

Adoration of the Blessed Sacrament



St Mary's Church, Ascot Vale

LITANY OF THE MOST BLESSED SACRAMENT

“The Eucharist is the supreme proof of the love of Jesus.

After this, there is nothing more but Heaven.”

St. Peter Julian Eymard

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, graciously hear us.

God the Father of Heaven,

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

R/ have mercy on us.

R/ have mercy on us.

R/ have mercy on us.

R/ have mercy on us.

Jesus, Eternal High Priest of the Eucharistic Sacrifice,

R/ have mercy on us.

Jesus, Divine Victim on the altar for our salvation,

R/

Jesus, hidden under the appearance of bread,

R/

Jesus, dwelling in the tabernacles of the world,

R/

Jesus, really, truly and substantially present in the Blessed Sacrament,

R/

Jesus, abiding in your fullness, Body, Blood, Soul and Divinity,

R/

Jesus, Bread of Life,

R/

Jesus, Bread of Angels,

R/

Jesus, with us always until the end of the world,

R/

Sacred Host, summit and source of all worship and Christian life,

R/ have mercy on us.

Sacred Host, sign and cause of the unity of the Church,

R/

Sacred Host, adored by countless angels,

R/

Sacred Host, spiritual food,

R/

Sacred Host, Sacrament of love,

R/

Sacred Host, bond of charity,

R/

Sacred Host, greatest aid to holiness,

R/

Sacred Host, gift and glory of the priesthood,

R/

Sacred Host, in which we partake of Christ,

R/

Sacred Host, in which the soul is filled with grace,

R/

Sacred Host, in which we are given a pledge of future glory,

R/

**Blessed be Jesus in the most holy Sacrament of the Altar.
 Blessed be Jesus in the most holy Sacrament of the Altar.
 Blessed be Jesus in the most holy Sacrament of the Altar.**

For those who do not believe in your Eucharistic presence,

R/ have mercy, O Lord.

For those who are indifferent to the Sacrament of your love, **R/**

For those who have offended you in the holy Sacrament of the Altar, **R/**

That we may show fitting reverence when entering your holy temple,

R/ we beseech you, hear us.

That we may make suitable preparation before approaching the altar, **R/**

That we may receive you frequently in Holy Communion with real

devotion and true humility, **R/**

That we may never neglect to thank you for so wonderful a blessing, **R/**

That we may cherish time spent in silent prayer before you, **R/**

That we may grow in knowledge of this Sacrament of sacraments, **R/**

That all priests may have a profound love of the Holy Eucharist, **R/**

That they may celebrate the Holy Sacrifice of the Mass in accordance with

its sublime dignity, **R/**

That we may be comforted and sanctified with Holy Viaticum at the hour

of our death, **R/**

That we may see you one day face to face in Heaven, **R/**

Lamb of God, you take away the sins of the world,

R/ spare us, O Lord.

Lamb of God, you take away the sins of the world,

R/ graciously hear us, O Lord.

Lamb of God, you take away the sins of the world,

R/ have mercy on us, O Lord.

V. O Sacrament most holy, O Sacrament divine,

R/ all praise and all thanksgiving be every moment thine.

Let us pray.

Most merciful Father, you continue to draw us to yourself through the Eucharistic Mystery. Grant us fervent faith in this Sacrament of love, in which Christ the Lord himself is contained, offered and received. We make this prayer through the same Christ our Lord. Amen.

LITANY OF THE MOST SACRED HEART OF JESUS

Lord, have mercy.
 Christ, have mercy.
 Lord, have mercy.

**Lord, have mercy.
 Christ, have mercy.
 Lord, have mercy.**

God our Father in Heaven,
 God the Son, Redeemer of the world,
 God the Holy Spirit,
 Holy Trinity, one God,

