



From ASCENSION DAY *to* CORPUS CHRISTI

A resource for praying at home



The ASCENSION of the LORD

Thursday, 13th May 2021

THE INTRODUCTION

Light a candle and spend some time in silence if you can. As we continue to rejoice in Christ's resurrection, sing or read this hymn:

HAIL THE DAY that sees him rise Alleluya!
Glorious to his native skies; Alleluya!
Christ, awhile to mortals given, Alleluya!
Enters now the highest heaven! Alleluya!

2. There the glorious triumph waits;
Lift your heads, eternal gates!
Christ hath vanquished death and sin;
Take the King of glory in.

3. See! the heaven its Lord receives,
Yet he loves the earth he leaves:
Though returning to his throne,
Still he calls mankind his own.

4. See! he lifts his hands above;
See! he shows the prints of love:
Hark! his gracious lips bestow
Blessings on his Church below.

5. Still for us he intercedes;!
His prevailing death he pleads;!
Near himself prepares our place,
Harbinger of human race. Alleluya!

6. Lord, though parted from our sight,
Far above yon azure height,
Grant our hearts may thither rise,
Seeking thee beyond the skies.

7. There we shall with thee remain,
Partners of thine endless reign;
There thy face unclouded see,
Find our heaven of heavens in thee.

Then, making the sign of the Cross, say (it is good to say all the prayers out loud):

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

Spend some time in silence, calling to your mind your sins. Then say, Lord Jesus, you call us to new life in you: Lord, have mercy.

You were sent to heal the contrite of heart: Christ, have mercy.

You are seated at the right hand of the Father to intercede for us: Lord have mercy.

Remind yourself of the gift of God's forgiveness, by reading these words from 1 John 1.9:

If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

The Collect: Gladden us with holy joys, almighty God, and make us rejoice with devout thanksgiving, for the Ascension of Christ your Son is our exaltation, and, where the Head has gone before in glory, the Body is called to follow in hope. Through our Lord Jesus Christ, your Son. Amen.



THE LITURGY OF THE WORD

Then read today's appointed readings:

- *Acts 1.1-11: Jesus was lifted up while they looked on.*
- *Eph. 1.17-23: Christ seated at the right hand of the Father of glory.*

Alleluia, alleluia! Go, make disciples of all the nations. I am with you always; yes, to the end of time. Alleluia!

- *Mark 16.15-20: Go out to the whole world, proclaim the Good News.*

Spend some to time, if you can, in quiet contemplation, asking the Holy Spirit to show you

what the scriptures have to say to you today. And then spend time praying for the Church, the world and all its needs.

SPIRITUAL COMMUNION

Say the OUR FATHER. Then make your act of SPIRITUAL COMMUNION. Spend a moment meditating on Jesus' love for us and your own longing for the fullness of resurrection life in union with him. Then pray:

MY JESUS, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Spend some time in silence, giving thanks, and then say:

Blessed, praised and adored be Jesus Christ on his throne of glory, and in the Most Holy Sacrament of the Altar. Amen. Alleluia!

In thanksgiving, you might want to sing this hymn

THE HEAD that once was crowned with thorns Is crowned with glory now: A royal diadem adorns The mighty victor's brow.	4. To them the cross, with all its shame. With all its grace is given: Their name an everlasting name, Their joy the joy of heaven.
2. The highest place that heaven affords Is his, is his by right, The King of kings and Lord of lords, And heaven's eternal light;	5. They suffer with their Lord below, They reign with him above, Their profit and their joy to know The mystery of his love.
3. The joy of all who dwell above, The joy of all below, To whom he manifests his love, And grants his name to know.	6. The cross he bore is life and health, Though shame and death to him; His people's hope, his people's wealth, Their everlasting theme.

The SEVENTH SUNDAY of EASTER

Sunday, 16th May 2021

For an opening hymn, sing or say:

COME, YE FAITHFUL, raise the strain
Of triumphant gladness;
God hath brought His Israel
Into joy from sadness;
Loosed from Pharaoh's bitter yoke
Jacob's sons and daughters;
Led them with unmoistened foot
Through the Red Sea waters.

