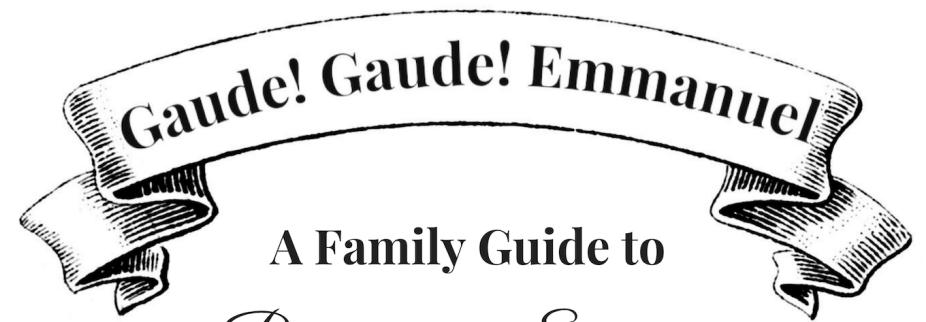




This guide is an offering of *Singing with the Saints*, a ministry whose purpose is to bring the ancient Truth, Goodness, and Beauty of the Church into the hearts and homes of Catholic families through sacred music.



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A Family Guide to
Praying and Singing
the Great O Antiphons



Genie Shaw

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Emmanuel • O God with Us



Veni Veni Emmanuel

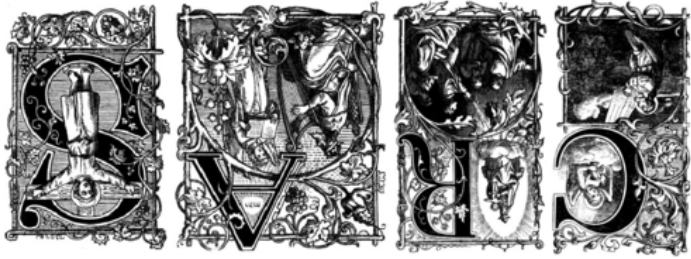
Emmanuel Verse 1

Veni veni, Emmanuel
Captivum solve Israel,
Qui gemit in exsilio,
Privatus Dei Filio.

Gaude! Gaude! Emmanuel,
Nascetur pro te Israel!

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!

The History of the Great Antiphons



The Great O Antiphons are a simple way to bring the rhythm of monastic life into your own Domestic Monastery. With roots going back to at least the 300s, the Great O Antiphons have been a part of monastic life during Advent and more recently the homes of faithful Catholics in our time. Like Lent's Holy Week leading up to the Triduum of Easter, the Great O Antiphons gradually build the joyful anticipation until Christmas Eve. A part of the Divine Office of Vespers from December 17th through the 23rd, one of the seven Great O Antiphons is chanted before and after the Magnificat or Canticle of Mary found in the Gospel of Luke.

Each Antiphon illustrates a different Messianic title of Christ taken from Old Testament prophecies and traces the history of Salvation beginning at Creation, with the O Wisdom antiphon, to the Incarnation at the O God with Us title. In succession the Great O Antiphons are O Sapientia (Wisdom), O Adonai (Lord), O Radix Jesse (Root of Jesse), O Clavis David (Key of David), O Oriens (Dayspring), O Rex Gentium (King of the Gentiles), and O Emmanuel (God with Us). Provisionally, when you take the first letter of each antiphon in its original Latin and read them backwards, the acronym ERO GRAS is made, which in the same language means, "Tomorrow, I will come."

Also called the Golden Nights, individual monks took this week to share special little goodies related to the evening's antiphon with their community as well. A few examples of this practice are on December 19th, O Root of Jesse, when stored fruits were gifted by the gardener, and the next day when their most precious wine was unlocked from the cellar and shared for the antiphon O Key of David. It thrills my heart to know that ancient monks enjoyed food puns to as large of an extent as our own family.

Many are unknowingly familiar with the Great O Antiphons through the seven verses of the popular Advent hymn "O Come O Come Emmanuel" and its Latin form "Veni Veni Emmanuel."



