

A Time of Prayer before the Blessed Sacrament

with St Thomas Aquinas

Please stand.

Leader In the name of the Father and of the Son and of the Holy Spirit. **Amen.**

LITANY *Extracted from "A prayer for the wise ordering of one's life" by St Thomas*

Leader Give me, dearest God, a vigilant heart

All which no distracting thought can lure away from you.

Give me a noble heart

which no unworthy desire can ever debase.

Give me an unconquered heart

which no tribulation can fatigue.

Give me a free heart

which no violent temptation can enslave.

Give me an upright heart

which no perverse intention can hold fast.

Grant me, Lord my God,

intelligence in knowing you,

diligence in seeking you,

wisdom in finding you.

conversation pleasing to you,

perseverance in confidently waiting for you,

and confidence in finally embracing you.

Please kneel if possible as the Blessed Sacrament is exposed and incense is burned.

HYMN **O saving victim**

(Text: Thomas Aquinas, Tune: Rockingham ("When I survey"))

1. O saving victim, opening wide
the gate of heaven to us below:
our foes press on from every side,
thine aid supply, thy strength bestow.

2. To thy great name be endless praise,
immortal Godhead, one in three:
O grant us endless length of days
in our true native land with thee.

Silence is kept for a while.

READING Proverbs 9:1-6

Wisdom has built herself a house,
she has erected her seven pillars,
she has slaughtered her beasts, prepared her wine,
she has laid her table.

She has despatched her maidservants
and proclaimed from the city's heights:

'Who is ignorant? Let them step this way.'

To the fool she says,

'Come and eat my bread,
drink the wine I have prepared!
Leave your folly and live,
walk in the ways of perception.'

The word of the Lord.

Thanks be to God.

PSALM 147: 12-15, 19-20 *Rx* John 6:58

Rx **Anyone who eats this bread will live for ever.**

O praise the Lord, Jerusalem!

Sion, praise your God!

He has strengthened the bars of your gates,

he has blessed the children within you.

Rx

He established peace on your borders,

he feeds you with finest wheat.

He sends out his word to the earth

and swiftly runs his command.

Rx

He makes his word known to Jacob,

to Israel his laws and decrees.

He has not dealt thus with other nations;

he has not taught them his decrees.

Rx

Silence is kept for a while.

READING *from the 1264 bull 'Transiturus de hoc mundo'*
instituting the feast of Corpus Christi

When our Saviour, the Lord Jesus Christ, was about to pass from this world to the Father and the time of his Passion was near, and when the Supper was ended, he instituted in memory of his Death the most high and magnificent sacrament of his Body and Blood, giving his Body for food and his Blood for drink. For as often as we eat this bread and drink this cup, we proclaim the death of the Lord. Indeed, in the institution of this salvation-bringing Sacrament, he himself said to the apostles: Do this in memory of me. So it is that the pre-eminent and wondrous memorial of his special love with which he loves us, might be for us this heavenly and revered sacrament. A memorial, I say, wonderful and amazing, pleasant, delightful and precious above all things, in which signs are made new and miracles changed, in which is held all that is delicious and the delight of every taste, and the sweetness of the Lord is tasted, supporting us in both life and salvation. This is the most sweet memorial, the most sacred memorial, the saving memorial, in which we acknowledge the welcome remembrance of our Redemption, in which we draw back from evil and are strengthened for good and receive an increase of virtues and graces, in receiving which we gain the bodily presence of the Saviour himself.

HYMN **Verses from 'Pange lingua gloriosi'**

St Thomas, tr Neale, Caswall et al

1. At the last great supper lying,
circled by his brethren's band,
meekly with the law complying,
first, he finished its command.
Then, immortal food supplying,
gave himself with his own hand.

2. Word made flesh, by word he maketh
very bread his flesh to be;
man in wine Christ's blood partaketh,
and if senses fail to see,
faith alone the true heart waketh,
to behold the mystery.

Silence is kept for a while.

READING *from Summa Theologica, Pars Tertia, q.75, a.1*

The presence of Christ's true body and blood in this sacrament cannot be detected by sense, nor understanding, but by faith alone, which rests upon Divine authority. Hence, on the verse: "*This is My body which shall be delivered up for you,*" Cyril says: "*Doubt not whether this be true; but take rather the Saviour's words with faith; for since He is the Truth, He lieth not.*"

Now this is suitable, first for the perfection of the New Law. For the sacrifices of the Old Law contained only in figure that true sacrifice of Christ's Passion, according to the text: "*For the law having a shadow of the good things to come, not the very image of the things.*" And therefore it was necessary that the sacrifice of the New Law instituted by Christ should have something more, namely, that it should contain Christ Himself crucified, not merely in signification or figure, but also in very truth. And therefore this sacrament which contains Christ Himself is perfective of all the other sacraments, in which Christ's virtue is participated.

Secondly, this belongs to Christ's love, out of which for our salvation He assumed a true body of our nature. And because it is the special feature of friendship to live together with friends, as the Philosopher says, He promises us His bodily presence as a reward, saying: "*Where the body is, there shall the eagles be gathered together.*" Yet meanwhile in our pilgrimage He does not deprive us of His bodily presence; but unites us with Himself in this sacrament through the truth of His body and blood. Hence he says: "*He that eateth My flesh, and drinketh My blood, abideth in Me, and I in him.*" Hence this sacrament is the sign of supreme charity, and the uplifter of our hope, from such familiar union of Christ with us.

