

Holy Trinity Catholic Church
Braamfontein

19th June 2022

**The Body and Blood of Christ
Morning Prayer before the Blessed Sacrament**

V. O Lord, open *our* lips

R. And we shall praise *your* name

The Office Hymn is sung by all

1.
Verbum supernum prodiens,
Nec Patris linquens dexteram,
Ad opus suum exiens,
Venit ad vitæ vesperam.

2.
In mortem a discipulo
Suis tradendus æmulis,
Prius in vitæ ferculo
Se tradidit discipulis.

3.
Quibus sub bina specie
Carnem dedit et sanguinem;
Ut duplicis substantiæ
Totum cibaret hominem.

4.
Se nascens dedit socium,
Convalescens in edulium,
Se moriens in pretium,
Se regnans dat in præmium. **All Kneel**

5.
O salutaris hostia,
Quæ cæli pandis ostium,
Bella premunt hostilia;
Da robur, fer auxilium.

6.
Uni trinoque Domino
Sit sempiterna gloria:
Qui vitam sine termino
Nobis donet in patria. Amen.

1.
*The heavenly Word proceeding forth,
Yet leaving not his Father's side,
And going to His work on Earth,
Has reached at length life's eventide.*

2.
*By false disciple to be given
To foemen for His blood athirst,
Himself, the living bread from heaven,
He gave to his disciples first.*

3.
*In twofold form of sacrament,
He gave His flesh, He gave His blood,
That man, of soul and body blent,
Might wholly feed on mystic food.*

4.
*In birth man's fellow-man was He,
His meat while sitting at the board;
He died, our ransom to be,
He reigns to be our great reward.*

5.
*O saving Victim, opening wide
The gates of heaven to man below;
Our foes press hard on every side,
Thine aid supply, Thy strength bestow.*

6.
*All praise and thanks to thee ascend
For evermore, blest One in Three;
O grant us life that shall not end,
In our true native land with Thee. Amen.*

Pause for silent adoration. All then stand

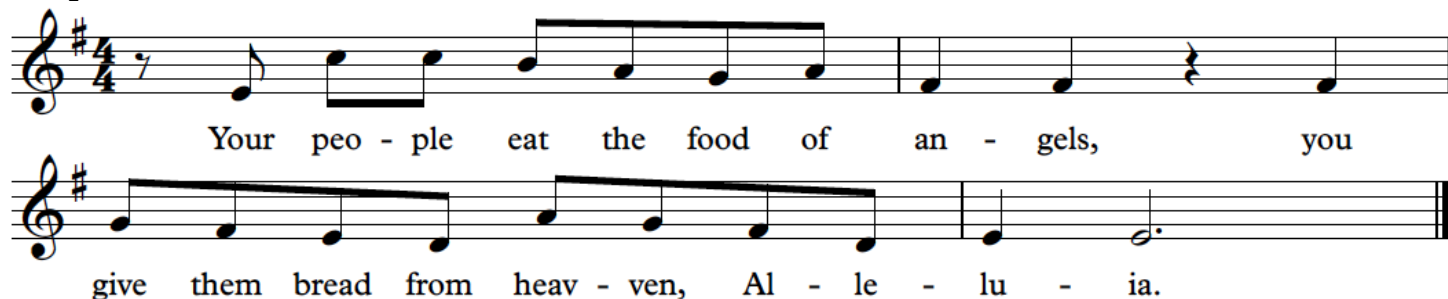
St Thomas Aquinas (1225-1274)

The Psalms follow. The assembly sings the verses in **BOLD**.

Psalm 62 (63)

Antiphon 1

Mode II



Your peo - ple eat the food of an - gels, you
give them bread from heav - ven, Al - le - lu - ia.

O God, you are my God, for you I *long*. **All sit**
for you my *soul* is thirsting.
My body pines for you like a dry, +
weary land without *water*.
So I gaze on you in the sanctuary+
to see your strength *and* your glory.

For your love is better than *life*,
my lips will speak *of* your praise.
So I will bless you all my life, +
in your name I will lift up my *hands*.
My soul shall be filled as with a banquet, +
my mouth shall praise *you* with joy.

