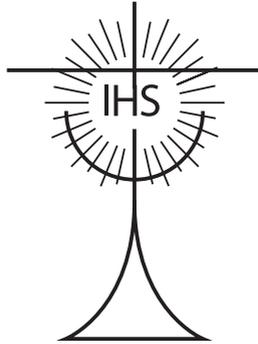


# Office of the Most Holy Body and Blood of Christ for Exposition of the Holy Eucharist



## INTRODUCTION

During Exposition of the Holy Eucharist one of the options for the period of Adoration is the recitation of part of the Liturgy of the Hours.

*This liturgy extends the praise and thanksgiving offered to God in the eucharistic celebration to the several hours of the day; it directs the prayers of the Church to Christ and through him to the Father in the name of the whole world.*

[HCWE 66]

This may be either be the appropriate hour of the particular day or be taken from the Office of Most Holy Body and Blood of Christ (*Corpus Christi*). A separate leaflet is available which gives more detail of how the Liturgy of the Hours is integrated into Exposition and what options are available.

## EVENING PRAYER I

# EXPOSITION OF THE HOLY EUCHARIST

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## EXPOSITION

*The Blessed Sacrament is brought to the altar.*

*During incensation a suitable song may be sung, in which case the Office Hymn is omitted or the Office Hymn may be sung at this point.*

## ADORATION

### EVENING PRAYER I

## INTRODUCTION

O God, come to our aid.

O Lord, make haste to help us.

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. Alleluia. (*Alleluia is omitted in Lent*)

## OFFICE HYMN

*Pange Lingua*

*The following or another hymn is sung.*

1. Hail our Saviour's glorious Body,  
which his Virgin Mother bore;  
hail the Blood which, shed for sinners,  
did a broken world restore;  
hail the sacrament most holy  
flesh and Blood of Christ adore!
2. To the Virgin for our healing,  
his own Son the Father send;  
from the Father's love proceeding  
sower, seed, and Word descends;  
wondrous life of Word incarnate  
with his greatest wonder ends!
3. On that paschal evening see him  
with the chosen twelve recline,  
to the old law still obedient  
in its feats of love divine;  
love divine, the new law giving,  
gives himself as Bread and Wine!

4. By his word the Word almighty  
makes of bread his flesh indeed;  
wine becomes his very life-blood;  
faith God's living Word must heed!  
Faith alone may safely guide us  
where the senses cannot lead!
5. Come, adore this wondrous presence;  
bow to Christ, the source of grace!  
Here is kept the ancient promise  
of God's earthly dwelling-place!  
Sight is blind before God's glory,  
faith alone may see his face!
6. Glory be to God the Father,  
praise to his co-equal Son,  
adoration to the Spirit,  
bond of love, in Godhead one!  
Blest be God by all creation  
joyously while ages run!

St Thomas Aquinas tr. James Quinn SJ

## PSALMODY

ANT. 1: The Lord is merciful; he gives food to those who fear him to make them remember his wonders.

### Psalm 110 (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 first stage of wisdom;  
all who do so prove themselves wise.  
His praise shall last for ever!

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.

ANT: The Lord is merciful; he gives food to those who fear him to make  
them remember his wonders.

ANT. 2: The Lord has established peace for his Church, he feeds us with  
finest wheat.

### Psalm 147

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 hailstones 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 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.

ANT: The Lord has established peace for his Church, he feeds us with  
finest wheat.

ANT. 3: Truly I say you, it was not Moses who gave you bread from heaven,  
it is my Father who gives you the true bread from heaven, alleluia.

**Revelation 11: 17–18; 12:10b–12a**

We give thanks to you, Lord God Almighty,  
who are and who were,  
that you have taken your great power  
and begun to reign.

The nations raged,  
but your wrath came,  
and the time for the dead to be judged,  
for rewarding your servants, the prophets and saints,  
and those who fear your name,  
both small and great.