Thirdly, it belongs to the perfection of faith, which concerns His humanity just as it does His Godhead, according to the text: "*You believe in God, believe also in Me.*" And since faith is of things unseen, as Christ shows us His Godhead invisibly, so also in this sacrament He shows us His flesh in an invisible manner.

HYMN **Verses from 'Adoro te devote'**

St Thomas, tr Caswall

1. O Godhead hid, devoutly I adore thee,
 who truly art within the forms before me;
 to thee my heart I bow with bended knee,
 as failing quite in contemplating thee.

2. Sight, touch, and taste in thee are each deceived.
 the ear alone most safely is believed:
 I believe all the Son of God has spoken;
 than truth's own word there is no truer token.

Silence is kept for a while.

READING John 6:51-56

Jesus said: I tell you most solemnly,
if you do not eat the flesh of the Son of Man and drink his blood,
you will not have life in you.
Anyone who does eat my flesh and drink my blood has eternal life,
and I shall raise him up on the last day.
For my flesh is real food and my blood is real drink.
He who eats my flesh and drinks my blood lives in me and I live in him.

The Gospel of the Lord

Praise to you, Lord Jesus Christ.

MAGNIFICAT with the Antiphon 'O Sacrum Convivium' by St Thomas

Incense is burned during this canticle

Antiphon: O sacred feast, in which we partake of Christ:
**his sufferings are remembered, our minds are filled with his grace
and we receive a pledge of the glory that is to be ours, alleluia.**

1. Tell out my soul, the greatness of the Lord!
Unnumbered blessings, give my spirit voice;
Tender to me the promise of his word;
In God my Saviour shall my heart rejoice.
2. Tell out, my soul, the greatness of his name!
Make known his might, the deeds his arm has done;
His mercy sure, from age to age the same;
His holy name – the Lord, the Mighty One.
3. Tell out my soul, the greatness of his might!
Powers and dominions lay their glory by.
Proud hearts and stubborn wills are put to flight,
The hungry fed, the humble lifted high.
4. Tell out my soul, the glories of his word!
Firm is his promise, and his mercies sure.
Tell out my soul, the greatness of the Lord
To children's children and for evermore!

Antiphon: O sacred feast, in which we partake of Christ:
**his sufferings are remembered, our minds are filled with his grace
and we receive a pledge of the glory that is to be ours, alleluia.**

Silence is kept for a while.

THE DIVINE PRAISES *are said together in one voice.*

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious 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 Conception.

Blessed be her Glorious Assumption.

Blessed be the Name of Mary, Virgin and Mother.

Blessed be St. Joseph, her spouse most chaste.

Blessed be God in His Angels and in His Saints forever.

BENEDICTION

The priest goes before the altar, burns more incense and kneels.

HYMN Final 2 Verses from 'Pange lingua gloriosi' by St Thomas

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|----|---|---|
| 1. | Tantum ergo sacramentum
veneremur cernui,
et antiquum documentum
novo cedat ritui;
præstet fides supplementum
sensuum defectui | <i>Therefore we, before him bending
this great Sacrament revere.
Types and shadows have their ending
for the newer rite is here.
Faith, our outward sense befriending,
makes the inward vision clear.</i> |
| 2. | Genitori, Genitoque
laus et jubilatio,
salus, honor, virtus quoque
sit et benedictio;
procedenti ab utroque
compar sit laudatio. Amen. | <i>Glory let us give, and blessing
to the Father and the Son,
honour, might and praise addressing
while eternal ages run;
ever, too, his love confessing
who from both, with both is one. Amen.</i> |

Priest Thou hast given them bread from heaven.

All In which all sweetness dwells.

COLLECT

Priest *Let us pray.*

Lord our God,
in this great sacrament
we come into the presence of Jesus Christ, your Son,
born of the Virgin Mary
and crucified for our salvation.
May we who declare our faith in this fountain of love and mercy
drink from it the water of everlasting life.
We ask this through Christ our Lord.

All **Amen.**

THE BENEDICTION

The priest puts on the humeral veil, genuflects and, taking up the Blessed Sacrament, makes the sign of the cross over the congregation in silence.

REPOSITION

The Blessed Sacrament is reposed in the tabernacle

SONG O Sacrament most holy, O Sacrament divine.
All praise and all thanksgiving be every moment thine (x3)

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DECADE OF THE ROSARY

We gather at the Lady Chapel or before an image of the Blessed Virgin Mary for a Decade of the Rosary and conclude with the singing of the Salve Regina.

Ant.
1.

Sal- ve, Re- gí- na, ma-ter mi-se-ri-cór-
di- æ: Vi - ta, dul- cé- do, et spes nos-
tra, sal- ve. Ad te clamá-mus éxsul-es fi-li- i
He- væ. Ad te suspi-ra- mus, geméntes et flen-
tes In hac lacrimá-rum val- le. E- ia, ergo, ad-
vo-cá- ta nostra, il-los tu- os mi-se-ri-cór-
des ócu-los ad nos convér- te; Et Je-sum, be-
ne-díc- tum fructum ventris tu- i, No- bis post hoc
exsí- li- um os- ténde. O cle- mens, O
pi- a, O dulcis Virgo Ma-ri- a. T.P.
Al-le- lú- ia.

Leader Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.