Ways to Sing the Great O Antiphons

There two main ways your family can choose to sing the Great O Antiphons and then from there you can pick whether to use Latin or English. The first and most authentic method of singing these antiphons is to use the same chants as the monks themselves. The Latin sheet music and the text for each chant in both English and Latin is in the following pages. You can find all the chant recordings and sheet music for the english version of the chants at our Great O Antiphons Resource page: www.barefootabbey.com/OAntiphons

The second and still highly beneficial means for your family to sing the daily antiphon is through each verse of "O Come O Come Emmanuel" or "Veni Veni Emmanuel" should you decide to sing in Latin. The assigned hymn verse is also included in this booklet with each day's antiphon.

O Emmanuel • O God with Us

O Antiphon:

O Emmanuel, Rex et legifer noster,
 exspectatio gentium,
 et Salvator earum:
 veni ad salvandum nos Domine Deus noster.

O Emmanuel, our King and our Law-giver,
 Longing of the Gentiles, yea,
 and salvation thereof, come to save us,
 O Lord our God!

The Magnificat

O Antiphon Repeated

Ant.
 2:

Emma-nu-el, Rex et lé-gi-fer noster,
 exspectá-ti-o génti-um, et Salvá-tor e-á-rum:
 ve-ni ad salvándum nos, Dómi-ne, De-us noster.

The Magnificat

The Canticle of Mary • Luke 1:46-55

Magnificat anima mea Dominum.

Et exultavit spiritus meus: in Deo salutari meo.

Quia respexit humilitatem ancillae suae:

Ecce enim ex hoc beatam me

dicent omnes generationes.

Quia fecit mihi magna qui potens est:

et sanctum nomen eius.

Et misericordia eius in progenies

et progenies timentibus eum.

Fecit potentiam in brachio suo:

dispersit superbos mente cordis sui.

Deposuit potentes de sede: et exaltavit humiles.

Esurientes implevit bonis: et divites dimisit inanes.

Susccepit Israel puerum suum:

recordatus misericordiae suae.

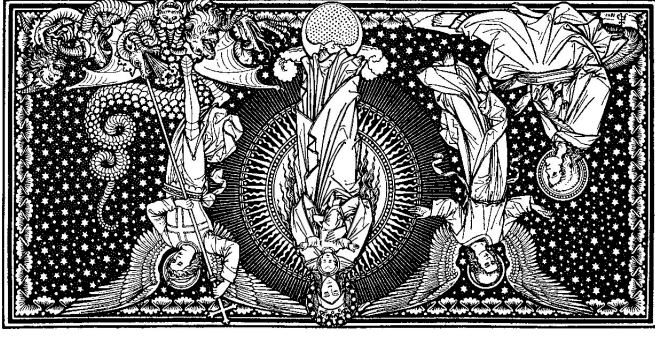
Sicut locutus est ad patres nostros:

Abraham, et semini eius in saecula.

Gloria Patri, et Filio, et Spiritui Sancto,

Sicut erat in principio, et nunc, et semper,

et in saecula saeculorum. Amen.



December 23rd

EMMANUEL *Emmanuel*

○

Reading:

Isaiah 9:2-7 Douay-Rheims

The people that walked in darkness, have seen a great light: to them that dwell in the region of the shadow of death, light is risen. Thou hast multiplied the nation, and hast not increased the joy. They shall rejoice before thee, as they that rejoice in the harvest, as conquerors

rejoice after taking a prey, when they divide the spoils. For the yoke of their burden, and the rod of their shoulder, and the sceptre of their

oppressor thou hast overcome, as in the day of

Median. For every violent taking of spoils, with tumult, and garment mingled with blood, shall

be burnt, and be fuel for the fire. For a CHILD IS BORN to us, and a son is given to us, and the

government is upon his shoulder: and his name shall be called, Wonderful, Counsellor, God the

Mighty, the Father of the world to come, the Prince of Peace. His empire shall be multiplied,

and there shall be no end of peace: he shall sit upon the throne of David, and upon his

kingdom: to establish it and strengthen it with judgment and with justice, from henceforth and

for ever: the zeal of the Lord of hosts will perform this.

