

## Texts for Liturgy of Exposition [and Benediction]

### Opening Prayer

(See prayer on reverse of page)

Responsory (*The responsory may be used after each of the readings*)

Response: See in this bread the body that hung on the cross;  
see in this cup the blood that flowed from his side.  
Take and eat the body of Christ; take and drink his blood.  
For now you are members of Christ.

Leader: Receive the bond of love and be united; receive the price of your  
salvation and know your worth.

Response: For now you...

### Readings

**First Reading:** Hebrews 12:18–19, 22–24

*You have come to Jesus, the mediator who brings a blood for purification which pleads more insistently than Abel's.*

**Psalm** 32: 2–9 r.9

*Taste and see that the Lord is good.*

**Gospel:** John 15:9–17

*This is my commandment: love one another, as I have loved you*

### Prayer before Blessing

Lord,

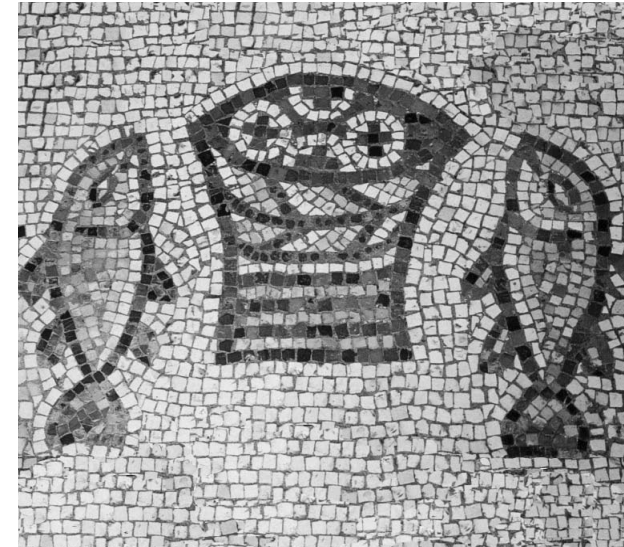
you have given us the true bread from heaven.

In the strength of this food  
may we live always by your life  
and rise in glory on the last day.

We ask this through Christ our Lord.

**Opening Prayer:** *Roman Missal, The Body and Blood of Christ*; **Responsory:** *Holy Communion and Worship of the Eucharist outside Mass* (HCW) (Appendix 3. Responsories); **Readings:** Biblical Readings for HCW from *On the theme of God's Love for All* (New Testament reading 4, Psalm 4, Gospel 5) **Prayer before Blessing:** *HCW*, 68 alternative. English translation of *The Roman Missal, Holy Communion and Worship of the Eucharist Outside Mass* © 1973, 1974 International Committee on English in the Liturgy, Inc. All rights reserved. Editorial arrangement © 2005, Bishops Conference of England and Wales

# Year of the Eucharist October 2004 – October 2005



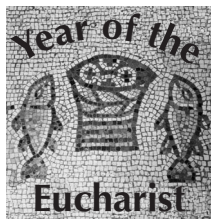
## 6. Alive in Christ Resources for Liturgy of Eucharistic Exposition

The Eucharist is certainly the mystery of intimacy. The Lord instituted the Sacrament in the Cenacle, surrounded by his new family, by the Twelve Apostles, a prefiguration and anticipation of the Church of all times. Because of this, in the liturgy of the early Church, the distribution of Holy Communion was introduced with the words ‘*Sancta sanctis*,’ the holy gift is destined for those who have remained saints. This was the response to the warning addressed by St. Paul to the Corinthians: “Let a man examine himself, and so eat of the bread and drink of the cup. For any one who eats and drinks without discerning the body eats and drinks judgment upon himself” (1 Cor. 11:28).

From this intimacy, which is an extremely personal gift from the Lord, the force of the sacrament of the Eucharist goes beyond the walls of our churches. In this sacrament, the Lord is always coming to the world. This universal aspect of the Eucharistic presence is shown in the procession of our feast. We take Christ, present in the figure of bread, through the streets of our city. We entrust these streets, these homes, our daily life, to his goodness. May our streets be Jesus’ streets! May our homes be homes for him and with him! May his presence penetrate our everyday life. We place before his eyes the sufferings of the sick, the loneliness of youth and the elderly, temptations, fears, our whole life. The procession is intended to be a great and public blessing for our city: Christ is, in person, the divine blessing for the world. May the ray of his blessing extend over all of us!

The Risen One, present in the form of bread, cannot be “eaten” as a simple piece of bread. To eat this bread is to commune, it is to enter into communion with the person of the living Lord. This communion, this act of “eating,” is really a meeting between two persons; it is to allow oneself to be penetrated by the life of the One who is Lord, who is my Creator and Redeemer. The purpose of this communion is the assimilation of my life with his, my transformation and configuration with the One who is living Love. Therefore, this communion implies adoration, the will to follow Christ, to follow the One who goes before us. Adoration and procession form part, therefore, of only one gesture of communion. They respond to his mandate: “Take, eat.”

Pope Benedict XVI *Homily for Corpus Christi.*



#### Resources for Year of the Eucharist

- Exposition of the Holy Eucharist — Guide
- Holy Hours

for more information: [www.liturgyoffice.org.uk/Resources/](http://www.liturgyoffice.org.uk/Resources/)

Extracts from *The Roman Missal, Holy Communion & Worship of the Eucharist outside Mass* © 1973, 1978 ICEL. Used with permission.

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## Prayer for sharing in the life of the Lord

Lord Jesus Christ,  
you give us your body and blood in the eucharist  
as a sign that even now we share your life.  
May we come to possess it completely in the kingdom  
where you live for ever and ever.

You live and reigns with God the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever. **Amen.**

*The Roman Missal*

## Litany

You are the Bread of Life:

**Praise to you!**

You are the Bread of Salvation:

**Praise to you!**

You are the Blood that redeemed us:

**Praise to you!**

You are the source of our joy:

**Praise to you!**

You are the Blood that quenches our thirst:

**Praise to you!**

You are the Bread that comforts us:

**Praise to you!**

You are the Bread that gives us strength

**Praise to you!**

You are the Bread that heals us in body and mind:

**Praise to you!**

*HCW, Supplementary Appendix*

## Antiphon

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

*The Roman Missal*