

Adoration and Exposition of the Blessed Sacrament



St Joseph's Riverwood

The Eucharist is indeed at the very origins of the Church and is the source of grace, constituting an incomparable opportunity for both the sanctification of humanity in Christ and for the glorification of God. In this sense, on the one hand, all the Church's activities are ordered towards the mystery of the Eucharist, and, on the other hand, it is in virtue of the Eucharist that "the Church continually lives and grows" (Lumen gentium, no. 26). Our task is to appreciate the invaluable treasure of this ineffable mystery of faith "both in the celebration of the Mass itself and in the worship of the sacred species, which are preserved after Mass to extend the grace of the Sacrifice."

Pope Emeritus Benedict XVI – (2009)



EXPOSITION OF THE BLESSED SACRAMENT

Hymns to be sung whilst the Blessed Sacrament is exposed:

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?

Refrain:

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. [Refrain]

Author: Frederick Faber (†1863)

Tune: SWEET SACRAMENT

GODHEAD HERE IN HIDING

*Godhead here in hiding/Whom I do adore
Masked by these bare shadows,/*
shape and nothing more,
See, Lord, at Thy service/low lies here a heart
Lost, all lost in wonder/at the God Thou art.

Seeing, touching, tasting/are in Thee deceived;
How says trusty hearing?/That shall be believed;
What God's Son has told me,/take for truth I do;
Truth Himself speaks truly/or there's nothing true.

On the Cross Thy Godhead/made no sign to men.
Here Thy very manhood/steals from human ken;
Both are my confession,/both are my belief,
And I pray the prayer/of the dying thief.

Author: St Thomas Aquinas (1264), Trans. G. Manley Hopkins

Tune: ADORO TE DEVOTE

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 blessèd Jesu, 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
where I may praise thee with thy saints for ay.*

Author: Unknown, Latin 14th C

Trans. By J.Hegarty; Tune: ANIMA CHRISTI (Maher)

GOSPEL

Optional

REFLECTION

Optional

SILENCE AND PERSONAL PRAYER – *till 8:15pm*



LITANIES

LITANY OF LORETO

Lord, have mercy
Christ, have mercy
Lord have mercy
Christ, hear us,

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

Holy Mary
Holy Mother of God,
Holy Virgin of virgins,
Mother of Christ,
Mother of the Church,
Mother of Mercy,
Mother of divine grace,
Mother of Hope,
Mother most pure,
Mother most chaste,
Mother inviolate,
Mother undefiled,
Mother most amiable,
Mother admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Saviour,
Virgin most prudent,
Virgin most venerable,
Virgin most renowned,
Virgin most powerful,
Virgin most merciful,
Virgin most faithful,
Mirror of justice,

R. Lord, have mercy
R. Christ, have mercy
R. Lord, have mercy
R. Christ, graciously hear us,

R. Have mercy on us...

R. Pray for us

Seat of wisdom,
Cause of our joy,
Spiritual vessel,
Vessel of honour,
Singular vessel of devotion,
Mystical rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the covenant,
Gate of heaven,
Morning star,
Health of the sick,
Refuge of sinners,
Solace of Migrants,
Comfort of the afflicted,
Help of Christians,

Queen of Angels,
Queen of Patriarchs,
Queen of Prophets,
Queen of Apostles,
Queen of Martyrs,
Queen of Confessors,
Queen of Virgins,
Queen of all Saints,
Queen conceived without
original sin,
Queen assumed into heaven,
Queen of the most holy
Rosary,
Queen of families,
Queen of peace.

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

Pray for us, O holy Mother of God

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

Let Us Pray: Grant, we beseech thee, O Lord God, that we, your servants, may enjoy perpetual health of mind and body; and by the glorious intercession of the Blessed Mary, ever Virgin, may be delivered from present sorrow, and obtain eternal joy. Through Christ our Lord.

Amen.

LITANY OF THE SACRED HEART

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
Heart of Jesus, Son of the eternal
Father
Heart of Jesus, formed by the Holy
Spirit in the womb of the Virgin
Mother
Heart of Jesus, one with the eternal
Word
Heart of Jesus, infinite in majesty
Heart of Jesus, holy temple of God
Heart of Jesus, tabernacle of the
Most High Heart of Jesus, house of
God and gate of heaven Heart of
Jesus, aflame with love for us
Heart of Jesus, source of justice and
love
Heart of Jesus, full of goodness and
love
Heart of Jesus, well-spring of all
virtue
Heart of Jesus, worthy of all praise
Heart of Jesus, king and centre of
all hearts
Heart of Jesus, treasure-house of
wisdom and knowledge
Heart of Jesus, in whom there
dwells the fullness of God
Heart of Jesus, in whom the Father
is well pleased

R. Lord, have mercy
R. Christ, have mercy
R. Lord, have mercy
R. Have mercy on us...

R. Have mercy on us....

R. Have mercy on us....
.....

Heart of Jesus, from whose fullness
we have all received

Heart of Jesus, desire of the eternal
hills

Heart of Jesus, patient and full of
mercy

Heart of Jesus, generous to all who
turn to you

Heart of Jesus, fountain of life and
holiness

Heart of Jesus, atonement for our
sins

Heart of Jesus, overwhelmed with
insults

Heart of Jesus, broken for our sins

Heart of Jesus, obedient even to death

Heart of Jesus, pierced by a lance

Heart of Jesus, source of all
consolation

Heart of Jesus, our life and
resurrection

Heart of Jesus, our peace and
reconciliation

Heart of Jesus, victim of our sins

Heart of Jesus, salvation of all who
trust in you

Heart of Jesus, hope of all who die in
you

Heart of Jesus, delight of all the saints

R. Have mercy on us....

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

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

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

Jesus, meek and humble of heart

R. Spare us, O Lord

R. Graciously hear us, O Lord

R. Have mercy on us

R. Make our hearts like unto thine

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 ST JOSEPH

Lord, have mercy
Christ, have mercy
Lord have mercy
Christ, hear us,

R. Lord, have mercy
R. Christ, have mercy
R. Lord, have mercy
R. Christ, graciously hear us,

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...

