

# *Exposition and Benediction of the Blessed Sacrament with Evening Prayer*

**KNEEL**

## **Exposition and First Incensation of the Blessed Sacrament**

### **Hymn**

1. Sing, my tongue, the Sav-ior's glo-ry,  
Of his flesh the mys-t'ry sing:  
Of the Blood, all price ex-ceed-ing,  
Shed by our im-mor-tal King,  
Des-tined for the world's re-demp-tion,  
From a no-ble womb to spring.

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2. Of a pure and spot-less vir-gin  
Born for us on earth be-low,  
He, as man, with us con-vers-ing,  
Stayed, the seeds of truth to sow;  
Then he closed in sol-emn or-der  
Won-drous-ly his life of woe.

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3. On the night of that last sup-per,  
Seat-ed with his cho-sen band,  
He, the Pas-chal vic-tim eat-ing,  
First ful-fills the Law's com-mand;  
Then as food, to the dis-ci-ples  
Gives him-self with his own hand.

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4. Word made flesh, the Bread of na-ture  
By his word to flesh he turns;  
Wine in-to his blood he chang-es:  
What though sense no change discerns?  
On-ly be the heart in earn-est,  
Faith its les-son quick-ly learns. A-men.



1. Pan-ge lin-gua glo-ri-ó-si  
Cor-po-ris my-sté-ri-um  
San-gui-nis-que pre-ti-ó-si,  
Quem in mún-di pré-ti-um  
Fru-ctus ven-tris ge-ne-ró-si  
Rex ef-fú-dit gén-ti-um.

2. No-bis da-tus, no-bis na-tus  
Ex in-tá-cta Vir-gi-ne,  
Et in mún-do con-ver-sá-tus,  
Spar-so ver-bi sé-mi-ne,  
Su-i mo-ras in-co-lá-tus  
Mi-ro clau-sit ór-di-ne.

3. In su-pré-mæ no-cte coe-næ,  
Ré-cum-bens cum frá-tri-bus,  
Ob-ser-vá-ta le-ge ple-ne  
Ci-bis in le-gá-li-bus,  
Ci-bum tur-bæ du-o-dé-næ  
Se dat su-is má-ni-bus.

4. Ver-bum ca-ro, pa-nem ve-rum  
Ver-bo car-nem éf-fi-cit:  
Fit-que san-guis Chri-sti me-rum,  
Et si sen-sus dé-fi-cit,  
Ad fir-mán-dum cor sin-cé-rum  
So-la fi-des súf-fi-cit. A-men.

**STAND**

LEADER: God, come to my assistance. /**MAKE THE SIGN OF THE CROSS**/

**All: Lord, make haste to help me.**

LEADER: Glory to the Father, and to the Son, and to the Holy Spirit:

**All: as it was in the beginning, is now, and will be for ever. Amen. Alleluia.**

**SIT**

### **Psalmody**

Antiphon 1: The Lord is compassionate; he gives food to those who fear him  
as a remembrance of his great deeds.

#### *Psalm 111*

I will thank the Lord with all my heart  
in the meeting of the just and their assembly.  
Great are the works of the Lord;  
to be pondered by all who love them.

Majestic and glorious his work,  
his justice stands firm for ever.  
He makes us remember his wonders.  
The Lord is compassion and love.

He gives food to those who fear him;  
keeps his covenant ever in mind.  
He has shown his might to his people  
by giving them the lands of the nations.

His works are justice and truth:  
his precepts are all of them sure,  
standing firm for ever and ever:  
they are made in uprightness and truth.

He has sent deliverance to his people  
and established his covenant for ever.  
Holy his name, to be feared.



To fear the Lord is the beginning of wisdom;  
all who do so prove themselves wise.  
His praise shall last for ever!

Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.

Antiphon 1: The Lord is compassionate; he gives food to those who fear him  
as a remembrance of his great deeds.

### ***PAUSE FOR REFLECTION***

Antiphon 2: The Lord brings peace to his Church, and fills us with the finest wheat.

*Psalm 147:12-20*

O praise the Lord, Jerusalem!  
Zion, praise your God!

