



From CORPUS CHRISTI *to* SAINT PETER *and* SAINT PAUL

A resource for praying at home



CORPUS CHRISTI

Thursday, 11th June 2020

THE INTRODUCTION

Light a candle and spend some time in silence if you can.

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

Then, making the sign of the Cross, say:

✠ 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 are mighty God and Prince of Peace: Lord, have mercy.

You heal the wounds of our sin and division: Christ, have mercy.

You intercede for us with the Father: 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.

Then say 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 LITURGY OF THE WORD

Then read today's appointed readings:

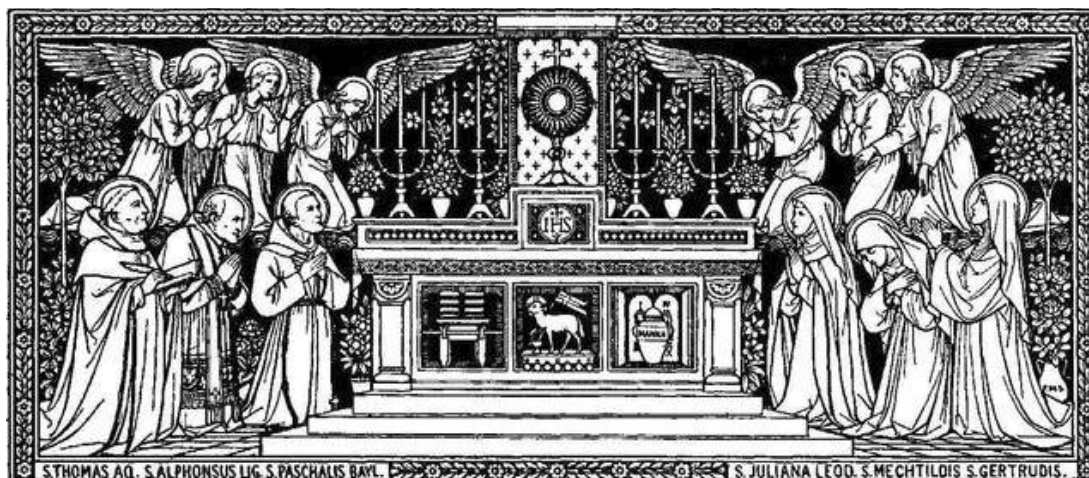
- *Deuteronomy 8.2-3 and 14-16: He fed you with manna.*
- *1 Corinthians 10.16-17: There is only one loaf: we form a single body.*

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

- *John 6.51-58: I am the living bread which has come down from heaven.*

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

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.

by Francis Stanfield

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.

And then pray for God's blessing, saying: The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Let us praise the Lord. Thanks be to God.

The ELEVENTH SUNDAY in ORDINARY TIME

Sunday, 14th June 2020

With the same structure as above, use these hymns and readings:

1. O God, our help in ages past,
Our hope for years to come,
Our shelter from the stormy blast,
And our eternal home.

2. Under the shadow of thy throne
Thy saints have dwelt secure;
Sufficient is thine arm alone,
And our defence is sure.

3. Before the hills in order stood,
Or earth received her frame,
From everlasting thou art God,
To endless years the same.

4. A thousand ages in thy sight
Are like an evening gone,
Short as the watch that ends the night
Before the rising sun.

5. Time, like an ever-rolling stream,
Bears all its sons away;
They fly forgotten, as a dream
Dies at the opening day.

6. O God, our help in ages past,
Our hope for years to come,
Be thou our guard while troubles last,
And our eternal home.

by Isaac Watts

The Collect: O God, strength of those who hope in you, graciously hear our pleas, and, since without you mortal frailty can do nothing, grant us always the help of your grace, that in following your commands we may please you by our resolve and our deeds. Through Christ our Lord. Amen.

The readings are :

- *Exodus 19.2-6: You shall be my very own for all the earth is mine.*
- *Romans 5.6-11: Christ died for us while we were still sinners.*

Alleluia, alleluia! The sheep that belong to me listen to my voice, says the Lord. I know them and they follow me. Alleluia!

- *Matt. 9.36-10.8: The Harvest is rich but the labourers are few.*

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

Forth in the peace of Christ we go;
Christ to the world with joy we bring;
Christ in our minds, Christ on our lips,
Christ in our hearts, the world's true King.

2. King of our hearts, Christ makes us kings;
Kingship with him his servants gain;
With Christ, the Servant-Lord of all,
Christ's world we serve, to share Christ's reign.

3. Priests of the world, Christ sends us forth
This world of time to consecrate,
This world of sin by grace to heal,
Christ's world in Christ to re-create.

