

ORDER of PRAYERS-3

OPENING PRAYER

This short introductory prayer is traditional in our Society. It helps us to set the tone, spirit, and purpose of our recitation.

ALL KNEEL

Leader as all bless themselves with the Sign of the Cross.

In the name of the Father, the Son, and the Holy Spirit. Amen.

O Sacrament most holy, O Sacrament divine.

All All praise and all thanksgiving be ever yours.

Leader Blessed be the holy and immaculate Conception.

All Of the Blessed Virgin Mary, Mother of God.

THE INVITATION TO PRAYER

PSALM 95

ALL STAND and make the Sign of the Cross on their lips as the Leader says:

Leader O Lord, open my lips

All and I will proclaim your praise.

Leader Come, let us adore Christ, the Lord, the bread of life.

All Come, let us adore Christ, the Lord, the bread of life.

Leader Come let us sing to the Lord and shout with joy to the Rock who saves us. Let us approach him with praise and thanksgiving, and sing joyful songs to the Lord.

All Come, let us adore Christ, the Lord, the bread of life.

Right Reader The Lord is God, the mighty God, the great king over all the gods. He holds in his hands the depths of the earth and the highest mountains as well. He made the sea; it belongs to him, the dry land, too, for it was formed by his hands.

All Come, let us adore Christ, the Lord, the bread of life.

Left Reader Come, then, let us bow down in worship, bending the knee before the Lord, our maker. For he is our God and we are his people, the flock he shepherds.

All Come, let us adore Christ, the Lord, the bread of life.

Leader Today, listen to the voice of the Lord: Do not grow stubborn, as your fathers did in the wilderness, when at Meriba and Massa they challenged me and provoked me, although they had seen all of my works.

All Come, let us adore Christ, the Lord, the bread of life.

Right Reader Forty years I endured that generation. I said, "They are a people whose hearts go astray and they do not know my ways." So I swore in my anger, "They shall not enter into my rest."

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All Come, let us adore Christ, the Lord, the bread of life.

Left Reader Glory be to the Father, the Son, and the Holy Spirit.

All As it was in the beginning, is now, and ever shall be. Amen.

Come, let us adore Christ, the Lord, the bread of life.

All Come, let us adore Christ, the Lord, the bread of life.

Left Reader Glory be to the Father, the Son, and the Holy Spirit.

All As it was in the beginning, is now, and ever shall be. Amen.

Come, let us adore Christ, the Lord, the bread of life.

Leader I will take up the cup of salvation.

All And I will offer a sacrifice of praise.

PSALM 24

(Leader)

The Psalmist sings the glory of the Lord's temple, and the greatness of God's presence in it — a presence that calls for purity of heart in all who come before it. Praying this Psalm, we praise the wonder of Christ's presence in our churches.

Leader The Lord's is the earth and its fullness,*

All SIT

Right Side The world and all its peoples.

Left Side It is he who set it on the seas; *
on the waters he made it firm.

R. Who shall climb the mountain of the
Lord? *

Who shall stand in his holy place?

L. The man with clean hands and pure
heart, who desires not worthless things,*
who has not sworn so as to deceive his
neighbor.

R. He shall receive blessings from the Lord*
and reward from the God who saves him.

L. Such are the men who seek him, *
seek the face of the God of Jacob.

R. O gates, lift high your heads; grow high-
er, ancient doors. *

Let him enter, the king of glory!

L. Who is the king of glory? The Lord, the
mighty, the valiant, *
the Lord, the valiant in war.

R. O gates, lift high your heads; grow high-
er, ancient doors. *

Let him enter, the king of glory!

L. Who is he, the king of glory? He, the
Lord of armies, *
he is the king of glory.

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

As it was in the beginning, is now, and
ever shall be. Amen.

All I will take up the cup of salvation, and I
will offer a sacrifice of praise.

Right Reader STANDS

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Right Reader While they were at supper,
All Jesus took bread, said the blessing, broke
the bread, and gave it to his disciples.