The Canticle of Mary

The Magnificat • Luke 1:46-55

My soul doth magnify the Lord.
And my spirit rejoices in God my Savior.
For He has regarded the low estate of His handmaiden,
For behold, henceforth all generations
shall call me blessed.
For He who is mighty has done great things for me,
and holy is His name.
And His mercy is on those who fear Him
from generation to generation.
He has shown strength with His arm:
He has scattered the proud in the imagination
of their hearts.
He has put down the mighty from their thrones,
and exalted those of low degree.
He has filled the hungry with good things;
and the rich He has sent empty away.
He has helped His servant Israel,
in remembrance of His mercy;
As He spoke to our fathers,
to Abraham and to His posterity forever.
Glory be to the Father and to the Son
and to the Holy Spirit.
As it was in the beginning,
is now and ever shall be,
world without end. Amen.



O Rex Gentium • O King



Veni Veni Emmanuel

O Come O Come Emmanuel Verse 7

Veni, veni, Rex Gentium,
Veni, Redemptor omnium,
Ut salvas tuos famulos
Peccati sibi conscios.

Gaude! Gaude! Emmanuel,
Nascetur pro te Israel!

O come, King of nations, bind
In one the hearts of all mankind;
Bid every strife and quarrel cease
And fill the world with heaven's peace.

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!

O Rex Gentium • O King

Antiphon:

O Rex Gentium, et desideratus earum,
veni, et salva hominem,
quem de limo formasti.

O King of the Gentiles, yea, and desire thereof!

O Corner-stone, that makest of two one,

come to save man,

whom Thou hast made out of the dust of the earth!

The Magnificat

Antiphon Repeated

Ant.
Rex gēnti-um, et de-si-de-rā-tus e-ā-
rum, la-pis-que angu-lā-ris, qui fa-cis ūtra-que
num: ve-ni, et salva hō-mi-nem, quem de limo
formasti.

Veni Veni Emmanuel

O Come O Come Emmanuel Verse 1

Veni veni, Emmanuel
Captivum solve Israel,
Qui gemit in exsilio,
Privatus Dei Filio.

Gaude! Gaude! Emmanuel,
Nascetur pro te Israel!

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!





December 17th
O Sapientia

O Wisdom

Reading:

Proverbs 8:1-12 Douay-Rheims

Does not wisdom call out? Does not understanding raise her voice? At the highest point along the way, where the paths meet, she takes her stand; beside the gate leading into the city, at the entrance, she cries aloud: "To you, O people, I call out; I raise my voice to all mankind. You who are simple, gain prudence; you who are foolish, set your hearts on it. Listen, for I have trustworthy things to say; I open my lips to speak what is right. My mouth speaks what is true, for my lips detest wickedness. All the words of my mouth are just; none of them is crooked or perverse. To the discerning all of them are right; they are upright to those who have found knowledge. Choose my instruction instead of silver, knowledge rather than choice gold, for wisdom is more precious than rubies, and nothing you desire can compare with her. "I, wisdom, dwell together with prudence; I possess knowledge and discretion.



December 22nd

O Rex Gentium

O King of the Gentiles

Reading:

Revelation 15:1-4 Douay-Rheims

And I saw another sign in heaven, great and wonderful: seven angels having the seven last plagues. For in them is filled up the wrath of God. And I saw as it were a sea of glass mingled with fire, and them that had overcome the beast, and his image, and the number of his name, standing on the sea of glass, having the harps of God: And singing the canticle of Moses, the servant of God, and the canticle of the Lamb, saying: Great and wonderful are thy works, O Lord God Almighty; just and true are thy ways, O King of ages. Who shall not fear thee, O Lord, and magnify thy name? For thou only art holy: for all nations shall come, and shall adore in thy sight, because thy judgments are manifest.