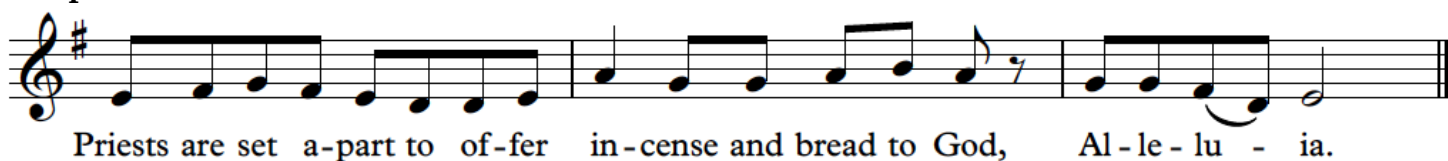
On my bed I re-*member you*.
On you I muse through the night +
for you have *been* my help;
in the shadow of your wings I re-*joice*.
My soul clings to you; +
your right hand *holds* me fast.

Glory be to the Father and to the *Son*
and to the *Ho-ly* Spirit,
as it was in the *beginning*, +
is now, and ever *shall* be,
world without *end*.
Amen. **Ant. Your people eat the food...**

Canticle: Daniel 3: 57-88, 56

Antiphon 2

Mode II



Priests are set a-part to of-fer in-cense and bread to God, Al-le-lu-ia.

O all you works of the Lord, O bless the *Lord*.
To him be highest glory and *praise* for ever.

And you, angels of the Lord, O bless the *Lord*.
To him be highest glory and *praise* for ever.

And you, the heavens of the Lord, +
O bless the *Lord*.
And you, clouds of the sky, O *ble*ss the Lord.

And you, all armies of the Lord, +
O bless the *Lord*.
To him be highest glory and *praise* for ever.

And you, sun and moon, O bless the *Lord*.
And you, the stars of the heavens, +
O *ble*ss the Lord.

And you, showers and rain, O bless the *Lord*.
To him be highest glory and *praise* for ever.

And you, all you breezes and winds, +
O *ble*ss the *Lord*.
And you, fire and heat, O *ble*ss the Lord.

And you, cold and heat, O bless the *Lord*.
To him be highest glory and *praise* for ever.

And you, showers and dew, O bless the *Lord*.
And you, frosts and cold, O *bless* the Lord.

And you, frost and snow, O bless the *Lord*.
To him be highest glory and *praise* for ever.

And you, night-time and day, O bless the *Lord*.
And you, darkness and light, O *bless* the Lord.

And you, lightning and clouds, O bless the *Lord*.
To him be highest glory and *praise* for ever.

O let the earth bless the *Lord*.
To him be highest glory and *praise* for ever.

And you, mountains and hills, +
O bless the *Lord*.
And you, all plants of the earth, +
O *bless* the Lord.

And you, fountains and springs, O bless the *Lord*.
To him be highest glory and *praise* for ever.

And you, rivers and seas, O bless the *Lord*.
And you, creatures of the sea, O *bless* the Lord.

And you, every bird in the sky, +
O bless the Lord.+
And you, wild beasts and tame, O bless the *Lord*.
To him be highest glory and *praise* for ever.

And you, children of men, O bless the *Lord*.
To him be highest glory and *praise* for ever.

O Israel, bless the Lord, O bless the *Lord*.
And you, priests of the Lord, O *bless* the Lord.

And you, servants of the Lord, +
O bless the *Lord*.
To him be highest glory and *praise* for ever.

And you, spirits and souls of the just, +
O bless the *Lord*.
And you, holy and humble of heart, +
O *bless* the Lord.

Ananias, Azarias, Mizael, O bless the *Lord*.
To him be highest glory and *praise* for ever.

Let us praise the Father, the Son, +
and Holy *Spi*-rit:
To you be highest glory and *praise* for ever.

May you be blessed, O Lord, in the *hea*-vens.
To you be highest glory and *praise* for ever.

Ant. Priests are set apart...

Psalm 149

Antiphon 3

Tone: C. Upchurch

To the one who o - ver - comes I will give the hid - den
man-na and a new name, Al - le - lu - ia, al - le - lu - ia.

Sing a new song to the *Lord*,
his praise in the assembly of the *faithful*.
Let Israel rejoice in its maker, +
let *Sion's* sons exult in their *king*.
Let them praise his name with dancing +
and make music with timbrel and *harp*.