Holy Mary
St. Joseph
Illustrious son of David
Light of patriarchs
Spouse of the Mother of God
Chaste guardian of the Virgin
Foster father of the Son of God
Watchful defender of Christ
Head of the Holy Family
Joseph most just
Joseph most chaste
Joseph most prudent
Joseph most valiant
Joseph most obedient
Joseph most faithful
Mirror of patience
Lover of poverty
Model of workmen
Glory of home life
Guardian of virgins
Pillar of families
Solace of the afflicted
Hope of the sick
Patron of the dying
Terror of demons
Protector of the Holy Church

R. Pray for us

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

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

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

He made him the lord of His
household

R. Spare us, O Lord

*R. Graciously hear us, O
Lord*

R. Have mercy on us

*R. And prince over all His
possessions.*

Let Us Pray: O God, Who in Thine ineffable Providence didst vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever. Amen



BENEDICTION

TANTUM ERGO

St Thomas Aquinas (1264)

All sing

T ANTUM er-go Sa-craméntum * Vene-rémur cérmu-i: et an-tí-quum
Therefore we, before him bending, this great Sacrament revere; types and shadows

do-cuméntum No-vo ce-dat rí-tu-i: præstet fi-des suppleméntum
have their ending, for the newer rite is here; faith our outward sense befriending,

sénsu-um de-féc-tu-i. Ge-ni-tó-ri, Ge-ni-tó-que laus et iu-bi-la-ti-o,
makes our inward vision clear. Glory let us give and blessing to the Father and the Son,

sa-lus, honor, virtus quoque sit et be-ne-dícti-o: pro-ce-dénti ab utró-que
honour, thanks, and praise addressing while eternal ages run; ever too his love confessing,

compar sit lau-dá-ti-o. A- men.
who from both with both is One.

V. You have given them bread from heaven

R. Having in itself all delight

DOWN IN ADORATION FALLING

Trans. Edward Caswall (†1878)

*Down in adoration falling,
Lo! the sacred Host we hail,
Lo! o'er ancient forms departing
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.*

*To the everlasting Father,
And the Son Who reigns on high
With the Holy Ghost proceeding
Forth from each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen*

V. You have given them bread from heaven

R. Having in itself all delight

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 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

REPOSITION

While the Blessed Sacrament is being reposed in the tabernacle, the following hymns can be sung:

HOLY GOD WE PRAISE THY NAME

*Holy God, we praise thy Name!
Lord of all, we bow before thee;
All on earth thy scepter claim,
All in heav'n 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 heav'ns 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.*

Source: Te Deum (4th C), Trans. Clarence A. Walworth

Tune: GROSSER GOTT

ADOREMUS IN AETERNUM

V
A D-o-rémus in æ-térnum sanctíssimum Sacra-
méntum. Ps. Laudá-te Dómi-num omnes gentes: * laudá-te
e-um omnes pópu-li. Quó-ni-am confirmá-ta est super
nos mi-se-ri-córdi-a e-jus: * et vé-ri-tas Dómi-ni manet
in æ-térnum. Adorémus.
Gló-ri-a Patri et Fí-li-o, * et Spi-rí-tu-i Sancto.
Sic-ut e-rat in princí-pi-o, et nunc, et semper: * et in
sæcu-la sæcu-ló-rum. Amen. Adorémus.

Trans: Let us worship forever the most holy Sacrament.

Ps 117. O praise the Lord, all ye nations: praise Him, all ye people. For His mercy is confirmed upon us: and the truth of the Lord remaineth 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.

HAIL QUEEN OF HEAVEN

*Hail, Queen of Heaven, the ocean Star,
Guide of the wanderer 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 wanderer, pray for me.*

*O gentle, chaste and spotless Maid,
From sin's domain God kept thee free,
Plead with thy Son, for 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 and love,
Homage we pay on bended knee.
Mother and Queen, star of the sea,
Pray for thy children, pray for me*

Author: Rev. John Lingard (†1851)
Tune: STELLA

SALVE REGINA

12th C

V

S Alve Re-gí-na, * ma-ter mi-se-ri-córdi-æ, Vi-ta, dul-
cé-do, et spes nostra, salve. Ad te clamá-mus, éxsu-
les, fí-li- i Hevæ. Ad te suspi-rá-mus, geméntes et flen-
tes in hac lacrimá-rum valle. E-ia ergo, Advo-cá-ta
nostra, illos tu-os mi-se-ri-córdes ó-cu-los ad nos con-
vér-te. Et Je-sum, be-ne-díctum fructum ventris tu- i,
no-bis post hoc exsí-li-um osténde. O cle- mens:
O pi- a: O dulcis Virgo Ma-rí- a.

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

VI

R E-gína cæ-li * lætá-re, alle-lú-ia: Qui- a quem me-
 ru- ísti portá-re, alle-lú-ia: Re-surré-xit, sic-ut di-xit,
 alle-lú-ia: O-ra pro no-bis De- um, alle-lú- ia.

Queen of heaven, rejoice, for He whom thou didst merit to bear, hath risen, even as He said: pray God for us.