Θ Sapientia • O Wisdom

Θ Antiphon:

O Sapientia, quae ex ore Altissimi prodisti,
 attingens a fine usque ad finem fortiter,
 suaviter disponensque omnia:
 veni ad docendum nos viam prudentiae.

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.

The Magnificat

Θ Antiphon Repeated

O
 Ant.
 Sa-pi-enti-a, quae ex ore Altissimi

pro-di-isti, attingens a fine usque ad finem

forti-ter, su-a-vi-terque dispo-nens omni-a :

ve-ni ad do-cendum nos vi-am pruden-ti-ae.

Θ Oriens • O Dayspring



Veni Veni Emmanuel

Θ Come Θ Come Emmanuel Verse 6

Veni, veni O Oriens,

Solare nos adveniens,

Noctis depelle nebulas,

Dirasque mortis tenebras.

Gaude! Gaude! Emmanuel,

Nascetur pro te Israel!

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.

Rejoice! Rejoice! Emmanuel!

Shall come to thee, O Israel!

O Sapientia • O Wisdom



Veni Veni Emmanuel

O Come O Come Emmanuel Verse 2

Veni, O Sapientia,
Quae hic disponis omnia,
Veni, viam prudentiae
Ut doceas et gloriae.

Gaude! Gaude! Emmanuel,
Nascetur pro te Israel!

O come, Thou Wisdom, from on high,
And order all things far and nigh;
To us the path of knowledge show,
And teach us in her ways to go.

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!

O Oriens • O Dayspring

O Antiphon:

O Oriens, splendor lucis aeternae,
et sol justitiae: veni,
et illumina sedentes in tenebris,
et umbra mortis.

O Dayspring, Brightness of the everlasting light,
Sun of justice, come to give light
to them that sit in darkness
and in the shadow of death!

The Magnificat

O Antiphon Repeated

Ant.
2.

O-ri-ens, splendor lu-cis æ-tér-
næ, et sol justí-ti-æ: ve-ni, et illúmi-na
sedentes in té-nebris, et umbra mortis.

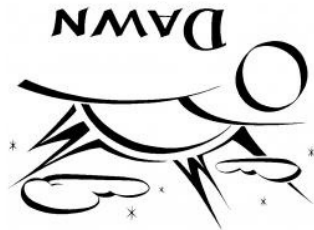


But unto you that fear my name, the Sun of
justice shall arise, and health in his wings: and
you shall go forth, and shall leap like calves of
the herd. And you shall tread down the wicked
when they shall be ashes under the sole of your
feet in the day that I do this, saith the Lord of
hosts. Remember the law of Moses my servant,
which I commanded him in Horeb for all Israel,
the precepts, and judgments. Behold I will send
you Elias the prophet, before the coming of the
great and dreadful day of the Lord. And he shall
turn the heart of the fathers to the children, and
the heart of the children to their fathers: lest I
come, and strike the earth with anathema.

Reading:

Malachi 4:2-6 Douay-Rheims

O Dayspring



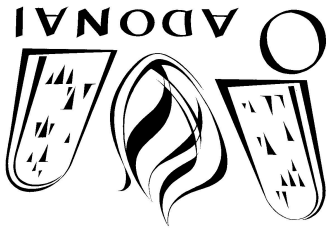
December 21st
O *Thiens*

Now shalt thou be laid waste, O daughter of the
robber: they have laid siege against us, with a
rod shall they strike the cheek of the judge of
Israel. And thou, Bethlehem Ephrata, art a little
one among the thousands of Juda: out of thee
shall he come forth unto me that is to be the
ruler in Israel: and his going forth is from the
beginning, from the days of eternity. Therefore
will he give them up even till the time wherein
she that travaileth shall bring forth: and the
remnant of his brethren shall be converted to
the children of Israel. And he shall stand, and
feed in the strength of the Lord, in the height of
the name of the Lord his God: and they shall be
converted, for now shall he be magnified even to
the ends of the earth. And this man shall be our
peace, when the Assyrian shall come into our
land, and when he shall set his foot in our
houses: and we shall raise against him seven
shepherds, and eight principal men.

