# O Antiphons Prayer Companion


**Antiphon of the Day**

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior for He has looked with favor on His lowly servant.

From this day all generations will call me blessed: the Almighty has done great things for me, and Holy is His Name.

He has mercy on those who fear Him in every generation.

He has shown the strength of His arm, He has scattered the proud in their conceit.

He has cast down the mighty from their thrones, and has lifted up the lowly.

He has filled the hungry with good things, and the rich He has sent away empty.

He has come to the help of His servant Israel for He has remembered His promise of mercy, the promise He made to our fathers, to Abraham and His children for ever.

**Repeat Antiphon**

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<table>
<thead>
<tr>
<th><strong>Veni, Veni Emmanuel (O Come, O Come Emmanuel)</strong></th>
<th><strong>December 20: O Key of David</strong></th>
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<tr>
<td>1. 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.</td>
<td>5. 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. Rejoine</td>
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<td><strong>December 17: O Wisdom</strong></td>
<td><strong>December 21: O Dayspring</strong></td>
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<tr>
<td>2. O come, O Wisdom from on high, who orders all things mightily, to us the path of knowledge show, and teach us in her ways to go. Rejoine</td>
<td>6. O come, Thou Dayspring from on high, And cheer us by thy drawing nigh; Disperse the gloomy clouds of night. And death's dark shadow put to flight. Rejoine</td>
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<td><strong>December 18: O Lord and Ruler</strong></td>
<td><strong>December 22: O King of Nations</strong></td>
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<td>3. O come, O come, thou Lord of might, Who to Thy tribes on Sinai's height In ancient times didst give the law In cloud and majesty, and awe. Rejoine</td>
<td>7. O come, Desire of nations, bind, In one the hearts of all mankind; Bid Thou our sad divisions cease, And be Thyself our King of peace. Rejoine</td>
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<td><strong>December 19: O Root of Jesse</strong></td>
<td><strong>December 23: O Emmanuel</strong></td>
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<td>4. O come, Thou Rod of Jesse's stem, From ev'ry foe deliver them That trust Thy mighty power to save, And give them vict'ry o'er the grave. Rejoine</td>
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December 17: O Wisdom / O Sapientia

Antiphon: O Wisdom, You came forth from the mouth of the Most High, and reaching from beginning to end You ordered all things mightily and sweetly. * Come and teach us the way of prudence.

Latin Antiphon: O Sapientia, quae ex ore Altissimi prodidisti, attingens a fine usque ad finem, fortiter suaviter disponensque omnia: * Veni ad docendum nos viam prudentiae.

Magnificat (See Page 1)
Repeat Antiphon

Verse from O Come Emmanuel:
O come, O Wisdom from on high, who orders all things mightily, to us the path of knowledge show, and teach us in her ways to go.

Refrain: Rejoice, rejoice! Emmanuel shall come to thee, O Israel.

Symbols: Oil lamp; open book or scroll; dove (Holy Spirit); all-seeing eye.

Suggested Foods: Incorporate foods that are known to be "brain food". This list includes blueberries and tomatoes, dark chocolate and avocados and especially eggs. The Holy Spirit is often portrayed as a dove, so incorporating poultry or “winged” ideas, such as chicken wings. Remembering the chrism at Baptism and Confirmation, serve bread slices to dip into flavored olive oil.
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**December 18: O Lord and Ruler / O Adonai**

**Antiphon:** O Lord and Ruler the house of Israel, who appeared to Moses in the flame of the burning bush and gave him the law on Sinai: *Come*, and redeem us with outstretched arms.

**Latin Antiphon:** O Adonai, et Dux domus Israel, qui Moysi in igne flammae rubi apparuisti, et ei in Sina legem dedisti: *Veni ad redimendum nos in brachio extento.*

**Magnificat** (See Page 1) Repeat Antiphon

**Verse from O Come Emmanuel:**

O come, O come, thou Lord of might,  
Who to Thy tribes on Sinai's height  
In ancient times didst give the law  
In cloud and majesty, and awe.

**Refrain:** Rejoice, rejoice! Emmanuel shall come to thee, O Israel.

**Symbols:** Burning bush; stone tablets; tent/tabernacle in desert.

**Suggested Foods:** The symbol of the burning bush brings to mind hot, spicy, or flaming foods. Try grilled or flame-broiled, flambé or skewered meals, or hot and spicy food. A simple treat would be tortilla chips and salsa or red hot candies.