P S A L M 66 – I

(Right Reader)

This Psalm is a song of praise and thanksgiving. It is often called a eucharistic hymn. We who are, by our membership in our Society, committed to the honor of the Eucharistic Christ, use it, in two parts, to express our thanksgiving for the Eucharistic Mystery and all the graces it brings us.

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Right Reader Cry out with joy to God, all the
earth,

Right Reader SITS

Right Side O sing to the glory of his name.

Left Side O render him glorious praise. *

Say to God: "How tremendous your
deeds!

R. Because of the greatness of your strength*
your enemies cringe before you.

L. Before you all the earth shall bow; *
shall sing to you, sing to your name!"

R. Come and see the works of God, *
tremendous his deeds among men.

L. He turned the sea into dry land, *
they passed through the river dry-shod.

R. Let our joy then be in him; *
he rules forever by his might.

L. His eyes keep watch over the nations: *
let rebels not rise against him.

R. O peoples, bless our God, *
 let the voice of his praise resound,
 L. Of the God who gave life to our souls *
 and kept our feet from stumbling.
 R. For you, O God, have tested us, *
 you have tried us as silver is tried:
 L. You led us, God, into the snare; *
 you laid a heavy burden on our backs.
 R. You let men ride over our heads; we
 went through fire and through water*
 but then you brought us relief.

All Glory be to the Father, the Son, and the
 Holy Spirit.
 As it was in the beginning, is now, and
 ever shall be. Amen.

All While they were at supper, Jesus took
 bread, said the blessing, broke the bread,
 and gave it to his disciples.

Left Reader STANDS

Left Reader You are the way,

All The truth and the life of the world, O
 Lord.

PSALM 66 — II

Left Reader Burnt offerings I bring to your
 house; *

Left Reader SITS

Left Side To you I will pay my vows,

Right Side The vows which my lips have
 uttered * which my mouth spoke in my
 distress.

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L. I will offer burnt offerings of fatlings
with the smoke of burning rams. *

I will offer bullocks and goats.

R. Come and hear, all who fear God. *

I will tell what he did for my soul.

L. To him I cried aloud, *
with high praise ready on my tongue.

R. If there had been evil in my heart, *
the Lord would not have listened.

L. But truly God has listened; *
he has heeded the voice of my prayer.

R. Blessed be God who did not reject my
prayer *
nor withhold his love from me.

All Glory be to the Father, the Son, and the
Holy Spirit.
As it was in the beginning, is now, and
ever shall be. Amen.

All You are the way, the truth and the life
of the world, O Lord.

Leader STANDS

Leader You gave them bread from heaven to
be their food,

All And this bread contained all goodness.

Leader A reading from St. Paul's first letter to
the Christians living in the City of
Corinth. (1 Cor. 11:17-33)

*To understand the message St. Paul had for his
people, we should know the circumstances that led him
to write it. In the early days of the Church, with the
memory of the Last Supper still vivid in the minds of*

many, the celebration of the Eucharist was linked to a brotherly meal. Now it seems that this meal too often degenerated into anything but a meal taken in brotherhood. The rich cared very little for the poor. They ate their fancy foods which they refused to share with the others; they overdrank and formed divisive cliques. This, of course, was far from the spirit of the Last Supper and not at all conducive to a worthy celebration of the Eucharistic. It was to correct such abuses that St. Paul wrote the advice we are about to hear. (Pause a few moments here.)

In the following instructions I do not praise you; for your meetings actually do more harm than good. In the first place, I have been told that there are opposing groups in your meetings; and this, I believe, is partly true.... When you meet together as a group, you do not come to eat the Lord's Supper. For as you eat, each one goes ahead with his own meal, so that some go hungry while others get drunk. Don't you have your own homes in which to eat and drink? Or would you rather despise the Church of God, and put to shame the people who are in need? What do you expect me to say about this? Should I praise you? Of course, I do not praise you!

For from the Lord I received the teaching that I passed on to you: that the Lord Jesus, on the night he was betrayed, took the bread, gave thanks to God, broke it, and said: "This is my body, which is for you. Do this in memory of me." In the same way, he took the cup after the supper and said: "This cup is God's new covenant, sealed with my blood. Whenever you drink it, do it in memory of me." For until the Lord comes, you proclaim his death whenever you eat this bread and drink from this cup.