2. 'Tis the spring of souls to-day:
Christ hath burst His prison,
And from three days' sleep in death
As a sun hath risen;
All the winter of our sins,
Long and dark, is flying
From his light, to whom we give
Laud and praise undying.

3. Now the queen of seasons, bright
With the day of splendour,
With the royal feast of feasts,
Comes its joy to render;
Comes to glad Jerusalem,
Who with true affection
Welcomes in unwearied strains
Jesu's Resurrection.

4. Neither might the gates of death,
Nor the tomb's dark portal,
Nor the watchers, nor the seal,
Hold thee as a mortal;
But today amidst thine own
Thou didst stand, bestowing
That thy peace which evermore
Passeth human knowing.

The Collect: Graciously hear our supplications, O Lord, so that we, who believe that the Saviour of the human race is with you in your glory, may experience, as he promised, until the end of the world, his abiding presence among us. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

The readings are :

- *Acts 1:15-17, 20-26: We must choose one of these to be a witness to his resurrection with us.*

- *1 John 4:11-16: Anyone who lives in love lives in God, and God lives in him.*

Alleluia! Alleluia! I will not leave you orphans, says the Lord; I will come back to you, and your hearts will be full of joy.

- *John 17:11-19 That they may be one like us!*

O THOU, who at thy Eucharist didst pray
That all thy Church might be for ever one,
Grant us at every Eucharist to say
With longing heart and soul, 'Thy will be
done.'
Oh, may we all one Bread, one Body be,
One through this Sacrament of unity.

2 For all thy Church, O Lord, we intercede;
Make thou our sad divisions soon to cease;
Draw us the nearer each to each, we plead,
By drawing all to thee, O Prince of Peace:
Thus may we all one Bread, one Body be,
One through this Sacrament of unity.

3 We pray thee too for wanderers from thy fold;
O bring them back, good Shepherd of the sheep,
Back to the faith which saints believed of old,
Back to the Church which still that faith doth keep
Soon may we all one Bread, one Body be,
One through this Sacrament of unity.

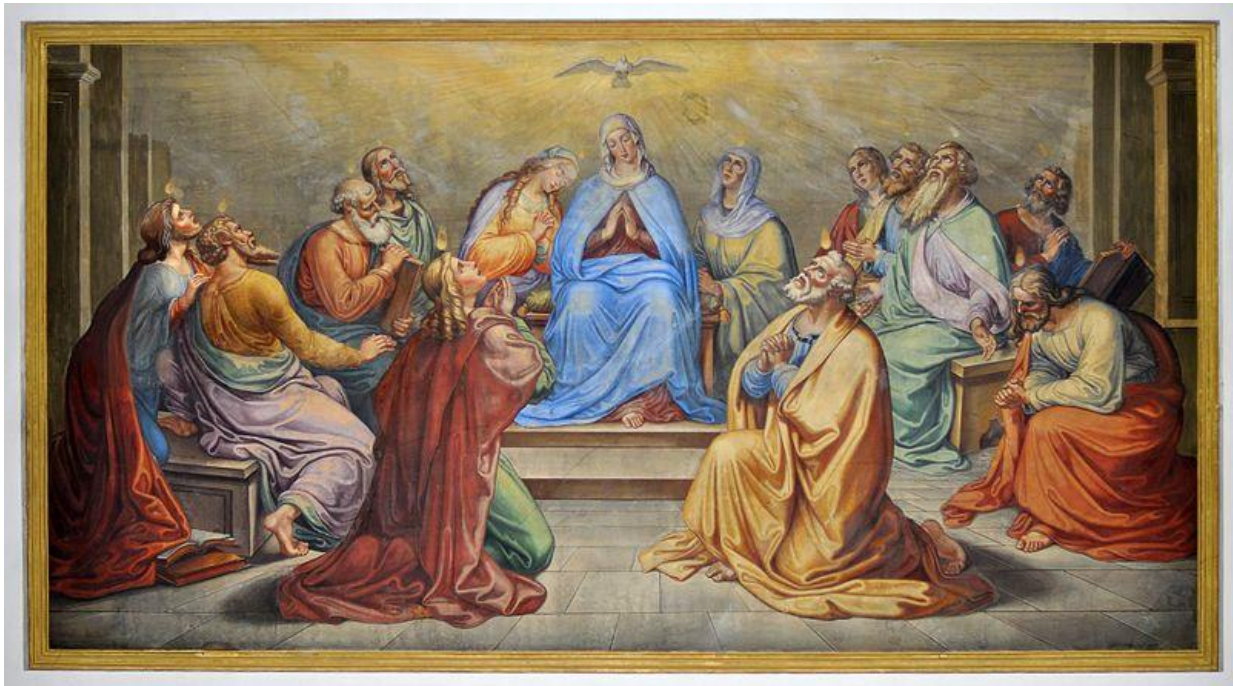
4 So, Lord, at length when sacraments shall cease,
May we be one with all thy church above,
One with thy saints in one unbroken peace,
One with thy saints in one unbounded love:
More blessed still, in peace and love to be
One with the Trinity in Unity.

