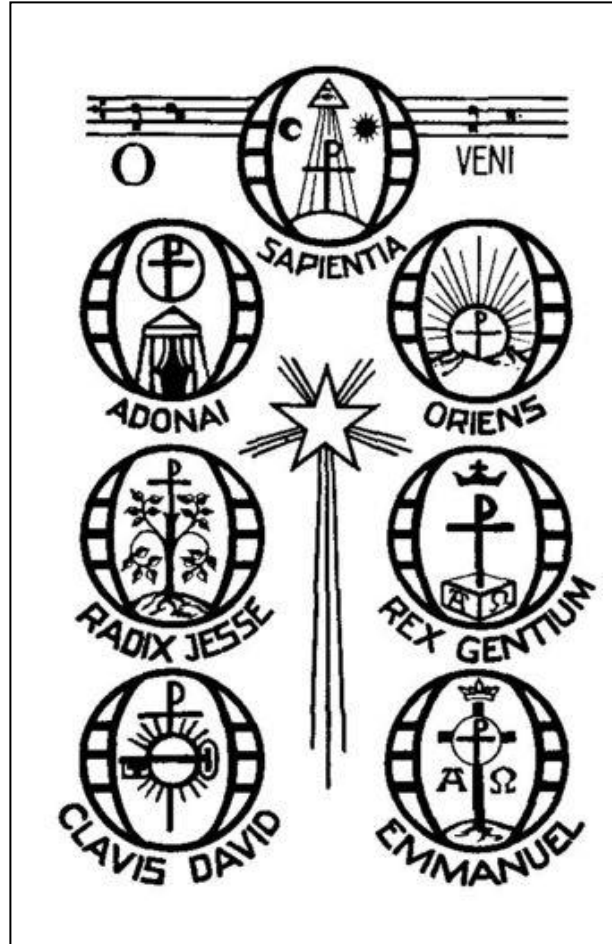


The “O Antiphons”



December 17 marks the beginning of the *“O” Antiphons*, the seven jewels of our liturgy, dating back to the fourth century, one for each day until Christmas Eve. These antiphons address Christ with seven magnificent Messianic titles, based on the Old Testament prophecies and types of Christ.

The Benedictine monks arranged these antiphons with a definite purpose. If you start with the last title and take the first letter of each one - Emmanuel, Rex, Oriens, Clavis, Radix, Adonai, Sapientia - the Latin words **ERO CRAS** are formed, meaning, “Tomorrow, I will come.” Therefore, the Lord Jesus, whose coming we have prepared for in Advent and whom we have addressed in these seven Messianic titles, now speaks to us, “Tomorrow, I will come.” So, the “O Antiphons” not only bring intensity to our Advent preparation but bring it to a joyful conclusion.

Each day from Dec. 17-23 you’ll find a link taking you to a reflection on the “O Antiphon” of the day. There are even suggestions for foods to eat each day which might remind you of the meaning of the “O Antiphon.” We hope this will be a great opportunity to meet Jesus in all the titles that show his majesty and love. Begin with the links below.

[DAY 1 - Dec. 17](#)
[DAY 2 - Dec. 18](#)
[DAY 3 - Dec. 19](#)
[DAY 4 – Dec. 20](#)

[DAY 5 – Dec. 21](#)
[DAY 6 – Dec. 22](#)
[DAY 7 – Dec. 23](#)

Happy Advent! Merry Christmas!

(The symbols and food suggestions are from the O Antiphon Prayer Companion, by Jennifer Gregory Miller. You may want to visit her site to enjoy more of her insights - <http://familyfeastandferia.wordpress.com>)