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It follows, then, that if anyone eats this bread or drinks from the Lord's cup unworthily, he is guilty of profaning the body and blood of the Lord. Everyone should examine himself, therefore, before eating the bread and drinking from the cup. For if he does not recognize the Lord's body when he eats the bread and drinks from the cup, he brings judgment on himself as he eats and drinks . . . So, then, brothers, when you gather together to eat the Lord's meal, wait for one another.

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Leader SITS for at least two minutes to give the adorers time to think on the words he has just read to them.

Leader STANDS

Leader I am the bread of life. Your forefathers ate manna in the desert, and they died.

All This is the bread that comes down from heaven; anyone who eats this bread will never die.

Leader I am the living bread come down from heaven. Anyone who eats this bread will live forever.

All This is the bread that comes down from heaven; anyone who eats this bread will never die.

Leader SITS

Reader (*Optional, Left or Right*) STANDS

Reader A reading from the instructions to the newly baptized converts at Jerusalem.

Without a doubt, Christ's teaching on the Holy Eucharist was not only of the greatest importance, but also most

liable to be questioned and contradicted. In fact, the first time Jesus mentioned it, his hearers grumbled and thought the whole thing too hard to take. Fully aware of this problem, the leaders of the early Church saw to it that new Christians were carefully instructed on the Eucharistic Mystery. There could be no quibbling, no compromise about the Holy Eucharist. What might seem to be ordinary bread and wine was not what it appeared to be, but truly the Body of Christ. The following reading is an example of how this truth was explained to the early Christians of Jerusalem. (Pause a few moments.)

“Our Lord Jesus Christ on the night when he was betrayed, took bread, and when he had given thanks, he broke it and handed it to his disciples saying: ‘Take and eat; this is my body.’ And taking the cup, and giving thanks, he said: ‘Take and drink; this is my blood.’” Since, then, Christ himself clearly described the bread to us in the words, “This is my body,” who will dare henceforward to dispute it? And since he has emphatically said, “This is my blood,” who will waiver in the slightest and say it is not his blood?

So let us partake with the fullest confidence that it is the body and blood of Christ. For his body has been bestowed on you under the figure of bread, and his blood under the figure of wine, so that by partaking of Christ’s body and blood you may become one body and blood with him. This is how we become bearers of Christ, since his body and blood spreads throughout our limbs; this is how, in the words of Saint Peter, “we become partakers of the divine nature.”

Christ once said in conversation with the Jews: “Unless you eat my flesh and drink my blood, you have no life in you.” They were

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scandalized because they did not interpret his words spiritually; they retreated from his presence, thinking he was exhorting them to cannibalism.

Even in the Old Testament there were "Loaves of the Presence," but since they belonged to the old dispensation they have come to an end. But in the New Testament the bread is of heaven and the chalice brings salvation, and they sanctify the soul and the body; for as the bread relates to the body, so the Word harmonizes with the soul.

Do not then regard the bread and wine as nothing but bread and wine, for they are the body and blood of Christ as the Master himself had proclaimed. Though your senses suggest otherwise, let faith reassure you.

You have been taught and fully instructed that what seems to be bread is not bread, though it appears to be such to the sense of taste, but the body of Christ; that what seems to be wine is not wine, though the taste would have it so, but the blood of Christ; that David was speaking of this long ago when he sang, "Bread strengthens the heart of man, that he may make his face glad with oil." So strengthen your heart by partaking of that spiritual bread, and gladden the face of your soul.

May you unveil it with conscience undefiled, and reflect the glory of the Lord, and pass from glory to glory in Christ Jesus our Lord. To him be honor, power and glory for ever and ever. Amen.

Reader SITS and pauses for at least two minutes to give the adorers time to think over the words he has just read to them.

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Same Reader STANDS

Reader Jesus took some bread, and when he had given thanks, he broke it and gave it to his disciples, saying: This is my body which is given for you. Do this as a memorial of me.

All I am the living bread which has come down from heaven; if anyone eats this bread he shall live forever.