**R/ have mercy on us.
 R/ have mercy on us.
 R/ have mercy on us.
 R/ have mercy on us.**

| | |
|--|-----------|
| Heart of Jesus, Son of the eternal Father, | R/ |
| Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother, | R/ |
| Heart of Jesus, one with the eternal Word, | R/ |
| Heart of Jesus, infinite in majesty, | R/ |
| Heart of Jesus, holy temple of God, | R/ |
| Heart of Jesus, tabernacle of the Most High, | R/ |
| Heart of Jesus, house of God and gate of heaven, | R/ |
| Heart of Jesus, aflame with love for us, | R/ |
| Heart of Jesus, source of justice and love, | R/ |
| Heart of Jesus, full of goodness and love, | R/ |
| Heart of Jesus, wellspring of all virtue, | R/ |
| Heart of Jesus, worthy of all praise, | R/ |
| Heart of Jesus, king and centre of all hearts, | R/ |
| Heart of Jesus, treasure-house of wisdom and knowledge, | R/ |
| Heart of Jesus, in whom there dwells the fullness of God, | R/ |
| Heart of Jesus, in whom the Father is well pleased, | R/ |
| Heart of Jesus, from whose fullness we have all received, | R/ |
| Heart of Jesus, desire of the eternal hills, | R/ |
| Heart of Jesus, patient and full of mercy, | R/ |
| Heart of Jesus, generous to all who turn to you, | R/ |
| Heart of Jesus, fountain of life and holiness, | R/ |
| Heart of Jesus, atonement for our sins, | R/ |
| Heart of Jesus, overwhelmed with insults, | R/ |
| Heart of Jesus, broken for our sins, | R/ |

| | |
|--|-----------|
| Heart of Jesus, obedient even to death, | R/ |
| Heart of Jesus, pierced by a lance, | R/ |
| Heart of Jesus, source of all consolation, | R/ |
| Heart of Jesus, our life and resurrection, | R/ |
| Heart of Jesus, our peace and reconciliation, | R/ |
| Heart of Jesus, victim of our sins, | R/ |
| Heart of Jesus, salvation of all who trust in you, | R/ |
| Heart of Jesus, hope of all who die in you, | R/ |
| Heart of Jesus, delight of all the saints, | R/ |

Lamb of God, you take away the sins of the world,

R/ have mercy on us.

Lamb of God, you take away the sins of the world,

R/ have mercy on us.

Lamb of God, you take away the sins of the world,

R/ have mercy on us.

Jesus, gentle and humble of heart.

R/ Touch our hearts and make them like your own.

Let us pray:

Father,
we rejoice in the gifts of love
we have received from the heart of Jesus your Son.
Open our hearts to share his life
and continue to bless us with his love.
We ask this in the name of Jesus the Lord.
Amen.

LITANY OF THE MOST PRECIOUS BLOOD

Lord, have mercy.
 Christ, have mercy.
 Lord, have mercy.

**Lord, have mercy.
 Christ, have mercy.
 Lord, have mercy.**

God our Father in Heaven,
 God the Son, Redeemer of the world,
 God the Holy Spirit,
 Holy Trinity, one God,

**have mercy on us.
 have mercy on us.
 have mercy on us.
 have mercy on us.**

| | |
|---|-------------------|
| Blood of Christ, only Son of the Father, | R/ save us |
| Blood of Christ, incarnate Word, | R/ save us |
| Blood of Christ, of the new and eternal covenant, | R/ save us |
| Blood of Christ, that spilled to the ground, | R/ save us |
| Blood of Christ, that flowed at the scourging, | R/ save us |
| Blood of Christ, dripping from the thorns, | R/ save us |
| Blood of Christ, shed on the cross, | R/ |
| Blood of Christ, the price of our redemption, | R/ |
| Blood of Christ, our only claim to pardon, | R/ |
| Blood of Christ, our blessing cup, | R/ |
| Blood of Christ, in which we are washed, | R/ |
| Blood of Christ, torrent of mercy, | R/ |
| Blood of Christ, that overcomes evil, | R/ |
| Blood of Christ, strength of the martyrs, | R/ |
| Blood of Christ, endurance of the saints, | R/ |
| Blood of Christ, that makes the barren fruitful, | R/ |
| Blood of Christ, protection of the threatened, | R/ |
| Blood of Christ, comfort of the weary, | R/ |
| Blood of Christ, solace of the mourner, | R/ |
| Blood of Christ, hope of the repentant, | R/ |
| Blood of Christ, consolation of the dying, | R/ |
| Blood of Christ, our peace and refreshment, | R/ |
| Blood of Christ, our pledge of life, | R/ |
| Blood of Christ, by which we pass to glory, | R/ |
| Blood of Christ, most worthy of honour, | R/ |

Lamb of God, you take away the sins of the world,

R/ have mercy on us.

Lamb of God, you take away the sins of the world,

R/ have mercy on us.

Lamb of God, you take away the sins of the world,

R/ have mercy on us.

Lord, you redeemed us by your blood.

R/ You have made us a kingdom to serve our God.

Let us pray:

Father,

by the blood of your Son

you have set us free and saved us from death.

