

Ember Wednesday in Advent



Ember days are days of fasting and repentance that have their origins in the Western Church of the early third century. Although their exact beginning is uncertain, Ember days are probably related to the prayers of the faithful around the agricultural calendar.

Ember days occur four times a year: after the commemoration of St. Lucy (December 13), after Ash Wednesday, after Pentecost, and after the commemoration of the Holy Cross (September 14). On those weeks, the Wednesday, Friday, and Saturday are set apart for special penitential devotion. Ember Saturdays have been recognized by the church as appropriate for ordinations since the sixth century.

Fasting has long been an integral part of penitential observances such as Ember Days. St. Leo (461 A ✠ D) explained: “for fasting has ever been the nourishment of virtue.”



In the Mass today, the observance of Ember Wednesday of Advent is marked by several liturgical changes:

- The Salutation before the Collect is omitted;
- We kneel for silent prayer before the Collect;
- We hear an additional Reading; and
- A second Collect follows the Gradual.

Holy Mass

EMBER WEDNESDAY IN ADVENT

It is a laudable custom to kneel in prayer after entering the pew.

It is a laudable custom to bow the head whenever the holy name of Jesus is mentioned in the Mass and at those points marked with a diamond (♦).

At those points marked with a cross (✠), it is a laudable custom to cross oneself.

Preliminaries

Please STAND when the entrance bell is rung.

Invocation

In the Name of the Father and of the ✠ Son and of the Holy Spirit.

Amen

Versicles

I will go to the altar of God:

To God my exceeding joy.

Our ✠ help is in the Name of the Lord.

Who made heaven and earth.

Please KNEEL.

Confiteor

During a period of silence, call to mind both your sinfulness and those sins you have committed against the Ten Commandments.

I confess to almighty God,

before all the company of heaven, and to you, my brothers and sisters, that I have sinned exceedingly in thought, word and deed

(strike your chest three times saying:)

through my fault, through my own fault, through my own most grievous fault;

wherefore I pray almighty God, for the sake of ♦ Jesus Christ His Son, to have mercy on me, forgive me my sins, and bring me to everlasting life.

Post-Communion Collect

The Lord be with you.

And with your spirit.

Let us pray. O Lord, who has satisfied us with the healing Gifts of Your bounty, we humbly beseech You that as we rejoice in partaking of them they may benefit the renewal of our souls; through ♦ Jesus Christ, Your Son, Our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

Amen

Benedicamus

The Lord be with you.

And with your spirit.

Let us bless the Lord.

Thanks be to God.

Please KNEEL.

Blessing

Almighty God bless you: the Father, the ✠ Son, and the Holy Spirit.

Amen

Silent Prayer

Pray that you remain in Christ just as He is in you.

Closing Hymn

Please STAND when the organ sounds.

Please depart in silence and leave this Ordo at the door.

The offering is received at the door.

Prayers During Holy Communion

Before approaching the Altar, kneel and silently say:

O Lord Jesus Christ, Son of the living God, who by the will of the Father with the Holy Spirit has given life to the world through Your death; by this, Your most holy Body and Blood, deliver me from all my sins and from every evil, and enable me ever to abide in Your commandments, and allow me never to be separated from You; who lives and reigns with the same Father and the Holy Spirit, one God, now and forever. Amen

Let not my reception of Your Body and Blood, which I, all unworthy, presume to eat and drink, be to my judgment and condemnation; but by Your mercy may it be to me for protection and health both of soul and body; who with the Father and the Holy Spirit are one God, living and reigning now and forever. Amen

Before receiving the Body of Christ at the Altar, kneel and silently say:

I shall receive the bread of heaven and call upon the Name of the Lord. Lord, I am not worthy that You should come under my roof, but speak the word only and my soul shall be healed. ✠ May the Body of Our Lord Jesus Christ preserve my soul unto life everlasting! Amen

At the Altar before receiving the Blood of Christ, kneel and silently say:

What shall I give to the Lord for all the benefits that He has given to me? I will receive the cup of salvation and call upon the name of the Lord. I will call upon the Lord who is worthy to be praised, so shall I be saved from my enemies. ✠ May the Blood of Our Lord Jesus Christ preserve my soul unto life everlasting! Amen