*Moses with the Ten Commandments, 1648, Philippe de Champaigne*
December 19: O Root of Jesse / O Radix Jesse

Antiphon: O Root of Jesse, that stands for an ensign of the people, before whom the kings keep silence and unto whom the Gentiles shall make supplication: * Come, to deliver us, and tarry not.

Latin Antiphon: O Radix Jesse, qui stas in signum populorum, super quem continebunt reges os suum, quem gentes deprecabuntur: * Veni ad liberandum nos, iam noli tardare.

Magnificat (See Page 1) Repeat Antiphon

Verse from O Come Emmanuel:

O come, Thou Rod of Jesse's stem,
From ev'ry foe deliver them
That trust Thy mighty power to save,
And give them vict'ry o'er the grave.

Refrain: Rejoice, rejoice! Emmanuel shall come to thee, O Israel.

Symbols: flower; plant with flower with roots; root with flowering stem; stump with roots.

Suggested Foods: Root vegetables, such as carrots, potatoes, sweet potatoes or yams; root beer. Recipe ideas: carrot and raisin salad; twice-baked potatoes; French fries. Following the flower of Jesse, serve different edible flowers (such as broccoli) or foods shaped like flowers (fruit cut in fancy ways).
December 20: O Key of David / O Clavis David

Antiphon: O Key of David, and scepter of the house of Israel, who opens and no man shuts, who shuts and no man opens: * Come, and bring forth the captive from his prison, he who sits in darkness and in the shadow of death.


Magnificat (See Page 1) Repeat Antiphon

Verse from O Come Emmanuel:
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.

Refrain: Rejoice, rejoice! Emmanuel shall come to thee, O Israel.

Symbols: Key; broken chains.

Suggested Foods: Serve a bowl of unshelled nuts with a nutcracker. Without the “key” (nutcracker) you cannot get inside easily. Breaking the nut can be a reminder of the broken chains. Other ideas: Key lime foods or drink; unshelled pistachios; shell fish.
December 21: O Dayspring / O Oriens


Magnificat (See Page 1) Repeat Antiphon

Verse from O Come Emmanuel:
O come, Desire of nations, bind,
In one the hearts of all mankind;
Bid Thou our sad divisions cease,
And be Thyself our King of peace.

Refrain: Rejoice, rejoice! Emmanuel shall come to thee, O Israel.

Symbols: Sunrise; sun.

Suggested Foods: Citrus fruits are in season, and wonderful reminders of the sun. Serve fruit juice, lemon or orange flavored bars or cakes, lemon-flavored main dishes, such as chicken or pasta.
Antiphon: O King of the Gentiles and their desired One, the cornerstone that makes both one: * Come, and deliver man, whom you formed out of the dust of the earth.

Latin Antiphon: O Rex gentium, et desideratus eorum, lapisque angularis, qui facis utraque unum: * Veni, et salva hominem, quem de limo formasti.

Magnificat (See Page 1) Repeat Antiphon

Verse from O Come Emmanuel:
O come, Thou Dayspring from on high,
And cheer us by thy drawing nigh;
Disperse the gloomy clouds of night.
And death’s dark shadow put to flight.

Refrain: Rejoice, rejoice! Emmanuel shall come to thee, O Israel.

Symbols: Crown; crown and scepter; cornerstone.

Suggested Foods: Cake shaped like a crown; wreath cookie; Rice Krispie treats shaped into wreath or cornerstones; simple butter cookies in ring shapes; Cornerstone ideas could include loaf-shaped breads, such as pound cake, quick breads like cranberry-nut, banana nut.
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December 23: O Emmanuel / O Emmanuel

Antiphon: O Emmanuel, God with us, our King and lawgiver, the expected of the nations and their Savior: *Come to save us, O Lord our God.


Magnificat (See Page 1) Repeat Antiphon

Verse from O Come Emmanuel:

O Come, O come, Emmanuel,
And ransom captive Israel,
That mourns in lonely exile here
Until the Son of God appear.

Refrain: Rejoice, rejoice! Emmanuel shall come to thee, O Israel.

Symbols: Manger; Chalice and host; Crown with tablets.

Suggested Foods: Considering the symbols chalice and host, bread and wine would be a simple addition for the meal. Even though the people of the Old Testament didn't realize that Emmanuel was to come in the form of a baby, we do know that Jesus became man, first as a helpless infant. Think of soft "mushy" foods to serve: mashed potatoes, ice cream, pudding, rice pudding, or applesauce.