The concluding prayer: Lord God, we believe that the Saviour of mankind is enthroned with you in majesty. Listen to our prayer, and, according to his promise, let us feel his presence among us to the end of time. Through our Lord Jesus Christ, your Son. Amen.



PENTECOST SUNDAY

Sunday, 23rd May 2021



For an opening hymn, sing or say:

1. COME DOWN, O Love divine,
Seek thou this soul of mine,
And visit it with thine

own ardour glowing;

O Comforter, draw near,
Within my heart appear,
And kindle it, thy holy

flame bestowing.

2. O let it freely burn,
Till earthly passions turn
To dust and ashes in

its heat consuming;

And let thy glorious light
Shine ever on my sight,
And clothe me round, the

while my path illuming.

3. Let holy charity
Mine outward vesture be,
And lowliness become

mine inner clothing;

True lowliness of heart,
Which takes the humbler part,
And o'er its own shortcomings

weeps with loathing.

4. And so the yearning strong,
With which the soul will long,
Shall far outpass the

power of human telling;

For none can guess its grace,
Till it become the place
Wherein the Holy Spirit

makes his dwelling.

The Collect: O God, who by the mystery of today's great feast sanctify your whole Church in every people and nation, pour out, we pray, the gifts of the Holy Spirit across the face of the earth and, with the divine grace that was at work when the Gospel was first proclaimed, fill now once more the hearts of believers. Through our Lord Jesus Christ, your Son. Amen.

The readings are :

- *Acts 2.1-11: Filled with the Holy Spirit, they began to speak.*
- *Galatians 5:16-25: The fruit of the Spirit.*

The sequence, Veni Sancte Spiritus is usually sung before the Gospel. Below is a translation by J.M. Neale, or you can listen to the Latin chant here:

<https://www.youtube.com/watch?v=iM0suM9wee4>

COME, THOU holy Paraclete,
And from Thy celestial seat
Send Thy light and brilliancy:
Father of the poor, draw near;
Giver of all gifts, be here;
Come, the soul's true radiancy.

2. Come, of comforters the best,
Of the soul the sweetest guest,
Come in toil refreshingly:
Thou in labour rest most sweet,
Thou art shadow from the heat,
Comfort in adversity.

3. O Thou Light, most pure and blest,
Shine within the inmost breast
Of Thy faithful company.
Where Thou art not, man hath nought;
Every holy deed and thought
Comes from Thy divinity.: *refrain.*

4. What is soiled, make Thou pure;
What is wounded, work its cure;
What is parchèd, fructify;
What is rigid, gently bend;
What is frozen, warmly tend;
Strengthen what goes erringly.

5. Fill Thy faithful, who confide
In Thy power to guard and guide,
With Thy sevenfold mystery.
Here Thy grace and virtue send:
Grant salvation to the end,
And in Heav'n felicity.

Alleluia, alleluia! Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Alleluia!!