Continue your work of love within us,

**that by constantly celebrating the mystery of our salvation
we may reach the eternal life it promises.**

We ask this through Christ our Lord.

Amen.

CHAPLET OF DIVINE MERCY *(prayed on Rosary Beads)*

1. *Sign of the Cross, 1 Our Father, 1 Hail Mary and the Apostles Creed:*

**I believe in God, the Father almighty,
 Creator of heaven and earth,
 and in Jesus Christ, his only Son, our Lord,
 who was conceived by the Holy Spirit,
 born of the Virgin Mary,
 suffered under Pontius Pilate,
 was crucified, died and was buried;
 he descended into hell;
 on the third day he rose again from the dead;
 he ascended into heaven,
 and is seated at the right hand of God the Father almighty;
 from there he will come to judge the living and the dead.
 I believe in the Holy Spirit,
 the holy catholic Church,
 the communion of saints, the forgiveness of sins,
 the resurrection of the body, and life everlasting. Amen.**



2. *Then on the 'Our Father' Beads say the following:*

Leader: **Eternal Father,
 I offer you the Body and Blood, Soul and Divinity
 of your dearly beloved Son, Our Lord Jesus Christ,
 in atonement for our sins and those of the whole world.**

3. *On the 10 'Hail Mary' Beads say the following:*

Leader: **For the sake of his sorrowful Passion,
 have mercy on us and on the whole world.**

All:

(Repeat step 2 and 3 for all five decades).

4. *Conclude with (three times):*

Leader: **Holy God, Holy Mighty One, Holy Immortal One,
 have mercy on us and on the whole world.**

All:

PRAYERS OF INTERCESSION

For the Holy Catholic Church – may it know peace and unity.

Eucharistic Lord, hear us.....**R/ Lord Jesus, hear our prayer.**

For our Holy Father, Pope Francis – grant him health, wisdom and grace.

Eucharistic Lord, hear us..... **R/**

For our Archbishop, Peter – bless him as he guides us by word and example.

Eucharistic Lord, hear us..... **R/**

For all the Bishops of the Church – may they be true shepherds of the flock.

Eucharistic Lord, hear us..... **R/**

For all priests, deacons and religious – grant that they may be holy and faithful.

Eucharistic Lord, hear us..... **R/**

For all members of the Church – may they fulfil their callings, advancing in faith, hope and charity.

Eucharistic Lord, hear us.....**R/**

For all those persecuted for their faith.

Eucharistic Lord, hear us..... **R/**

For vocations, especially to the priesthood and religious life.

Eucharistic Lord, hear us..... **R/**

For all Christians – may they be united in one flock, under one shepherd.

Eucharistic Lord, hear us..... **R/**

For the spread of the Gospel – lead all people to the joy of faith.

Eucharistic Lord, hear us..... **R/**

For the salvation of all souls, especially those most in need of divine grace.

Eucharistic Lord, hear us..... **R/**

For our nation, Australia – may it know prosperity and divine blessing.
 Eucharistic Lord, hear us.....**R/ Lord Jesus, hear our prayer.**

For all those who govern us – grant that they may lead with wisdom and justice.
 Eucharistic Lord, hear us..... **R/**

For justice and peace throughout the world.
 Eucharistic Lord, hear us..... **R/**

For human life in all its stages – may its dignity always be respected.
 Eucharistic Lord, hear us..... **R/**

For the poor and oppressed.
 Eucharistic Lord, hear us..... **R/**

For the sick – may they be given healing and comfort.
 Eucharistic Lord, hear us..... **R/**

For the dying – grant them grace, strength and peace.
 Eucharistic Lord, hear us..... **R/**

For all those with no one to pray for them, and all those in any kind of need.
 Eucharistic Lord, hear us..... **R/**

For our families and loved ones – may they receive every grace and blessing.
 Eucharistic Lord, hear us..... **R/**

For ourselves, in all our needs, spiritual and material, and in all the desires of our hearts.
 Eucharistic Lord, hear us..... **R/**

For all those who have died – may they be received into eternal life.
 Eucharistic Lord, hear us..... **R/**

Parish Prayer

Lord Jesus, truly present before us in the Most Holy Sacrament,
we place in your Sacred Heart all the needs of the Church,
the needs of the world and of our nation. We entrust to you all the needs
and cares of our own hearts, and of those who are dear to us.

In a special way we pray for this church and this parish named in honour
of your Immaculate Mother and placed under her patronage.
Through her intercession, the intercession of St Margaret and of all the saints,
may every blessing be poured out on all members of our parish,
on all our works and ministries, and on all those who live here.