Reader I am the bread of life. Your forefathers ate manna in the desert, and they died.

All I am speaking of the bread that comes down from heaven, which a man may eat and never die.

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All STAND

Leader Let us pray, (a slight pause here)
Lord, Jesus Christ, we worship you living among us in the sacrament of your Body and Blood. May we offer to our Father in heaven a solemn pledge of undivided love. May we offer to all a life truly dedicated to the service of that kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever.

All Amen.

Antiphon in Honor of the Blessed Virgin Mary

Leader Hail, Holy Queen,

All Mother of mercy, our life, our sweetness and our hope. *

To you do we cry, poor banished children of Eve. *

To you do we send up our sighs, mourning and weeping in this vale of tears. *

Turn, then, most gracious advocate, your eyes of mercy toward us, *

and after this our exile, show us the blessed fruit of your womb, Jesus. *

O clement, O loving, O sweet Virgin Mary!

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All SIT

Here the Leader announces a period of silent meditative prayer. (5-7 minutes)

MORNING PRAYER

All STAND

Leader O God, come to my assistance.

All Lord, make haste to help me.

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

As it was in the beginning, is now, and ever shall be. Amen.

The following hymn may be recited or sung – preferably sung, whenever possible. *See No. 280 of the General Instruction on the Liturgy of the Hours.* Any other better known hymn to the Blessed Sacrament may be substituted for this one, if so desired.

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Leader

Hail our Savior's glorious Body,

Right Side

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!

Left Side

To the Virgin, for man's healing,

His own Son the Father sends;

From the Father's love proceeding

Sower, seed and Word descends;

Wondrous life of Word incarnate

With his greatest wonder ends!

Right Side

On that paschal evening see him
With the chosen twelve recline,
To the old law still obedient
In its feast of love divine;
Love divine, the new law giving,
Gives himself as Bread and Wine!

Left Side

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!

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Right Side

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!

Left Side

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!

Leader You fed your people with the bread of
angels;

All You gave them bread from heaven.

PSALM 63 (2 - 9)

(Leader)

David wrote this Psalm when he was in the desert, and longed to see God in His sanctuary. All night long he thought of God. All night long we use his words to express our desire to love and serve God.

Leader O God, you are my God, for you I
long; *

All SIT

Right Side For you my soul is thirsting.

Left Side My body pines for you *
like a dry, weary land without water.

R. So I gaze on you in the sanctuary *
to see your strength and your glory.

L. For your love is better than life, *
my lips will speak your praise.

R. So I will bless you all my life, *
in your name I will lift up my hands.

L. My soul shall be filled as with a banquet, *

my mouth shall praise you with joy.

R. On my bed I remember you. *
On you I muse through the night.

L. For you have been my help; *
in the shadow of your wings I rejoice.

R. My soul clings to you; *
your right hand holds me fast.

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

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As it was in the beginning, is now, and
ever shall be. Amen.

All You fed your people with the food of
angels; you gave them bread from
heaven.

Right Reader STANDS

Right Reader Holy Priests

All Will offer incense and bread to God.

CANTICLE (*Daniel 3:57-88, 56*)

(Right Reader)

Three young men thrown into a raging furnace by King Nebuchadnezzar for refusing to worship a golden statue of himself, were miraculously preserved from death. In their gratitude, with the fire raging around them, they sang the praises of God in the following words. Their inspired words well express our own feelings in the presence of God.

Right Reader All things the Lord has made,
bless the Lord: *

Right Reader SITS

Right Side Give glory and eternal praise to
Him!

Left Side Angels of the Lord, bless the Lord!
Heavens, bless the Lord! *

Waters above the heavens, bless the
Lord! Powers of the Lord, bless the Lord!

R. Sun and moon, bless the Lord! Stars of
heaven, bless the Lord! *
Showers and dew, bless the Lord! Winds,
bless the Lord!