He has strengthened the bars of your gates,  
he has blessed the children within you.  
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.  
He showers down snow white as wool,  
he scatters hoar-frost like ashes.

He hurls down hail stones like crumbs.  
The waters are frozen at his touch;  
he sends forth his word and it melts them:  
at the breath of his mouth the waters flow.

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.

Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.



Antiphon 2: The Lord brings peace to his Church, and fills us with the finest wheat.

## ***PAUSE FOR REFLECTION***

Antiphon 3: Truly I say to you: Moses did not give you the Bread from heaven;  
my Father gives you the true Bread from heaven, alleluia.

*Canticle - Revelation 11:17-18; 12:10b~12a*

We praise you, the Lord God Almighty,  
who is and who was.

You have assumed your great power,  
you have begun your reign.

The nations have raged in anger,  
but then came your day of wrath  
and the moment to judge the dead:  
The time to reward your servants the prophets  
and the holy ones who revere you,  
the great and the small alike.

Now have salvation and power come,  
the reign of our God and the authority  
of his Anointed One.

For the accuser of our brothers is cast out,  
who night and day accused them before God.

They defeated him by the blood of the Lamb  
and by the word of their testimony;  
love for life did not deter them from death.  
So rejoice, you heavens,  
and you that dwell therein!

Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.

Antiphon 3: Truly I say to you: Moses did not give you the Bread from heaven;  
my Father gives you the true Bread from heaven, alleluia.



## ***PAUSE FOR REFLECTION***

## Reading 1 *1 Corinthians 10:16-17*

READER 1:

Is not the cup of blessing we bless a sharing in the blood of Christ? And is not the Bread we break a sharing in the body of Christ? Because the loaf of Bread is one, we, many though we are, are one body, for we all partake of the one loaf.

### ***PERIOD OF SILENCE TO REFLECT UPON THE READING***

READER 1: He gave them Bread from heaven, alleluia, alleluia.

**All: He gave them Bread from heaven, alleluia, alleluia.**

READER 1: We have eaten the Bread of angels,

**All: alleluia, alleluia.**

READER 1: Glory to the Father, and to the Son, and to the Holy Spirit,

**All: He gave them Bread from heaven, alleluia, alleluia.**

***STAND***



## Gospel Canticle

Antiphon: How kind and gentle you are, O Lord. You showed your goodness to your children by giving them Bread from heaven. You filled the hungry with good things, and the rich you sent away empty.

### **Canticle of Mary** (*Melody: O God our Help*)

My soul proclaims how great God is. ***[MAKE THE SIGN OF THE CROSS]***  
 My spirit shouts with joy!  
 For God my Savior favored me;  
 All people call me blest.

My God has done great things for me.  
 How wonderful God's name!  
 God comes with mercy and with strength  
 To those who prove their love.

The proud and mighty God brings low;  
 The lowly God lifts up.  
 God fills the hungry with good things;  
 The rich get sent away.

God comes to help his chosen ones;  
 God's promise is fulfilled:  
 To Abraham and family  
 God's mercy is revealed.

All praise to our Creator God,  
 All praise to God the Son  
 All praise to God the Paraclete,  
 From now till time is done.



Antiphon: How kind and gentle you are, O Lord. You showed your goodness to your children by giving them Bread from heaven. You filled the hungry with good things, and the rich you sent away empty.

## Intercessions

LEADER: Christ invites all to the supper in which he gives his Body and Blood for the life of the world. Let us ask him:

**All: Christ, the Bread of heaven, grant us everlasting life.**

READER 2: Christ, Son of the living God, you commanded that this thanksgiving meal be done in memory of you; enrich your Church through the faithful celebration of these mysteries.

**All: Christ, the Bread of heaven, grant us everlasting life.**

READER 2: Christ, eternal priest of the Most High, you have commanded your priests to offer your sacraments; may they help them to exemplify in their lives the meaning of the sacred mysteries which they celebrate.

**All: Christ, the Bread of heaven, grant us everlasting life.**

READER 2: Christ, Bread from heaven, you form one body out of all who partake of the one Bread; refresh all who believe in you with harmony and peace.