Now the salvation and the power  
and the kingdom of our God  
and the authority of his Christ have come,  
for the accuser of our brethren has been thrown down,  
who accuses them day and night before our God.

And they have conquered him  
by the blood of the Lamb  
and by the word of their testimony,  
for they loved not their lives even unto death.  
Rejoice, then, O heaven,  
and you that dwell therein.

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.

ANT: Truly I say you, it was not Moses who gave you bread from heaven,  
it is my Father who gives you the true bread from heaven, alleluia.

## SCRIPTURE READING

1 Corinthians 10:16-17

*The following or another appropriate passage of scripture is read.*

The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

*The scripture reading may be followed a homily and a period of silence.*

## RESPONSORY

He gave them the bread of heaven to eat, alleluia, alleluia.

**He gave them the bread of heaven to eat, alleluia, alleluia.**

Man has tasted the food of angels.

**He gave them the bread of heaven to eat, alleluia, alleluia.**

Glory be to the Father and to the Son and to the Holy Spirit.

**He gave them the bread of heaven to eat, alleluia, alleluia.**

*During Lent*

The Lord fed us with finest wheat.

**The Lord fed us with finest wheat.**

He filled us with honey from the rock.

**The Lord fed us with finest wheat.**

Glory be to the Father and to the Son and to the Holy Spirit.

**The Lord fed us with finest wheat.**

## MAGNIFICAT

Luke 1: 46-55

*All stand*

ANT. Lord, how good you are and how gentle is your spirit. When you wished to show your goodness to your sons you gave them bread from heaven; filling the hungry with good things and sending the rich away empty.

My soul glorifies the Lord,

my spirit rejoices in God, my Saviour.

He looks on his servant in her lowliness;

henceforth all ages will call me blessed.

The Almighty works marvels for me.  
Holy his name!

His mercy is from age to age,  
on those who fear him.  
He puts forth his arm in strength  
and scatters the proud-hearted.

He casts the mighty from their thrones  
and raises the lowly.  
He fills the starving with good things,  
sends the rich away empty.

He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.

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.

ANT. Lord, how good you are and how gentle is your spirit. When you wished to show your goodness to your sons you gave them bread from heaven; filling the hungry with good things and sending the rich away empty.

## INTERCESSIONS

At the supper to which all are invited, Christ gives his body and blood for the life of the world. Earnestly we beseech him, saying:

**Lord Jesus Christ, give us the bread of eternal life.**

Lord Jesus Christ, Son of the living God, you have commanded us to celebrate the eucharistic meal in remembrance of you: — enrich your Church with the worthy celebration of these mysteries.

Lord Jesus Christ, eternal high priest, you have committed to your priests the ministration of your sacraments: — help them to do their part in your work with the unfailing gladness of genuine charity.

Lord Jesus Christ, manna from heaven, you make into one all who share the one bread: — grant peace and concord to all who believe in you.

Lord Jesus Christ, heavenly physician, you give an eternal remedy and a pledge of resurrection to those who eat your bread: — grant health to the ailing and a real hope to sinners.

*Additional intercessions may be included here.*

Lord Jesus Christ, king who is to come, we know that whenever we celebrate these mysteries, we proclaim your death until you come again: — bring all those who have died in you to share your resurrection.

Our Father

## **BENEDICTION**

*After the Lord's Prayer benediction follows. A suitable eucharistic song is sung. The Priest or Deacon incenses the Blessed Sacrament, rises and sings or says the following prayer.*

O God, who in this wonderful Sacrament  
have left us a memorial of your Passion,  
grant us, we pray,  
so to revere the sacred mysteries of your Body and Blood  
that we may always experience in ourselves  
the fruits of your redemption.  
Who live and reign with God the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

*He then gives the blessing (benediction)*

## **REPOSITION**

*The conclusion and dismissal is omitted.*

*The Blessed Sacrament is placed in the tabernacle. The people sing an acclamation, or other suitable song or instrumental music. The ministers then depart.*

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