We pray in particular for our schools, their staff and students,
and all their families. We remember especially our deceased parishioners:
may they be received into eternal life.

May our parish be filled with holiness and prayer, with faith and love;
may it be a place where worthy and reverent worship is offered to God,
and where we receive grace and power for our mission.

May all who come here find a welcoming home,
comfort in their needs and strength for their journey. Amen.

ROSARY

SIGN OF THE CROSS

Leader: Come, O Holy Spirit, fill the hearts of your faithful,
and enkindle in them the fire of your love.

Leader: Send forth your Spirit, and they shall be created.

All: **And you shall renew the face of the earth.**

Leader: Let us pray. God our Father, pour out the gifts of your Holy Spirit on the
world. You sent the Spirit on your Church to begin the teaching of the gospel:
now let the Spirit continue to work in the world through the hearts of all who
believe. Through Christ our Lord. Amen.

Leader: You, O Lord, will open my lips.

All: **And my tongue shall announce your praise.**

Leader: Incline unto my aid, O God.

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

Leader: Glory be to the Father, and to the Son, and to the Holy Spirit.

All: **As it was in the beginning, is now, and ever shall be,
world without end. Amen.**

5 decades of the Rosary.

Hail, Holy Queen

concluding with:

Leader: Pray for us, O Holy Mother of God.

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

Leader: Let us pray.

All: **O God, whose only-begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal salvation, grant, we beseech you, that meditating upon these mysteries in the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise.**

Through the same Christ our Lord. Amen.

Most Sacred Heart of Jesus

R/ Have mercy on us.

Immaculate Heart of Mary

R/ Pray for us.

St Joseph

R/ Pray for us.

St John the Evangelist

R/ Pray for us.

St Louis-Marie de Montfort

R/ Pray for us.

Leader: May the divine assistance remain always with us.

All: **And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.**

All: **St Michael the Archangel, defend us in the day of battle, be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits who wander through the world seeking the ruin of souls. Amen.**

PRAYERS FOR THE POPE'S INTENTIONS:

(condition for gaining the plenary indulgence – see p.26)

1 Our Father, 1 Hail Mary, 1 Glory Be

SIGN OF THE CROSS

BENEDICTION OF THE BLESSED SACRAMENT

Tantum ergo sacramentum
Veneremur cernui;
Et antiquum documentum
Novo cedat ritui;
Praestet fides supplementum,
Sensuum defectui.

[trans: Down in adoration falling,
This great Sacrament we hail;
Ancient types have long departed,
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

Genitori, Genitoque
Laus et jubilatio;
Salus, honor, virtus quoque,
Sit et benedictio;
Procedenti ab utroque,
Compar sit laudatio. Amen.

Glory let us give and blessing
To the Father and the Son
Honour, might and praise addressing,
While eternal ages run;
Equal praise to him confessing,
Who proceeds from Both as One. Amen.]

C: You have given them bread from heaven ([Easter Season]: alleluia!)

R: Having in itself all delight ([Easter Season]: **alleluia!**)

C: Let us pray. 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, God for ever and ever.

R: Amen.

The priest gives the Benediction to the people with the Blessed Sacrament.

THE DIVINE PRAISES

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 Saint Joseph, her most chaste spouse.

Blessed be God in his Angels and in his Saints.

HYMNS FOR ADORATION

1. HAIL, REDEEMER, KING DIVINE

Hail, Redeemer, King Divine!
Priest and Lamb, the throne is thine,
King, whose reign shall never cease,
Prince of everlasting peace.

R/ Angels, saints and nations sing
 “Praised be Jesus Christ, our King;
 Lord of life, earth, sky and sea,
 King of love on Calvary.”

King, whose name creation thrills,
Rule our minds, our hearts, our wills,
Till in peace each nation rings
With thy praises, King of kings. R/

King most holy, King of truth,
Guide the lowly, guide the youth;
Christ thou King of glory bright,
Be to us eternal light. R/

Shepherd-King, o'er mountains steep,
Homeward bring the wandering sheep;
Shelter in one royal fold
States and kingdoms, new and old. R/

2. HOLY GOD, WE PRAISE THY NAME

Holy God, we praise thy name,
Lord of all, we bow before thee.
All on earth thy sceptre 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.

Holy Father, holy Son,
 holy Spirit, Three we name thee,
 while in Essence only One
 undivided God we claim thee;
 and adoring bend the knee,
 while we own the mystery.