After Returning from the Altar, kneel and silently say:

Let Your Body which I have received and Your Blood which I have drunk, O Lord, cleave to my members; and grant that no stain of sin remain in me, whom You have refreshed with a pure and holy sacrament; who lives and reigns forever and ever. Amen

I give You thanks, Lord God heavenly Father, that You have refreshed me with the Body and Blood of Your Son Jesus Christ. And I pray that this heavenly food may strengthen my faith that I may bear all crosses, sicknesses and trials with patience and trust; through the same Jesus Christ Our Lord. Amen

After all have communed, the Celebrant cleanses the sacred vessels.

Communion—Isaiah 7.14

*Behold, the virgin shall conceive and bear a Son:
And shall call His name Immanuel.*

Please STAND when signaled.

Absolution

Upon this, your confession, I, by virtue of my Office as a called and ordained servant of the Word, announce the grace of God to all of you. In the stead and by the command of my Lord Jesus Christ, I forgive you all your sins, in the Name of the Father and of the ✠ Son and of the Holy Spirit.

Amen

Please STAND.

Liturgy of the Word

Introit—Psalm 45.8; Psalm 19.1

✠ *Rain down, you heavens, from above, and let the skies pour down righteousness:*

Let the earth open, let them bring forth Salvation.

The heavens declare the glory of God:

and the firmament shows His handiwork.

♦ *Glory be to the Father and to the Son and to the Holy Spirit:*

As it was in the beginning, is now, and will be forever. Amen

Rain down, you heavens, from above, and let the skies pour down righteousness:

Let the earth open, let them bring forth Salvation.

Kyrie Eleison

Lord, have mercy upon us.

Lord, have mercy upon us.

Lord, have mercy upon us.

Christ, have mercy upon us.

Christ, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Lord, have mercy upon us.

Lord, have mercy upon us.

Collect

The Salutation is omitted.

Let us pray. Let us kneel. (*Pause for silent prayer.*) Let us stand.
Grant, we beseech You, almighty God, that the coming solemnity of our redemption may bestow upon us Your comfort in this life, and in the life to come the benefit of eternal felicity; through ♦ Jesus Christ, Your Son, Our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

Amen

Please BE SEATED.

First Lesson—Isaiah 2.2-5

After the Reading:

The Word of the Lord.

Thanks be to God.

Gradual—Psalm 24.7, 3-4

*Lift up your heads, O you gates! And be lifted up, you everlasting doors:
And the King of glory shall come in.*

Who may ascend into the hill of the Lord? Or who may stand in His holy place?

He who has clean hands and a pure heart.

Collect

The Lord be with you.

And with your spirit.

Let us pray. Arise, O Lord, we beseech You, and do not delay to bestow upon us the aid of Your heavenly might, that those who put their trust and confidence in Your mercy may be relieved by the consolation of Your Advent; who live and reign with the Father and the Holy Spirit, one God, now and forever.

Amen

Second Lesson—Isaiah 7.10-15

After the Reading:

The Word of the Lord.

Thanks be to God.

Embolism

The Celebrant concludes the Our Father with a prayer for deliverance and peace, ending with the words:

...one God now and forever.

Amen

Pax Domini

The peace of the ✕ Lord be with you always.

Amen

Agnus Dei

O Christ, the Lamb of God, who take away the sin of the world: have mercy upon us.

O Christ, the Lamb of God, who take away the sin of the world: have mercy upon us.

O Christ, the Lamb of God, who take away the sin of the world: grant us Your peace. Amen

The Distribution of Our Lord’s Body and Blood

Please approach the Altar and KNEEL to receive the Most Blessed Sacrament.

*Reception of the Lord’s Supper indicates unity in confession and faith.
If you have not communed at Zion’s altar previously, please refrain from receiving the Sacrament until you have spoken with the Pastor.*

The Body of Christ is received on the tongue.

The Blood of Christ is received from the Chalice.

You may assist the minister by guiding the Chalice to your mouth.

Women are asked to remove lipstick before drinking from the Chalice.