**All: Christ, the Bread of heaven, grant us everlasting life.**

READER 2: Christ, through your Bread you offer the remedy for immortality and the pledge of future resurrection; restore health to the sick and living hope to sinners.

**All: Christ, the Bread of heaven, grant us everlasting life.**

READER 2: Christ, our king who is to come, you commanded that the mysteries which proclaim your death be celebrated until you return; grant that all who die in you may share in your resurrection.

**All: Christ, the Bread of heaven, grant us everlasting life.**

READER 2: O God, Francis and Clare had great awe and reverence for the Eucharist; may our devotion to Jesus' Body and Blood be an example to those who aspire to the Franciscan life.

**All: Christ, the Bread of heaven, grant us everlasting life.**

[The Leader may invite other petitions. If other petitions are made, the response is:  
**All: Christ, the Bread of heaven, grant us everlasting life.]**

### **The Lord's Prayer**

LEADER: With confidence and with trust, we now pray to the Father in the words his son Jesus taught us:

**All:** Our Father ...

**KNEEL**

### **Second Incensation of the Most Blessed Sacrament**

#### **Hymn**

5. Down in ad-o-ra-tion fall-ing,  
 This great sac-ra-ment we hail;  
 O-ver an-cient forms of wor-ship  
 New-er rites of grace pre-vail;  
 Faith will tell us Christ is pres-ent,  
 When our hu-man sens-es fail.

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5. Tan-tum er-go Sa-cra-mén-tum  
 Ve-ne-ré-mur cér-nu-i:  
 Et an-tí-quum do-cu-mén-tum  
 No-vo ce-dat ri-tu-i:  
 Prae-stet fi-des sup-ple-mén-tum  
 Sén-su-um de-fé-ctu-i.

6. To the ev-er-last-ing Fa-ther,  
 And the Son who made us free,  
 And the Spir-it, God pro-ceed-ing  
 From them Each e-ter-nal-ly,  
 Be sal-va-tion, hon-or, bless-ing,  
 Might and end-less maj-es-ty. A-men.

6. Ge-ni-tó-ri, Ge-ni-tó-que  
 Laus et ju-bi-lá-ti-o,  
 Sa-lus, ho-nor, vir-tus quo-que  
 Sit et be-ne-dí-cti-o:  
 Pro-ce-dén-ti ab u-tró-que  
 Com-par sit lau-dá-ti-o. A-men.

LEADER: You have given them Bread from heaven.

**All: Containing all sweetness within it.**

LEADER: Let us pray. O God, in this wonderful Sacrament you have left us a memorial of Your suffering and death; Grant, we beseech you, so to venerate the Sacred Mysteries of Your Body and Blood that we may always experience the effects of Your redemption. You Who live and reign for ever and ever.

**All: Amen.**

## Benediction with the Most Blessed Sacrament

**FOLLOWING THE BENEDICTION, THE FOLLOWING IS PRAYED:**

### Saint Francis' Praises of God

You are holy, Lord, the only God. You do wonders.

You are strong; You are great;  
You are the most high; You are the almighty King,  
You, Holy Father, the King of heaven and earth.

You are Three and One, Lord God of gods.  
You are good, all good, the highest good,  
Lord, God, living and true.

You are love, charity. You are wisdom;  
You are humility; You are patience; You are beauty;  
You are meekness; You are security;  
You are inner peace; You are joy;  
You are our hope and joy; You are justice;  
You are moderation; You are all our riches;  
(You are enough for us).



You are beauty; You are meekness;  
You are the protector.  
You are our guardian and defender;  
You are strength; You are refreshment.

You are our hope; You are our faith;  
You are our charity; You are all our sweetness;  
You are our eternal life:  
Great and wonderful Lord,  
God almighty, Merciful Savior.

## Reposition of the Most Blessed Sacrament

### Concluding Hymn

Holy God, we praise thy name;  
Lord of all, we bow before thee;  
All on earth thy scepter claim,  
All in heaven above adore thee.

Infinite thy vast domain,  
Everlasting is thy reign!  
Hark, the loud celestial hymn;  
Angel choirs above are raising;  
Cherubim and Seraphim,  
In unceasing chorus praising,  
Fill the heavens with sweet accord:  
Holy, holy, holy, Lord!