3. ALLELUIA, SING TO JESUS

Alleluia! Sing to Jesus!
 His the sceptre, his the throne;
 Alleluia! His the triumph,
 His the victory alone;
 Hark! The songs of peaceful Zion
 Thunder like a mighty flood;
 Jesus out of ev'ry nation
 Has redeemed us by his blood.

Alleluia! Bread of Angels,
 Here on earth our food, our stay!
 Alleluia! Here the sinful
 Flee to you from day to day:
 Intercessor, friend of sinners,
 Earth's redeemer, plead for me,
 Where the songs of all the sinless
 Sweep across the crystal sea.

Alleluia! King eternal,
 You the Lord of lords we own;
 Alleluia! Born of Mary,
 Earth your footstool, heav'n your throne:

You, within the veil, have entered,
 Robed in flesh, our great high priest;
 Here on earth both priest and victim
 In the Eucharistic feast.

4. GODHEAD HERE IN HIDING

Godhead here in hid-ing, whom I do adore,
 masked by these bare sha-dows, shape and nothing more;
 see, Lord, at_ thy ser-vice, low lies here a heart
 lost, all lost in won-der, at the God thou art.

Seeing, touching, tast-ing, are in thee deceived;
 How says trusty hear-ing? That shall be believed;
 what God's Son_ has told_ me, take for truth I do;
 Truth himself speaks tru-ly, or there's nothing true.

On the cross thy God-head, made no sign to men;
 here thy very man-hood, steals from human ken:
 both are my_ confess-ion, both are my belief,
 and I pray the pray-er, of the dying thief.

I am not like Tho-mas, wounds I cannot see,
 but can plainly call_ thee, Lord and God as he;
 this faith each_ day deep-er, be my holding of,
 daily make me har-der, hope and dearer love.

O thou our remind-er, of Christ crucified,
 living bread, the life_ of __us for whom he died,
 lend this life_ to me_ then; feed and feast my mind,
 there be thou the sweet-ness, man was meant to find.

Jesus, whom I look_ at, shrouded here below,
 I beseech thee send_ me, what I long for so,
 some day to_ gaze on_ thee, face to face in light
 and be blest for e-ver, with thy glory's sight. Amen.

5. JESUS, MY LORD, MY GOD, MY ALL

Jesus, my Lord, my God, my all,
 How can I love thee as I ought?
 And how revere this wondrous gift,
 So far surpassing hope or thought?

R/ Sweet Sacrament, we thee adore;
 Oh, make us love thee more and more.
 Oh, make us love thee more and more.

Had I but Mary's sinless heart
 To love thee with, my dearest King,
 Oh, with what bursts of fervent praise
 Thy goodness, Jesus, would I sing!

R/

6. WHEN I SURVEY THE WONDROUS CROSS

When I survey the wondrous Cross
 on which the Prince of glory died,
 my richest gain I count but loss
 and pour contempt on all my pride.

Forbid it, Lord, that I should boast
 save in the death of Christ my God;
 the vain delights that charm me most,
 I sacrifice them to his blood.

See from his head, his hands, his feet,
 what grief and love flow mingling down;
 when did such love and sorrow meet,
 or thorns compose so rich a crown?

Were all the realm of nature mine,
 that were a present far too small;
 love so amazing, so divine,
 demands my soul, my life, my all.

7. SWEET SACRAMENT DIVINE

Sweet Sacrament divine,
 Hid in thy earthly home,
 Lo! round thy lowly shrine,
 With suppliant hearts we come.
 Jesus, to thee our voice we raise,
 In songs of love and heartfelt praise,
 Sweet Sacrament divine,
 Sweet Sacrament divine.

Sweet Sacrament of peace,
 Dear home of every heart,
 Where restless yearnings cease,
 And sorrows all depart.
 There in thine ear, all trustfully
 We tell our tale of misery,
 Sweet Sacrament of peace,
 Sweet Sacrament of peace.

Sweet Sacrament of rest,
 Ark from the ocean's roar,
 Within thy shelter blest
 Soon may we reach the shore.
 Save us, for still the tempest raves;
 Save, lest we sink beneath the waves,
 Sweet Sacrament of rest,
 Sweet Sacrament of rest.

Sweet Sacrament divine,
 Earth's light and jubilee,
 In thy far depths doth shine
 Thy Godhead's majesty.
 Sweet light, so shine on us, we pray,
 That earthly joys may fade away,
 Sweet sacrament divine,
 Sweet sacrament divine.