Micah 5:1-9 Douay-Rheims

Reading:

O Lord of the House of Israel



December 18th
O *Adonai*

O Adonai • O Lord & Ruler

Reading Continued:

And they shall feed the land of Assyria with the sword, and the land of Nemrod with the spears thereof: and he shall deliver us from the Assyrian, when he shall come into our land, and when he shall tread in our borders. And the remnant of Jacob shall be in the midst of many peoples as a dew from the Lord, and as drops upon the grass, which waiteth not for man, nor tarrieth for the children of men. And the remnant of Jacob shall be among the Gentiles in the midst of many peoples as a lion among the beasts of the forests, and as a young lion among the flocks of sheep: who when he shall go through and tread down, and take, there is none to deliver. Thy hand shall be lifted up over thy enemies, and all thy enemies shall be cut off.



O Clavis David • O Key of David



Veni Veni Emmanuel

O Come O Come Emmanuel Verse 5

Veni, Clavis Davidica,
Regna reclude caelica,
Fac iter tutum superum,
Et claude vias inferum.

Gaude! Gaude! Emmanuel,
Nascetur pro te Israel!

O come, Thou Key of David, come,
And open wide our heav'nly home,
Make safe the way that leads on high,
That we no more have cause to sigh.

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!

O Clavis David • O Key of David
Antiphon:

O Clavis David, et sceptrum domus Israel;
 qui aperis, et nemo claudit; claudis, et nemo aperit:
 veni, et educ vinculum de domo carceris,
 sedentem in tenebris, et umbra mortis.

O Key of David, and Sceptre of the house of Israel, that
 openeth and no man shutteth, and shutteth and no man
 openeth, come to liberate the prisoner from the prison,
 and them that sit in darkness, and in the shadow of death.

The Magnificat

Antiphon Repeated

Clavis Da-vid, et sceptrum domus
 Isra-ël, qui ape-ris, et nemo claudit,
 et ne-mo ape-rit: ve-ni, et e-duc vinculum de
 domo carce-ris, sedentem in te-nebris, et umbra
 mortis.

O Adonai • O Lord & Ruler
Antiphon:

O Adonai, et Dux domus Israel,
 qui Moy-si in igne flammæ rubi apparuisti,
 et ei in Sina legem dedisti:
 veni ad redimendum nos in brachio extento.

O Lord, and Ruler of the house of Israel,
 Who didst appear unto Moses in the burning bush,
 and gavest him the law in Sinai,
 come to redeem us with an outstretched arm!

The Magnificat

Antiphon Repeated

A-do-nà-i, et dux domus Isra-ël,
 qui Mo-y-si in igne flammæ ru-bi appa-ru-isti,
 et e-i in Si-na legem de-di-sti: ve-ni
 ad re-dimendum nos in brächi-o extento.

O Adonai • O Lord & Ruler



Veni Veni Emmanuel

O Come O Come Emmanuel Verse 3

Veni, veni, Adonai,
Qui populo in Sinai
Legem dedisti vertice
In maiestate gloriae.

Gaude! Gaude! Emmanuel,
Nascetur pro te Israel!

O come, o come, Thou Lord of might,
Who to thy tribes on Sinai's height
In ancient times did give the law,
In cloud, and majesty, and awe.

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!



December 20th

O Clavis David

O Key of David

Reading:

Isaiah 22:22-25 Douay-Rheims

And I will lay the key of the house of David upon his shoulder: and he shall open, and none shall shut: and he shall shut, and none shall open.

And I will fasten him as a peg in a sure place, and he shall be for a throne of glory to the house

of his father. And they shall hang upon him all the glory of his father's house, divers kinds of vessels, every little vessel, from the vessels of cups even to every instrument of music. In that day, saith the Lord of hosts, shall the peg be removed, that was fastened in the sure place: and it shall be broken and shall fall: and that which hung thereon, shall perish, because the Lord hath spoken it.



o Radix Jesse • o Root of Jesse



Veni Veni Emmanuel

o Come o Come Emmanuel Verse 4

Veni, O Jesse virgula,
 Ex hostis tuos unguia,
 De spectu tuos tartari.
 Educ et antro barathri.