- *John 15:26-27; 16:12-15 The Spirit of truth will lead you to the complete truth.*

As a hymn in thanksgiving after your act of spiritual communion:

1. 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.

2. Breathe on me, Breath of God,
Until my heart is pure,
Until with thee I will one will,
To do and to endure.

3. Breathe on me, Breath of God,
Till I am wholly thine,
Until this earthly part of me
Glows with the fire divine.

4. Breathe on me, Breath of God,
So shall I never die,
But live with thee the perfect life
Of thine eternity.

The concluding prayer: Lord God, you sanctify your Church in every people and nation by the mystery we celebrate on this day. Pour out the gifts of the Holy Spirit on all mankind, and fulfil now in the hearts of your faithful what you accomplished when the Gospel was first preached on earth. Through our Lord Jesus Christ, your Son. Amen.



TRINITY SUNDAY

Sunday, 30th May 2021



For an opening hymn, sing or say:

FIRMLY I believe and truly
God is Three, and God is One;
And I next acknowledge duly
Manhood taken by the Son

2. And I trust and hope most fully
In that Manhood crucified;
And each thought and deed unruly
Do to death, as he has died.

3. Simply to his grace and wholly
Light and life and strength belong,
And I love supremely, solely,
Him the holy, him the strong.

4. And I hold in veneration,
For the love of him alone,
Holy Church as his creation,
And her teachings are his own.

5. Adoration ay be given,
With and through the angelic host,
To the God of earth and heaven,
Father, Son, and Holy Ghost. Amen.

The Collect: God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery, grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory and adore your Unity, powerful in majesty. Through our Lord Jesus Christ, your Son. Amen.

The readings are :

- *Deuteronomy 4:32-34, 39-40: The Lord is God indeed, in heaven above as on earth beneath, he and no other.*
- *Romans 8:14-17: You received the spirit of sons, and it makes us cry out, 'Abba, Father!'*

Alleluia! Alleluia! Glory be to the Father, and to the Son, and to the Holy Spirit, the God who is, who was, and who is to come. Alleluia!

- *Matt 28:16-20: Baptize them in the name of the Father and of the Son and of the Holy Spirit.*

As a hymn in thanksgiving after your act of spiritual communion:

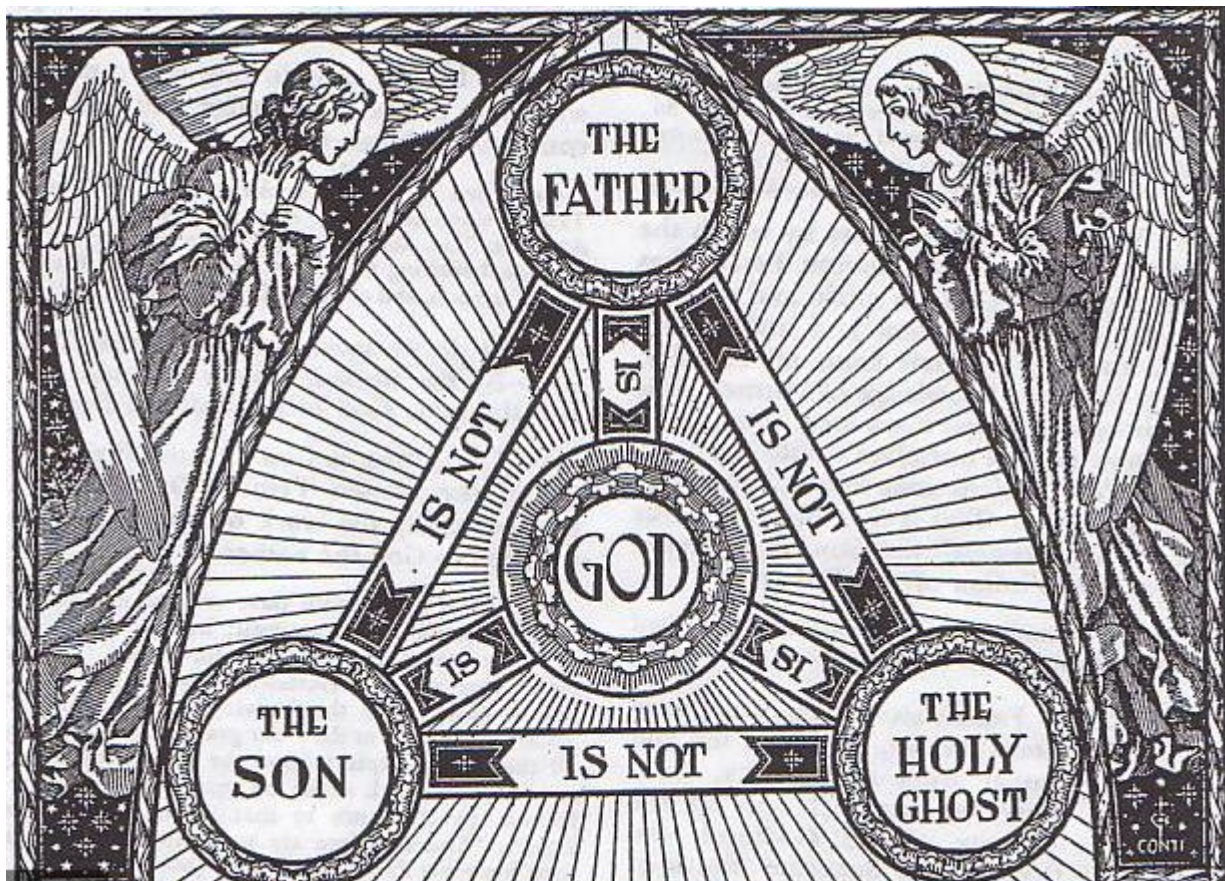
HOLY, HOLY, HOLY! Lord God Almighty!
Early in the morning our song shall rise to thee;
Holy, Holy, Holy! Merciful and mighty!
God in three Persons, blessed Trinity!