Eucharistic Prayer

The Prayer of Thanksgiving is prayed, ending with the words:
...which You now graciously bestow upon us through Christ Our Lord.
Amen

Verba Christi

The Celebrant speaks the Words of Our Lord's Last Will and Testament. During the two Major Elevations, we adore Our Lord's Body and Blood.

Anamnesis

The Prayer of Remembrance is prayed, ending with the words:
...until He comes again in power and great glory as victorious Lord of all.

Acclamation

Through Him, with Him, in Him, in the unity of the Holy Spirit, all glory and honor are Yours, almighty Father, now and forever.
Amen

At the Minor Elevation, we again adore Christ in the Most Blessed Sacrament and acclaim Him as eternal God.

Pater Noster

Taught by Our Lord and trusting His promise, we are bold to pray:
Our Father who art in heaven.
Hallowed be Thy Name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from ✕ evil. Amen

Please STAND.

Gradual—Psalm 145.18, 21

*The Lord is near to all who call upon Him:
to all who call upon Him in truth.
My mouth shall speak the praise of the Lord:
and all flesh shall bless His holy Name.*

Holy Gospel—St. Luke 1.26-38

The Lord be with you.
And with your spirit.

While the Gospel is announced, make the sign of the cross on the forehead, lips and heart.

The continuation of the Holy Gospel according to Saint Luke:
Glory be to Thee, O Lord.

After the Gospel:

The Gospel of the Lord.
Praise be to Thee, O Christ.

Please BE SEATED.

Preaching of the Gospel

Chief Hymn

Please STAND when the organ sounds.

Credo

I believe in one God,
the Father Almighty,
Maker of heaven and earth,
And of all things visible and invisible.
And in one Lord † Jesus Christ,
The only-begotten Son of God,
Begotten of His Father before all worlds;
God of God, Light of Light, Very God of Very God,
Begotten, not made;
Being of one substance with the Father,
By whom all things were made;
Who for us men and for our salvation came down from heaven
Please GENUFLECT on the kneelers in honor of Our Lord's incarnation.

**And was incarnate by the Holy Ghost of the Virgin Mary,
and was made man;**

Please STAND.

**And was crucified also for us under Pontius Pilate.
He suffered and was buried;
And the third day He rose again according to the Scrip-
tures;
And ascended into heaven,
And sits at the right hand of the Father;
And He shall come again with glory to judge the living
and the dead;
Whose kingdom shall have no end.
And I believe in the Holy Ghost,
The Lord and Giver of Life,
Who proceeds from the Father and the Son,
Who with the Father and the Son together is † worshipped
and glorified,
Who spoke by the prophets.
And I believe one holy, catholic and apostolic Church.
I acknowledge one Baptism for the remission of sins,
And I look for the resurrection of the dead
And the life ✕ of the world to come. Amen**

Please KNEEL.

Intercessions

After each petition:

Lord, in Your mercy:
Hear our prayer.

After the final petition is prayed:

Graciously receive our prayers, deliver and preserve us; through †
Jesus Christ, Your Son, Our Lord, who lives and reigns with You
and the Holy Spirit, one God, now and forever.
Amen

Please BE SEATED.

Liturgy of the Holy Eucharist

Offertory

*While the Altar is prepared, you are encouraged to prepare your heart
and mind for Our Lord's Service in His Body and Blood.*

The offering is received at the door.

Offering Hymn

Offertorium—Isaiah 35.4

*Be strong, fear not; behold, your God will come with vengeance:
With the recompense of God He will come and save you.*

Please STAND when signaled.

Oblation

*The Celebrant prays the Offertory Prayer, ending with the words:
...one God, now and forever.*

Amen

Preface

The Lord be with you.

And with your spirit.

Lift up your hearts.

We lift them up unto the Lord.

Let us give thanks unto the Lord, our God.

It is meet and right so to do.

*The Celebrant speaks the Advent Preface, ending with the words:
... evermore praising You and saying:*

Sanctus

Please KNEEL when the Server rings the Sanctus bell three times.

† **Holy, Holy, Holy**

Lord God of Sabaoth.

Heaven and earth are full of Your glory.

Hosanna in the highest!

**Blessed is He who ✕ comes in the Name of the Lord!
Hosanna in the highest!**