



Holy Trinity Catholic Church
Braamfontein

2nd June 2024

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 Hymn is sung by all, kneeling

1.
O salutaris hostia,
Quæ cæli pandis ostium,
Bella premunt hostilia;
Da robur, fer auxilium.

*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.*

2.
Uni trinoque Domino
Sit sempiterna gloria:
Qui vitam sine termino
Nobis donet in patria. Amen.

*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.*

Brief 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 *bless* 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 *bless* 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 bless the *Lord*.
 And you, fire and heat, O *bless* the Lord.

And you, cold and heat, 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, 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

Mode II

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.

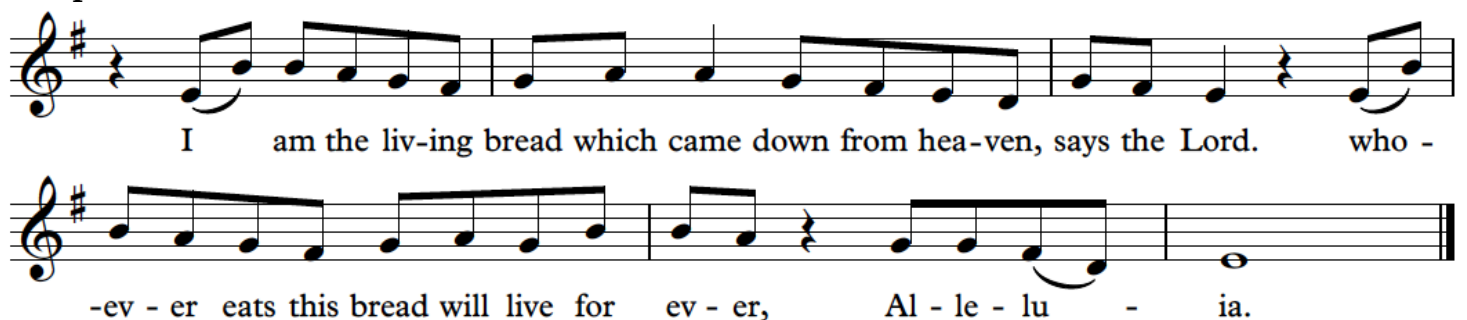
All stand

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.

**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...

+ *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

All kneel and sing the *Tantum ergo*

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

The Presider sings the Prayer, after which Benediction is given with the Blessed Sacrament

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.

***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...

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

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