8. O BREATHE ON ME, BREATH OF GOD

O breathe on me, Breath of God,
fill me with life anew;
that I may love what thou dost love
and do what thou wouldst do.

O breathe on me, Breath of God,
until my heart is pure:
until with thee I have one will
to do and to endure.

O breathe on me, Breath of God,
till I am wholly thine,
until this earthly part of me
glows with thy fire divine.

O breathe on me, Breath of God,
so shall I never die,
but live with thee the perfect life
of thine eternity.

9. SOUL OF MY SAVIOUR

Soul of my Saviour, sanctify my breast;
body of Christ, be thou my saving guest;
blood of my Saviour, bathe me in thy tide,
wash me with water flowing from thy side.

Strength and protection may thy Passion be;
O blessed Jesus, hear and answer me;
deep in thy wounds, Lord, hide and shelter me;
so shall I never, never part from thee.

Guard and defend me from the foe malign;
in death's dread moments make me only thine;
call me and bid me come to thee on high,
when I may praise thee with thy saints for aye.

Sing, my tongue, the Saviour's glory,
of his flesh the mystery sing;
of the blood all price exceeding
shed by our immortal King,
destined for the world's redemption
from a noble womb to spring.

Of a pure and spotless virgin
born for us on earth below,
he as Man with man conversing,
stayed the seeds of truth to sow;
then he closed in solemn order
wondrously his life of woe.

On the night of that last supper
seated with his chosen band,
he the Paschal victim eating,
first fulfils the law's command;
then, as food to his apostles,
gives himself with his own hand.

Word made flesh, the bread of nature
by his word to flesh he turns;
wine into his blood he changes;
what though sense no change discerns?
Only be the heart in earnest,
faith her lesson quickly learns.

Down in adoration falling,
This great Sacrament we hail;
Ancient types have long departed,
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

Glory let us give and blessing
 To the Father and the Son
 Honour, might and praise addressing,
 While eternal ages run;
 Equal praise to him confessing,
 Who proceeds from Both as One. Amen.

11. AMAZING GRACE

Amazing grace, how sweet the sound,
 that saved a wretch like me!
 I once was lost but now am found,
 was blind, but now I see.

'Twas grace that taught my heart to fear,
 and grace my fears relieved;
 how precious did that grace appear
 the hour I first believed!

Through many dangers, toils and snares
 I have already come:
 'tis grace has brought me safe thus far,
 and grace will lead me home.

When we've been there ten thousand years,
 bright shining as the sun,
 we've no less days to sing God's praise
 than when we first begun.

12. LET ALL MORTAL FLESH KEEP SILENCE

Let all mortal flesh keep silence,
 and with fear and trembling stand;
 ponder nothing earthly minded,
 for with blessing in his hand
 Christ our God to earth descending,
 our full homage to demand.

King of kings, yet born of Mary,
 as of old on earth he stood,
 Lord of lords in human vesture,
 in the body and the blood
 he will give to all the faithful
 his own self for heav'nly food.

Rank on rank the host of heaven
 spreads its vanguard on the way,
 as the Light of light descending
 from the realms of endless day,
 that the pow'rs of hell may vanish
 as the darkness clears away.

At his feet the six-winged seraph,
 cherubim with sleepless eye,
 veil their faces to the presence,
 as with ceaseless voice they cry,
 "Alleluia, alleluia,
 alleluia, Lord, most high!"

13. O LORD, AT YOUR FIRST EUCHARIST

O Lord, at your first Eucharist you prayed
 that all your Church might be for ever one;
 in every Eucharist our prayer is made
 with longing heart and soul, "Your will be done":
 so may we all one bread, one body be
 through this blest Sacrament of unity.

For all your Church, O Lord, we intercede
 that you would make our sad divisions cease;
 and draw us nearer each to each, we plead,
 by drawing all to you, the Prince of Peace.
 Soon may we all one bread, one body be
 through this blest Sacrament of unity.

We pray for all who wander from your fold:
 O bring them back, Good Shepherd of the sheep,
 back to the faith which saints believed of old,
 back to your Church which still one faith does keep:
 then may we all one bread, one body be
 through this blest Sacrament of unity.

So, Lord, at last when Sacraments shall cease,
 may we be one with all your Church above,
 one with your saints in one unending peace,
 one with your saints in one unbounded love:
 more blessed still in peace and love to be
 one with the Trinity in unity.

