



ANTIPHONS

“O” antiphons are prayed in the Liturgy of the Hours and as the alleluia verse in the Masses the seven days before Christmas. These recall what the prophets said of the Messiah. Each antiphon calls the Lord under a different title. The “O” antiphons are sung in the different verses of the Advent hymn ‘O come O come Emmanuel.’ You can listen to it [here](#)

- *The Liturgy of the Hours is the official set of prayers "marking the hours of each day and sanctifying the day with prayer. It consists primarily of psalms supplemented by hymns, readings and other prayers and antiphons. Together with the Mass, it constitutes the official public prayer life of the Church.*
- Have the students either illustrate the antiphons in white oval shapes for display using the symbols or images in the hymn below.
- Get them to write their own antiphon and to put it inside a Christmas tree decoration that they have made.

O Come O Come Emmanuel

O come, O come, Emmanuel
And ransom captive Israel
That mourns in lonely exile here
Until the Son of God appear
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.

O come, Thou Rod of Jesse, free
Thine own from Satan's tyranny
From depths of Hell Thy people save
And give them victory o'er the grave
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.

O come, Thou Day-Spring, come and cheer
Our spirits by Thine advent here
Disperse the gloomy clouds of night
And death's dark shadows put to flight.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.

O come, Thou Key of David, come,
And open wide our heavenly home;
Make safe the way that leads on high,
And close the path to misery.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.

O come, O come, Thou Lord of might,
Who to Thy tribes, on Sinai's height,
In ancient times did'st give the Law,
In cloud, and majesty and awe
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.