Gaude! Gaude! Emmanuel,
 Nascetur pro te Israel!

O come, Thou Rod of Jesse's stem,
 From ev'ry foe deliver them
 That trust Thy mighty power to save,
 And give them victory o'er the grave.
 Rejoice! Rejoice! Emmanuel
 Shall come to thee, O Israel!

Reading:

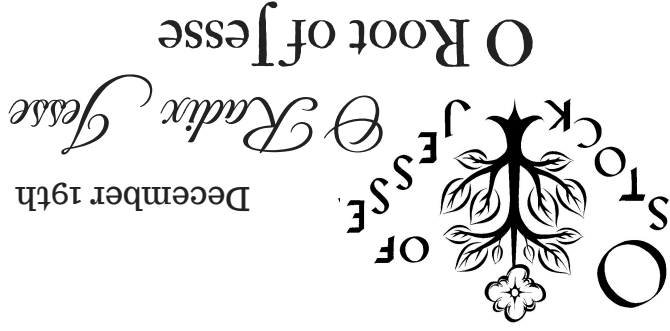
Isaiah 11:1-12 Douay-Rheims

And there shall come forth a rod out of the root
 of Jesse, and a flower shall rise up out of his

root. And the spirit of the Lord shall rest upon
 him: the spirit of wisdom, and of understanding,
 the spirit of counsel, and of fortitude, the spirit
 of knowledge, and of godliness. And he shall be
 filled with the spirit of the fear of the Lord. He
 shall not judge according to the sight of the
 eyes, nor reprove according to the hearing of
 the ears. But he shall judge the poor with
 justice, and shall reprove with equity for the

meeek of the earth: Iand he shall strike the earth
 with the rod of his mouth, and with the breath of
 his lips he shall slay the wicked. And justice
 shall be the girdle of his loins: and faith the

girdle of his reins. The wolf shall dwell with the
 lamb: and the leopard shall lie down with the
 kid: the calf and the lion, and the sheep shall
 abide together, and a little child shall lead
 them. The calf and the bear shall feed: their
 young ones shall rest together: and the lion
 shall eat straw like the ox.



O Radix Jesse • O Root of Jesse

Reading Continued:

And the sucking child shall play on the hole of the asp: and the weaned child shall thrust his hand into the den of the basilisk. They shall not hurt, nor shall they kill in all my holy mountain, for the earth is filled with the knowledge of the Lord, as the covering waters of the sea. In that day the root of Jesse, who standeth for an ensign of the people, him the Gentiles shall beseech, and his sepulchre shall be glorious. And it shall come to pass in that day, that the Lord shall set his hand the second time to possess the remnant of his people, which shall be left from the Assyrians, and from Egypt, and from Phetros, and from Ethiopia, and from Elam, and from Sennaar, and from Emath, and from the islands of the sea. And he shall set up a standard unto the nations, and shall assemble the fugitives of Israel, and shall gather together the dispersed of Juda from the four quarters of the earth.



O Radix Jesse • O Root of Jesse

O Antiphon:

O Radix Jesse, qui stas in signum populorum,
super quem continebunt reges os suum,
quem Gentes deprecabuntur:
veni ad liberandum nos, jam noli tardare.

O Root of Jesse, which standest for an ensign of the people, at Whom the kings shall shut their mouths, Whom the Gentiles shall seek, come to deliver us, do not tarry.

The Magnificat

O Antiphon Repeated

Ant.
2.
O

Ra-dix Jesse, qui stas in signum
popu-ló-rum, super quem conti-nébunt reges os
su-um, quem gentes depre-ca-búntur : ve-ni
ad li-be-rándum nos, jam no-li tardá-re.