Here's a text if you've only got a minute ...

We are all the work of your hand. *First Reading*

We shall be saved. *Psalm*

Christ will sustain you to the end *Second Reading*

What I say to you I say to all: Stay awake! *Gospel*

Almighty Father,
strong is your justice and great is your mercy.
Protect us in the burdens and challenges of life.
Shield our minds from the distortion of pride
and enfold our desire with the beauty of truth.

Old Opening Prayer

This week's texts if you want to reflect further:
Isaiah 63:16b–17; 64: 1, 3b–8; Ps. 80 (79); 1 Cor. 1: 3–9; Mark 13: 33–37



so that you are
not lacking in
any gift, as you
wait for the
revealing
of our Lord
Jesus Christ ...

If you'd like to receive Prego by email each week, sign up at
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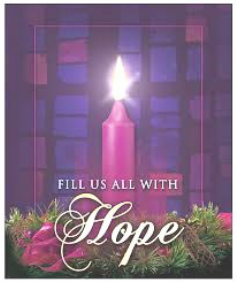
ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



PREGO LEAFLET

**First Sunday of Advent,
Year B, 29th November 2026**

To you, I lift up my soul, O my God.
In you, I have trusted.

This Sunday, we light the first candle of the Advent wreath, symbolising hope. And don't we need the hope this season brings, as it points us toward the great promise of Christ's Nativity.

Today's **Psalm** speaks eloquently of this hope, which it sees coming in the form of salvation, shining light, visitation, protection, confirmation and life.

In the **Second Reading**, St Paul assures us that we have been given all we need to wait faithfully for the Lord's second coming. By God's grace, we will be sustained to the very end.

The timing of this end we do not know, so Jesus encourages us to be ready for it, awake and on guard. (**Gospel**)

Finally, today's **First Reading** gives us a model of readiness through Isaiah's yearning to be like clay in the hands of a loving potter.

This Sunday, and this whole season of Advent, may we ready ourselves for the day of the Lord, through joyful good works, by patient waiting and in faithful remembrance. Amen.

Opening Prayer

Grant your faithful, we pray, almighty God,
the resolve to run forth to meet your Christ
with righteous deeds at his coming,
so that, gathered at his right hand,
they may be worthy to possess the heavenly kingdom.

Second Reading 1 Corinthians 1: 3–9

Brothers and sisters: Grace to you and peace from God our Father and the Lord Jesus Christ. I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus, that in every way you were enriched in him in all speech and all knowledge – even as the testimony about Christ was confirmed among you – so that you are not lacking in any gift, as you wait for the revealing of our Lord Jesus Christ, who will sustain you to the end, guiltless in the day of our Lord Jesus Christ. God is faithful, by whom you were called into the fellowship of his Son, Jesus Christ our Lord.

I take some moments to quieten myself and to become still. I might try a breathing exercise or light a candle and watch the steady flame.
However I choose to enter this time of prayer, I do so slowly, asking for the help of the Holy Spirit who sustains and enriches me even now.
And I wait …

I read the text a couple of times, slowly, prayerfully.
I imagine St Paul writing these lines with myself in mind – speaking of his gratitude for my enrichment through the God's grace. How have I been enriched by God? When I think of all that has been given to me, what comes to mind?

Do I feel I am lacking something in some way? Can I name what I need?
St Paul assures me that I lack nothing but will be sustained to the end.
How am I being sustained?

Can I rest in his assurance that God will always be faithful to me?

I spend the last few minutes of this prayer resting in that grace and peace that comes to me from God the Father through Christ Jesus, the Lord.

When ready, I end with a slow sign of the cross.

Gospel Mark 13: 33–37

At that time: Jesus said to his disciples: 'Be on guard, keep awake. For you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his servants in charge, each with his work, and commands the doorkeeper to stay awake. Therefore, stay awake — for you do not know when the master of the house will come, in the evening, or at midnight, or when the cock crows, or in the morning — lest he come suddenly and find you asleep. And what I say to you I say to all: Stay awake.'

As before, I ready myself for prayer. I don't rush into it, but allow myself time to become quiet, so that I might be fully alert.

Only then do I read these lines from St Mark, noticing any reactions in me.

What is stirring in me as I read and then ponder? Am I drawn to an image or line?

Perhaps I hear strength in Jesus's injunction to his disciples.

As a disciple myself, how do I hear Jesus say to me '*Be on your guard. Stay awake*'? Honestly, would I prefer to know the time?
What is it like for me to be in the dark?

Perhaps I have experienced being let down by someone – maybe they weren't ready, they had forgotten about me, they were pre-occupied with something else ... what was that like for me?

What might it be like for Jesus?

Does he not show me great trust by putting me in charge of his home?
How does this make me feel?

I stay with whatever thoughts and feelings are arising for me and then, when ready, I share them with the Lord as one friend would to another.

At the end of my prayer, I end with the Lord's Prayer.