUEL)

TODAY’S READINGS: Malachi 3:1-4, 23-24; Luke 1:57-66 (199). “Then fear came upon all their neighbors, and all these matters were discussed.”

Invest just five minutes a day, and your faith will deepen and grow—a day at a time



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