- All Give glory and eternal praise to him!
- L. Fire and heat, bless the Lord! Cold and heat, bless the Lord! *
Dews and sleets, bless the Lord!
- R. Frost and cold, bless the Lord! Ice and snow, bless the Lord! *
Nights and days, bless the Lord! Light and darkness, bless the Lord!
- All Give glory and eternal praise to him!
- L. Lightning and clouds, bless the Lord!
Let all the earth bless the Lord! *
Mountains and hills, bless the Lord!
Everything that grows on earth, bless the Lord!
- R. Springs of water, bless the Lord! Seas and rivers, bless the Lord! *
Sea beasts and everything that lives in the water, bless the Lord!
- All Give glory and eternal praise to him!
- L. Birds of heaven, bless the Lord! Animals wild and tame, bless the Lord! *
Sons of men, bless the Lord! Israel, bless the Lord!
- R. Priests, bless the Lord! Servants of the Lord, bless the Lord! *
Spirits and souls of the virtuous, bless the Lord!
- All Give glory and eternal praise to him!
- L. Devout and humble-hearted men, bless the Lord! *
Ananiah, Azaria, and Mishael, bless the Lord!

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R. Bless the Father, the Son, and the Holy Spirit! *
Blessed are you, Lord, in the vault of heaven!

All Give glory and eternal praise to him!

All Holy priests will offer incense and bread to God.

Left Reader STANDS

Left Reader I will give to the victorious

All The hidden bread and a new name.

PSALM 149

(Left Reader)

We have here an exuberant song. It expresses the joy of God's people. It also sings our joy that Christ was good enough to give us the Sacrament of the Holy Eucharist.

Left Reader Sing a new song to the Lord, *

Left Reader SITS

Left Side His praise in the assembly of the faithful.

Right Side Let Israel rejoice in its Maker, *
let Zion's sons exult in their king.

L. Let them praise his name with dancing *
and make music with timbrel and harp.

R. For the Lord takes delight in his people.*
He crowns the poor with salvation.

L. Let the faithful rejoice in their glory, *
shout for joy and take their rest.

R. Let the praise of God be on their lips *
and a two-edged sword in their hand,

- L. To deal out vengeance to the nations *
and punishment on all the peoples;
- R. To bind their kings in chains *
and their nobles in fetters of iron;
- L. To carry out the sentence pre-ordained: *
this honor is for all his faithful.
- All Glory be to the Father, the Son, and the
Holy Spirit.
As it was in the beginning, is now, and
ever shall be. Amen.
- All I will give to the victorious the hidden
bread and a new name.

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Leader STANDS

Leader A short reading from the Book of
Malachi (1:11)
From the farthest east to the farthest
west, my name is honored among the
nations. Everywhere a sacrifice of in-
cense is offered to my name, and a pure
offering too, since my name is honored
among the nations, says the Lord of
hosts.

The Leader SITS and pauses for a couple of min-
utes to allow the adorers to think on
what he has just read.

All STAND

Leader You bring forth bread from the earth,
All You bring forth bread from the earth,

Leader And wine which warms men's hearts.

All You bring forth bread from the earth.

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

All You bring forth bread from the earth.

Leader I am the living bread come down from heaven;

All Anyone who eats this bread will live forever.

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GOSPEL CANTICLE (*Luke, 1:68-79*)

Right Reader, as all sign themselves with the Sign of the Cross:

Blessed be the Lord, the God of Israel;*

Right Side He has come to set his people free.

Left Side He has raised up for us a mighty Savior, *

born of the house of his servant David.

R. Through his holy prophets he promised of old that he would save us from our enemies, *

from the hands of all who hate us.

L. He promised to show mercy to our fathers *

and to remember his holy covenant.

R. This was the oath he swore to our father Abraham: *

to set us free from the hand of our enemies,

- L. Free to worship him without fear, *
holy and righteous in his sight all the
days of our life.
- R. You, my child, shall be called the proph-
et of the Most High *
for you will go before the Lord to pre-
pare his way,
- L. To give his people knowledge of salva-
tion *
by the forgiveness of their sins.
- R. In the tender compassion of our God *
the dawn from on high shall break upon
us,
- L. To shine on those who dwell in dark-
ness and the shadow of death, *
and to guide our feet on the road to
peace.
- All Glory be to the Father, the Son, and the
Holy Spirit.
As it was in the beginning, is now, and
ever shall be. Amen.
- All I am the living bread come down from
heaven; anyone who eats this bread will
live forever.