Holy, Holy, Holy! all the saints adore thee,
Casting down their golden crowns around the glassy sea;
Cherubim and seraphim falling down before thee,
Who wert, and art, and evermore shalt be.

Holy, Holy, Holy! though the darkness hide thee,
Though the eye of sinful man thy glory may not see,
Only thou art holy, there is none beside thee
Perfect in power, in love, and purity.

Holy, Holy, Holy! Lord God Almighty!
All thy works shall praise thy name, in earth, and sky, and sea;
Holy, Holy, Holy! Merciful and mighty!
God in three Persons, blessed Trinity!

The concluding prayer: God our Father, you revealed the great mystery of your godhead to men when you sent into the world the Word who is Truth and the Spirit who makes us holy. Help us to believe in you and worship you, as the true faith teaches: three Persons, eternal in glory, one God, infinite in majesty. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.



CORPUS CHRISTI

Thursday, 3rd June 2021

Today the Church gives thank for the great sacrament of Our Lord's Body and Blood, given for the life of the world. As we give thanks for such a great gift, you might want to sing or say this hymn:

LORD, ENTHRONED in heavenly splendour,
First-begotten from the dead,
Thou alone, our strong defender,
Liftest up thy people's head.
Alleluya, Alleluya,
Jesu, true and living Bread!

2. Here our humblest homage pay we;
Here in loving reverence bow;
Here for Faith's discernment pray we,
Lest we fail to know thee now.
Alleluya, Alleluya,
Thou art here, we ask not how.

3. Though the lowliest form doth veil thee
As of old in Bethlehem,
Here as there thine angels hail thee,
Branch and Flower of Jesse's stem.
Alleluya, Alleluya,
We in worship join with them.

4. Paschal Lamb, thine Offering, finished
Once for all when thou wast slain,
In its fullness undiminished
Shall for evermore remain,
Alleluya, Alleluya,
Cleansing souls from every stain.

5. Life-imparting heavenly Manna,
Stricken Rock with streaming side,
Heaven and earth with loud hosanna
Worship thee, the Lamb who died,
Alleluya, Alleluya,
Risen, ascended, glorified!

by G.H. Bourne

The Collect: 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

The readings are:

- *Exodus 24:3-8: This is the blood of the Covenant that the Lord has made with you.*
- *Hebrews 9:11-15: The blood of Christ can purify our inner self from dead actions.*

Alleluia! Alleluia! I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever. Alleluia!