14. FIRMLY I BELIEVE AND TRULY

Firmly I believe and truly
 God is Three and God is One;
 and I next acknowledge duly
 manhood taken by the Son.

And I trust and hope most fully
 in that manhood crucified;
 and each thought and deed unruly
 do to death, as he has died.

Simply to his grace and wholly
 life and light and strength belong,
 and I love supremely, solely,
 him the holy, him the strong.

And I hold in veneration,
 for the love of him alone,
 holy Church as his creation,
 and her teachings, as his own.

Praise and thanks be ever given,
 with and through the angelic host
 to the God of earth and heaven,
 Father, Son and Holy Ghost.

15. NOW THANK WE ALL OUR GOD

Now thank we all our God,
 with hearts and hands and voices,
 who wondrous things has done,
 in whom his world rejoices;
 who, from our mother's arms,
 has blessed us on our way
 with countless gifts of love,
 and still is ours today.

O may this bounteous God
 through all our lives be near us,
 with ever joyful hearts,
 and blessed peace to cheer us;
 and keep us in his grace,
 and guide us when perplexed,
 and free us from all ills
 in this world and the next.

All praise and thanks to God
 the Father now be given,
 the Son and Spirit blest,
 one Lord in highest heaven:
 the one eternal God,
 whom earth and heav'n adore;
 for thus it was, is now
 and shall be evermore.

16. HAIL, QUEEN OF HEAVEN

Hail, Queen of heav'n, the ocean star,
 Guide of the wand'rer here below,
 Thrown on life's surge, we claim thy care,
 Save us from peril and from woe.
 Mother of Christ, Star of the Sea,
 Pray for the wand'rer, pray for me.

O gentle, chaste and spotless maid,
 We sinners make our prayers through thee,
 Remind thy Son that he has paid
 The price of our iniquity.
 Virgin most pure, Star of the Sea,
 Pray for the sinner, pray for me.

And while to him who reigns above
 In Godhead One, in Persons Three,
 The source of life, of grace, of love,
 Homage we pay on bended knee,
 Do thou bright Queen, Star of the Sea,
 Pray for thy children, pray for me.

17. IMMACULATE MARY

Immaculate Mary, your praises we sing.
 You reign now in splendour with Jesus our King.

R/ Ave, Ave, Ave, Maria!
 Ave, Ave, Ave, Maria!

In Heaven the blessed your glory proclaim;
 On earth we your children invoke your sweet name. R/

We pray for our Mother, the Church upon earth,
 And bless, Holy Mary, the land of our birth. R/

A plenary indulgence is granted to the faithful who – in a church or oratory; or in a family, religious community, group, or association of the faithful – recite five decades of the rosary, combining the vocal prayer with devout meditation on the mysteries. (See *Enchiridion Indulgentiarum*, 17 [4th ed. 1999, Vatican City])

A plenary indulgence is granted to the faithful who visit the Blessed Sacrament for adoration lasting at least a half hour. (*Enchiridion Indulgentiarum*, 7)

A plenary indulgence is a complete remission of purgatorial punishment for those sins the guilt of which has already been forgiven, and is applicable either to oneself or to the souls already being purified in purgatory; a partial indulgence remits only some of this punishment. This remission takes place through the merits of Christ and the saints, made available by the authority of the Church, which in Peter and the Apostles received from Christ the power of 'binding' and 'loosing' (Mt 16:19; 18:18).

To receive any plenary indulgence it is normally also necessary, within the several days prior to or following the indulgenced action: to receive Holy Communion; to go to sacramental confession (this can be up to twenty days before or after the indulgenced action); and to say prayers (e.g. an Our Father and a Hail Mary) for the Pope's intentions. Further, all attachment to sin, even venial sin, must be absent. However, if any of these conditions is lacking, a partial indulgence can still be received. Normally a plenary indulgence can be received only once a day.

Un'indulgenza plenaria è concessa ai fedeli che – in una chiesa o oratorio, oppure in una famiglia, comunità religiosa, gruppo, o associazione di fedeli – recitano cinque decine del Rosario, combinando la preghiera vocale con la meditazione devota dei misteri.

Un'indulgenza plenaria è concessa ai fedeli che visitano il Santissimo Sacramento per l'adorazione della durata di almeno mezz'ora.