INTERCESSIONS

- Leader Let us pray to Jesus Christ, the bread
of life, as we joyfully say:
- All Happy are those who are called to your
heavenly banquet.
- Leader Priest of the new and eternal covenant,
you offered the perfect sacrifice to the
Father on the altar of the Cross,

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All Teach us to offer ourselves with you.

Right Reader King of justice and peace, you
consecrated bread and wine as the sign
of your offering,

All Unite us as victims with you.

Right Reader True worshiper of the Father,
your perfect offering is celebrated by the
Church from the rising to the setting of
the sun,

All Unite in your body all those who par-
take of the one bread.

Left Reader Manna from heaven, you nourish
the Church with your Body and Blood,

All Grant that we may walk strengthened by
this food.

Left Reader You promised you would stay
with us until the end of time.

All Help us to see the realization of that
promise in your abiding presence in the
Eucharist.

Leader Christ, our Savior, whom we honor by
our presence here,

All Prosper our Society, and draw all its
members closer to you, and in you
closer to each other.

Leader Christ, our Lord and Savior, you com-
manded that the Eucharistic Mystery be
celebrated as a proclamation of your
death,

All Let all Nocturnalists who die in you par-
take in your Resurrection.

Leader We pause a few moments to formulate
our personal intentions.

*Here adorers are encouraged to make
known and share their intentions. They
should be brief and direct.*

When all have spoken. . .

Leader Lord, we have made known and shared
with each other our needs,

All In your goodness hear our confident
prayers.

Leader And now let us make our prayer and
praise complete by offering the Lord's
prayer:

All Our Father who art in heaven;
Hallowed be thy name;
Thy kingdom come;
Thy will be done on earth as it is in
heaven.
Give us this day our daily bread;
Forgive us our trespasses as we forgive
those who trespass against us;
And lead us not into temptation, but de-
liver us from evil.

Leader Lord Jesus Christ, we worship you liv-
ing among us in the sacrament of your
Body and Blood. May we offer to our
Father in heaven a solemn pledge of un-
divided love. May we offer to all a life
truly dedicated to the service of that
kingdom where you live with the Father
and the Holy Spirit, one God, for ever
and ever.

All Amen.

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Leader May the Lord bless us all, protect us from all evil, and bring us to everlasting life.

All Amen.

All KNEEL

Leader Prayer to our Lady of the Blessed Sacrament.

All O Virgin Immaculate, Mother of Jesus and our own Mother, our Lady of the most Blessed Sacrament, we honor you. It was from you that our Savior, present and living in the Holy Eucharist, took his flesh and blood, — the same flesh and blood which he offered in sacrifice to the Father, and with which he feeds us in Holy Communion. Give us a deeper appreciation of the Eucharistic Mystery, an unwavering loyalty to the words of your Son: "This is my body... this is my blood," a practical faith in what the Holy Eucharist means to the Church. Increase our love for Christ whose living presence we honor by our presence here. May we be blessed through your intercession, for, in the divine plan, it was you who made it possible for us to receive the source of life, our Lord, Jesus Christ, your Son, who lives and reigns in the Holy Eucharist for love of us. Amen.

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All SIT

- The Leader announces a period of silent prayer stating how many minutes it will last (usually 5 - 7 minutes).
- When that time is over he announces one of the prayers in PART III (pages 137-160), Prayer of Adoration, or Thanksgiving, or Reparation, or Petition.

N.B. The idea is to offer variety by using different sections every month. If there is time two sections may be used - for example adoration and reparation, one month; thanksgiving and petition, another month; adoration and thanksgiving, etc., etc. in any combination, different each month. The Moderator will determine what practice to follow.

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- Five minutes before the end of the hour the Leader says:

Prayers for the Deceased, page 161.

- He finishes the Hour with
Prayers for the intentions of the Holy Father, to gain the Plenary Indulgence granted for the Hour.

Our Father (once)

Hail Mary (once)