- *Mark 14:12-16, 22-26: This is my body. This is my blood*



In thanksgiving, you might want to sing this hymn

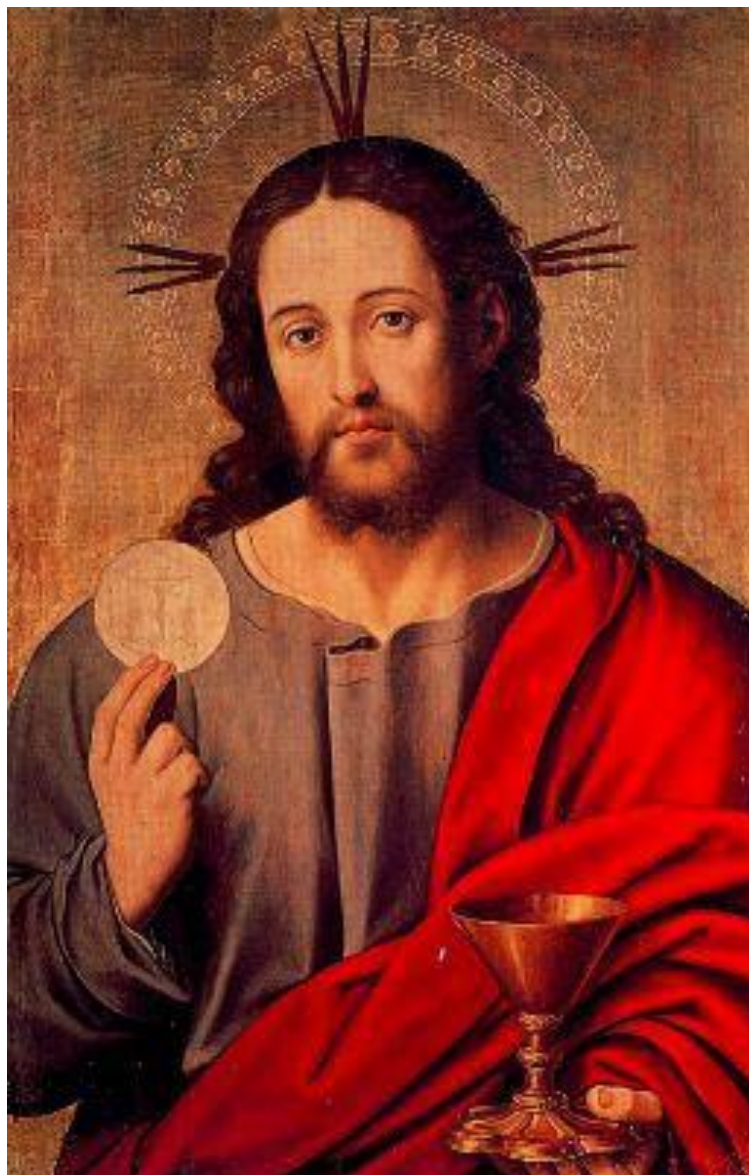
SWEET SACRAMENT divine,
Hid in thine earthly home,
Lo, round thy lowly shrine,
With suppliant hearts we come;
Jesu, to thee our voice we raise
In songs of love and heartfelt praise:
Sweet Sacrament divine.

2. Sweet Sacrament of peace,
Dear home for 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.

3. 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.

4. 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.

Say this concluding prayer: Lord Jesus Christ, you gave your Church an admirable sacrament as the abiding memorial of your passion. Teach us so to worship the sacred mystery of your Body and Blood that its redeeming power may sanctify us always. Who live and reign for ever and ever. Amen.





(Excerpts from the English translation and chants of The Roman Missal © 2010, International Commission on English in the Liturgy Corporation. All rights reserved.
Excerpts from The Divine Office © 1974, hierarchies of Australia, England and Wales, Ireland. All rights reserved.)