(*Enchiridion Indulgentiarum*, 4a ed. 1999, Città del Vaticano)

L'indulgenza plenaria è la remissione completa della pena del purgatorio per quei peccati, la colpa di cui è già stato perdonato, ed è applicabile sia per se stessi o per le anime nel purgatorio. L'indulgenza parziale rimette soltanto una parte di questa punizione. Questa remissione avviene per mezzo dei meriti di Cristo e dei santi, resi disponibili dalle autorità della Chiesa, che in Pietro e negli Apostoli hanno ricevuto da Cristo il potere di 'legando' e di 'sciogliendo' (Mt 16:19; 18:18).

Per ricevere qualsiasi indulgenza plenaria è inoltre necessario, una volta durante i giorni prima o dopo l'azione indulgenziata, ricevere la Santa Comunione, andare alla Confessione sacramentale (fino a 20 giorni prima o dopo), e pregare secondo le intenzioni del Papa (ad esempio, un Padre Nostro e un Ave Maria). Inoltre, qualsiasi attaccamento al peccato, anche veniale, deve essere assente. Tuttavia, se una qualsiasi di queste condizioni viene a mancare, un'indulgenza parziale può ancora essere ricevuta. Normalmente, l'indulgenza plenaria può essere ottenuta una sola volta al giorno.

HOLY HOUR OF EUCHARISTIC ADORATION

9:30 Exposition of the Blessed Sacrament, Opening Hymn
 9:35 Scripture Reading, Litany
 9:40 Silent Prayer (Confessions normally available)
 9:50 Chaplet of Divine Mercy
 9:55 Prayers of Intercession, Parish Prayer
 10:00 Rosary
 10:20 Benediction (when priest is available)
 10:25 Reposition of the Blessed Sacrament, Closing Hymn

FROM THE ‘CATECHISM OF THE CATHOLIC CHURCH’

Jesus said: “I am the living bread that came down from heaven; if any one eats of this bread, he will live for ever; . . . he who eats my flesh and drinks my blood has eternal life and . . . abides in me, and I in him” (Jn 6:51, 54, 56).

The essential signs of the Eucharistic sacrament are wheat bread and grape wine, on which the blessing of the Holy Spirit is invoked and the priest pronounces the words of consecration spoken by Jesus during the Last Supper: “This is my Body which will be given up for you. . . . This is the chalice of my Blood. . . .”

By the consecration the transubstantiation of the bread and wine into the Body and Blood of Christ is brought about. Under the consecrated species of bread and wine Christ himself, living and glorious, is present in a true, real, and substantial manner: his Body and his Blood, with his soul and his divinity (cf. Council of Trent: DS 1640; 1651).

Because Christ himself is present in the sacrament of the altar, he is to be honoured with the worship of adoration. “To visit the Blessed Sacrament is . . . a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord” (Pope Paul VI).

Having passed from this world to the Father, Christ gives us in the Eucharist the pledge of glory with him. Participation in the Holy Sacrifice identifies us with his Heart, sustains our strength along the pilgrimage of this life, makes us long for eternal life, and unites us even now to the Church in heaven, the Blessed Virgin Mary, and all the saints.

(1406, 1412, 1413, 1418, 1419)

Acknowledgements:

“Hail, Redeemer, King Divine” by Patrick Brennan CSsR 1877-1952; “Holy God, we praise thy name” by Ignaz Franz 1719-90, tr. Clarence Alphonsus Walworth, 1820-1900; “Alleluia! Sing to Jesus” by William Chatterton Dix 1837-98; “Godhead here in hiding” by St Thomas Aquinas 1225-74, tr. Gerard Manley Hopkins 1844-89; “Jesus, my Lord, my God, my all” by Frederick William Faber 1814-63; “When I survey the wondrous Cross” by Isaac Watts 1674-1748; “Sweet Sacrament divine” by F. Stanfield 1835-1914; “O breathe on me, Breath of God”, by Edwin Hatch 1835-89; “Soul of my Saviour” by Pope John XXII, 1249-1334, tr. Anon.; “Sing my tongue the Saviour’s glory” by St Thomas Aquinas 1225-74, tr. Edward Caswall, 1814-78; “Amazing Grace” by John Newton, 1725-1807; “Let all mortal flesh keep silence”, Liturgy of St James 5th cent., para. by Gerard Moultrie, 1829-85; “O Lord, at your first Eucharist you prayed”, by William Henry Turton, 1856-1938; “Firmly I believe and truly” by Bl. John Henry Newman, 1801-90; “Now thank we all our God” by Martin Rinkart 1586-1649, tr. Catherine Winkworth 1817-78; “Hail, Queen of heaven” by John Lingard 1771-1851; “Immaculate Mary” by Anon.. These hymns are in the public domain.