**For the Lord takes delight in his people.
He crowns the poor with sal-*vation*.
Let the faithful rejoice in their *glory*,
shout for joy and take their *rest*.**

Let the praise of God be on their *lips*
and a two-edged sword in their *hand*,
to deal out vengeance to the *nations*
and punishment on all the *peoples*;

Scripture Reading: Malachi 1: 11

Responsory

R. *You bring* forth bread from the *earth*, * alleluia, al-*le*-luia. R.

V. Your wine gives joy to our hearts. R.

V. Glory be... R.

**to bind their kings in *chains*
and their nobles in fetters of *iron*;
to carry out the sentence preor-*dained*:
this honour is for all his *faithful*.**

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. +
A-men.

Ant. To the one who overcomes...

Mode II

All stand

Benedictus

The canticle is alternated by Schola and assembly

Antiphon

Plainchant Mode II

I am the liv-ing bread which came down from hea-ven, says the Lord. who -
-ev - er eats this bread will live for ev - er, Al - le - lu - ia.

+ *Be-ne-dictus Dominus Deus Is-rael*; * quia visitavit et fecit redemptionem ple-bis suae

et e-rexit cornu salutis no-bis, *
in domo David pue-ri sui,

si-cut locutus est per os sanc-to-rum, *
qui a saeculo sunt, propheta-rum eius,

sa-lu-tem ex inimicis nos-tris, *
et de manu omnium, qui o-derunt nos;

ad fa-ciendam misericordiam cum patribus nos -tris, *
et memorari testamenti su-i sancti,

ius-iu-randum, quod iuravit ad Abraham patrem nos-trum, * *daturum se nobis*,

ut si-ne timore, de manu inimicorum libe-ra-ti, * *servia-mus illi*

in sanc-titate et iustitia coram ip-so *
omnibus die-bus nostris.

Et tu, puer, propheta Altissimi vo-ca-beris:
* praeibis enim ante faciem Domini parare vi-as eius,

ad dan-dam scientiam salutis plebi ei-us *
in remissionem peccatorum e-orum,

per vi-scera misericordiae Dei nos-tri, *
in quibus visitabit nos oriens *ex alto*,

il-lu-minare his, qui in tenebris et in umbra mortis se-dent, * *ad dirigendos pedes nostros in vi-am pacis*.

Glo-ri-a Patri et Fi-lio * *et Spiritu-i Sancto*

Si-cut erat in principio et nunc et sem-per.
* *Et in saecula saeculo-rum. Amen*.

Ant. I am the living bread...

Intercessions

R. *Happy are those who are called to your supper, Lord. Our Father.*

After the intercessions all kneel and sing the *Tantum ergo*

Tantum ergo sacramentum,
veneremur cernui.
Et antiquum documentum,
novo cedat ritui.
Praestet fides supplementum
sensuum defectui.

Genitori, genitoque,
laus et jubilatio;
salus, honor, virtus quoque
sit et benedictio,
procedenti ab utroque
compar sit laudatio. Amen.

The presider sings:

Lord Jesus Christ,
You gave us the Eucharist as the memorial of your suffering and death.
May our worship of this Sacrament of your Body and Blood
Help us to experience the salvation you won for us,
And the peace of the kingdom,
Where you live with the Father and the Holy Spirit,
One God, for ever and ever. **R. Amen**

**Benediction is given with the Blessed Sacrament,
after which the Presider returns to kneel before the monstrance.**

The presider then sings:

Blessed *be* God.

And all continue together:

Blessed be His Ho-*ly* Name.
Blessed be Jesus Christ, true God and *true* Man.
Blessed be the Name *of* Jesus.
Blessed be His Most Sac-*red* Heart.
Blessed be His Most Pre-*cious* Blood.
Blessed be Jesus in the Most Holy Sacrament of *the* Altar.
Blessed be the Holy Spirit, *the* Paraclete.
Blessed be the great Mother of God, Mary *most* Holy.
Blessed be her Holy and Immaculate *Con*-ception.
Blessed be her Glorious *As*-sumption.
Blessed be the name of Mary, Virgin *and* Mother.
Blessed be St. Joseph, her most *chaste* spouse.
Blessed be God in His Angels and in *His* Saints. Amen.

The Concluding Prayer and Blessing of the Office are omitted

The Presider and minsters return to the sacristy once the Blessed Sacrament has been reposed.

Organ Voluntary

Improvisation on *Adoro te devote*