

# HOLY BODY AND BLOOD OF CHRIST

Solemnity - Cycle C

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## ENTRANCE ANTIPHON

*cf. Ps 80:17*

He fed them with the finest wheat and satisfied them with honey from the rock.

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## GLORIA

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world: have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father: have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen

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## FIRST READING

### A reading from the book of Genesis

14:18-20

*He brought bread and wine*

**Melchizedek king of Salem brought bread and wine; he was a priest of God Most High. He pronounced this blessing: 'Blessed be Abraham by God Most High, creator of heaven and earth, and blessed be God Most High for handing over your enemies to you.' And Abraham gave him a tithe of everything. The word of the Lord.**

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## PSALM

109:1-4 R. V. 4

R. You are a priest for ever,  
a priest like Melchizedek of old.

- 1. The Lord's revelation to my Master:  
'Sit on my right:  
I will put your foes beneath your feet.'**  
(R.)
- 2. The Lord will send from Zion  
your scepter of power:  
rule in the midst of all your foes.** (R.)
- 3. A prince from the day of your birth  
on the holy mountains;**

from the womb before the daybreak I  
begot you. (R.)

- 4. The Lord has sworn an oath he will not  
change.  
'You are a priest for ever,  
a priest like Melchizedek of old.'** (R.)

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## SECOND READING

### A reading from the first letter of St. Paul to the Corinthians

11:23-26

*Every time you eat this bread and drink this cup,  
you are proclaiming the Lord's death.*

**This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, 'This is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said, 'This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.' Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death. The word of the Lord.**

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## SEQUENCE

- 1. Sing forth, O Zion, sweetly sing|  
The praises of thy Shepherd-King,  
In hymns and canticles divine;**
- 2. Dare all thou canst, thou hast no song  
Worthy his praises to prolong,  
So far surpassing powers like thine.**
- 3. Today no theme of common praise  
Forms the sweet burden of thy lays —  
The living, life-dispensing food —**
- 4. That food which at the sacred board  
Unto the brethren twelve our Lord  
His parting legacy bestowed.**
- 5. Then be the anthem clear and strong,  
Thy fullest note, thy sweetest song,  
The very music of the breast:**
- 6. For now shines forth the day sublime  
That brings remembrance of the time  
When Jesus first his table blessed.**
- 7. Within our new King's banquet-hall  
They meet to keep the festival  
That closed the ancient paschal rite:**
- 8. The old is by the new replaced;  
The substance hath the shadow chased;  
And rising day dispels the night.**

9. Christ willed what he himself had done  
Should be renewed while time should run  
In memory of his parting hour:
10. Thus, tutored in his school divine  
We consecrate the bread and wine  
And lo — a Host of saving power.
11. This faith to Christian men is given —  
Bread is made flesh by words from heaven:  
Into his blood the wine is turned:
12. What thought baffles nature's powers  
Of sense and sight? This faith of ours  
Proves more than nature e'er discerned.
13. Concealed beneath the two-fold sign,  
Meet symbols of the gifts divine,  
There lie the mysteries adored:
14. The living body is our food;  
Our drink the ever-precious blood;  
In each, one undivided Lord.
15. Not he that eateth it divides  
The sacred food, which whole abides  
Unbroken still, nor knows decay;
16. Be one, or be a thousand fed,  
They eat alike that living bread  
Which, still received, ne'er wastes away.
17. The good, the guilty share therein,  
With sure increase of grace or sin,  
The ghostly life, or ghostly death:
18. Death to the guilty; to the good  
Immortal life. See how one food  
Man's joy or woe accomplisheth.
19. We break the Sacrament; but hold  
And firm thy faith shall keep its hold;  
Deem not the whole doth more enfold  
Than in the fractured part resides:
20. Deem not that Christ doth broken lie;  
'Tis but the sign that meets the eye;  
The hidden deep reality  
In all its fullness still abides.

*The shorter form of the Sequence begins from here:*

21. Behold the bread of angels, sent  
For pilgrims in their banishment,  
The bread for God's true children meant,  
That may not unto dogs be given:
22. Oft in the olden types foreshowed;  
In Isaac on the altar bowed,  
And in the ancient paschal food,  
And in the manna sent from heaven.
23. Come then, good shepherd, bread divine,  
Still show to us thy mercy sign;  
Oh, feed us still, still keep us thine;  
So may we see thy glories shine  
In fields of immortality;
24. O thou, the wisest, mightiest, best,  
Our present food, our future rest,  
Come, make us each thy chosen guest,

Co-heirs of thine, and comrades blest  
With saints whose dwelling is with thee."

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GOSPEL ACCLAMATION

Jn 6:51-52

*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!*

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GOSPEL

**A reading from the holy Gospel according to John**

9:11-17

*They all are as much as they wanted.*

**It was late afternoon when the Twelve came to him and said, 'Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.' He replied, 'Give them something to eat yourselves.' But they said, 'We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.' For there were about five thousand men. But he said to his disciples, 'Get them to sit down in parties of about fifty.' They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd. They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets. **The Gospel of the Lord.****

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APOSTLE'S CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, (*All bow for the following*) 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.

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COMMUNION ANTIPHON

Jn 6:57

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.