

O Antiphons



**For those who have
experienced loss
through death**

The antiphons were composed in the seventh or eighth century when monks put together texts from the Old Testament. They emphasize the Advent theme of hope, expectation and longing for the coming of the Savior.



These verses or antiphons begin with “O” and end with a plea for the Messiah to come. They are usually recited during the special period of Advent preparation which is the Octave (eight days) before Christmas, December 17-23. The following are the “O” Antiphons composed for those that have experienced loss through death.

December 17th

O Sapientia: O Wisdom, O holy Word of God, you govern all creation with your strong yet tender care. Come and show your people the way to salvation.

Read: Isaiah 11: 2-3

Lord, in my world of darkness that could only embrace my loss, my hope comes only from you where the beauty of your creation seeps into my soul. Your presence to us exists in the stars in the sky, the waters of the ocean, the rain from the clouds, the sun that sends forth its rays that dry the soil. There is order in the magnificence of your creation. Walk with me as I continue on my journey of loss and mourning. Open my eyes to this beauty as a reminder of your love and tender care for us as your hand touches our hearts to bring us the balm of peace and healing. Amen.

O, Lord, come let us experience your presence as we seek your ways to salvation.



December 18th

O Adonai: O sacred Lord of ancient Israel, who showed yourself to Moses in the burning bush, who gave him the holy law on Sinai Mountain: come, stretch out your mighty hand to set us free.

Read: Isaiah 11: 4-5

Lord, we are weighed down by feelings of loss that encompass anger, confusion, and plain grief in ourselves. We remain as captives of our emotions that seem to rule us as we journey through our loss. Empty are we and unable to give to others. We are held captive by our memories of the past. We long to visit the past story of our life and once more embrace our loved one before we journey to a new life that we must still live.

O sacred Lord of Israel, come and stretch out your hand and touch my heart, my soul and my mind as I continue to grieve. I can only ask that you will accompany me on this pathway that I must now take as I reflect on and celebrate the life of the person who was called from this world to join your heavenly kingdom.

O, sacred Lord, come and remain with me on my life journey as I long to see your face.



December 19th

O Radix Jesse: O Flower of Jesse's stem, you have been raised up as a sign for all peoples; kings stand silent in your presence; the nations bow down in worship before you. Come, let nothing keep you from coming to our aid.

Read: Isaiah 11:1, 10 and Micah 5:1

Lord, in a moment, the loss of my loved one became an event that changed the world in which I was living. Tears, silent reflections for which there were no more words to share, disbelief, regrets, and a loss of the meaning of my life became my world. As I walk through the days, sometimes living moment to moment, reflect on how you have given us life with each person having a purpose to fulfill in your heavenly plan. Come and bring me the gift of hope and a new vision with a new hope for my life.



O Flower of Jesse's stem, it is now that I need to see the beginning of a new bud of hope that shall blossom in my life.

December 21st

O Oriens: O Radiant Dawn, splendor of eternal light, sun of justice: come, shine on those who dwell in darkness and the shadow of death.

Read: Isaiah 9:11

Lord, help me to see your great light and the dawn of the new day. Shine on me your love as You continue to guide me in your light. Turn my tears into joy and my sorrow into hope as your love continues to soothe my spirit. As I begin this new transition in my life, guide me to your pathway of peace, comfort my spirit, quiet my deepest fears and transform me to embrace the unknown future filled with anticipation. With this anticipation, let me realize that "God so loved us that he sent us his only Son" to be with us. (John 3:16)



O Radiant Dawn, come and help me prepare the way for the Christ Child in my heart.

December 20th

O Clavis David: O Key of David, O royal Power of Israel, controlling at your will the gate of Heaven: Come, break down the prison walls of death for those who dwell in darkness and the shadow of death; and lead your captive people into freedom."

Read: Isaiah 22:22 and 9:6.

Lord, my own prison of darkness envelops my life as my loved one has now entered the promise of eternal life. The mystery of this death has brought about the search for the mystery of your love that wishes to consume me with its peace. Strengthen me with your love and peace as I try to embark on a new journey in my own life. With a newfound faith and hope, touch my heart, change my life, and consume me with the fire of your love as I continue to prepare the way for the coming of our Savior during this Advent.



O Key of David, O royal Power of Israel, come and free me from my own prison walls that keeps me from your love.

December 22nd

O Rex Gentium: O King of all the nations, the only joy of every human heart; O Keystone of the mighty arch of man, come and save the creature you fashioned from the dust.

Read Isaiah 9:5; 2:4

Lord, speak softly and tenderly to my heart of the promises of peace that a little child in Bethlehem would bring. Let me experience your joy in my heart. Let this joy and peace heal my grieving spirit as I begin to realize the gift of God's love for us, for you have conquered death. Help me to feel your presence in my life as I reflect on this incredible blessing of love that comes from heaven to each of us. For You are the God of Joy, you are the God of Peace and Love. Inspire us to share this love and joy during this holy season. O, Prince of Peace, as I begin to heal, let your joy, your peace and your love reign in my heart for I have now found you.



O King of all nations, come with your gift of peace.

December 23rd

O Emmanuel: O, Emmanuel, king and lawgiver, desire of the nations, Savior of all people, come and set us free, Lord our God.

Read Isaiah 7:14

Lord, come and set us free from anything that will keep us from you in our lives. Despite our losses and all of our life experiences, O Emmanuel, you are with us. Open our eyes to see your love in our family and all those that have experienced brokenness. Touch very gently our hearts to heal them. Please, bring the balm of peace to our soul and those of our loved ones so that this Christmas, as we have now found you in the Christ Child, our spirits will be renewed to carry on your love to a new life.

O, Emmanuel, come and let us experience your gift of love.

Reflection

This incredible love that comes from heaven in the Christ Child is a blessing of God's love to each of us. The Christ Child helps us to choose love and when we love we have peace. We then become messengers of peace and people of hope despite our losses. When we find this peace, we choose to love; when we choose to love, we will find joy.

Let this peace, love and joy permeate all the secret spaces of your soul, and may this peace be the foundation of your new journey in life.

O, Emmanuel, we praise you for your gifts and blessings of peace, love and joy.



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