4. Prophets of Christ, we hear his Word:
He claims our minds, to search his ways;
He claims our lips, to speak his truth;
He claims our hearts, to sing his praise.

5. We are his Church, he makes us one:
here is one hearth for all to find;
here is one flock, one Shepherd-King;
here is one faith, one heart, one mind.

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The concluding prayer: Lord God, strength of those who hope in you, support us in our prayer: because we are weak and can do nothing without you, give us always the help of your grace so that, in fulfilling your commandments, we may please you in all we desire and do. Through our Lord Jesus Christ who lives and reigns for ever and ever. Amen.

The MOST SACRED HEART of JESUS

Friday, 19th June 2020

The Sacred Heart of Jesus, pierced by our sins and for our salvation, is the symbol of that love with which the divine Redeemer continually loves the Father and all human beings without exception. Spend some time meditating upon that love, and then say or sing this hymn:

O SACRED HEART,
Our home lies deep in thee;
On earth thou art an exile's rest,
In heav'n the glory of the blest,
O Sacred Heart.

2. O Sacred Heart,
Thou fount of contrite tears;
Where'er those living waters flow,
New life to sinners they bestow,
O Sacred Heart.

3. O Sacred Heart,
Our trust is all in thee,
For though earth's night be dark and drear,
Thou breathest rest where thou art near,
O Sacred Heart.

4. O Sacred Heart,
When shades of death shall fall,
Receive us 'neath thy gentle care,
And save us from the tempter's snare,
O Sacred Heart.

5. O Sacred Heart,
Lead exiled children home,
Where we may ever rest near thee,
In peace and joy eternally,
O Sacred Heart.

by Francis Stanfield (1835-1914)

The Collect: Grant, we pray, almighty God, that we, who glory in the Heart of your beloved Son and recall the wonders of his love for us, may be made worthy to receive an overflowing measure of grace from that fount of heavenly gifts. Through Christ our Lord. Amen.

The readings are :

- *Deut. 7.6-11: The Lord set his heart on you and chose you.*
- *1 John 4.7-16: God is love.*

Alleluia, alleluia! Shoulder my yoke and learn from me, for I am gentle and humble in heart. Alleluia!

- *Matthew 11.25-30: Come to me, all you who labour and are overburdened, and I will give you rest.*

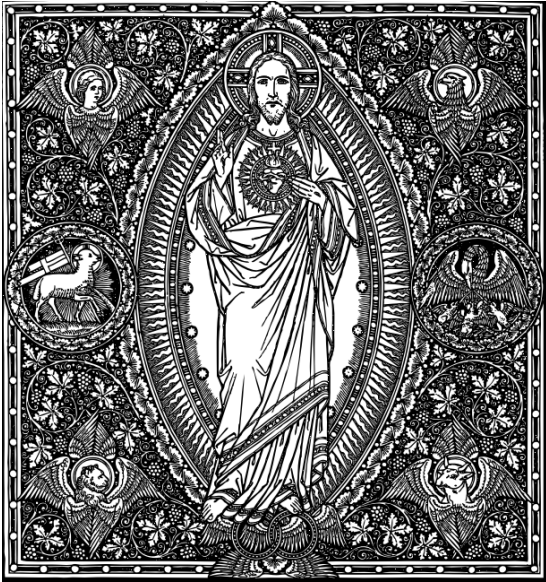
You might then like to say this litany of the Sacred Heart:

Lord, have mercy: Christ, have mercy: Lord, have mercy.

Christ, hear us. Christ, graciously hear us.

God the Father of Heaven, *have mercy on us*. God the Son, Redeemer of the world [repeat after each invocation: "*have mercy on us*"]. 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, substantially united to the Word of God. Heart of Jesus, of Infinite Majesty. Heart of Jesus, Sacred Temple of God. Heart of Jesus, Tabernacle of the Most High. Heart of Jesus, House of God and Gate of Heaven. Heart of Jesus, burning furnace of charity. Heart of Jesus, abode of justice and love. Heart of Jesus, full of goodness and love. Heart of Jesus, abyss of all virtues. Heart of Jesus, most worthy of all praise. Heart of Jesus, king and centre of all hearts. Heart of Jesus, in whom are all treasures of wisdom and knowledge. Heart of Jesus, in whom dwells the fullness of divinity. Heart of Jesus, in whom the Father was well pleased. Heart of Jesus, of whose fullness we have all received. Heart of Jesus, desire of the everlasting hills. Heart of Jesus, patient and most merciful. Heart of Jesus, enriching all who invoke Thee. Heart of Jesus, fountain of life and holiness. Heart of Jesus, propitiation for our sins. Heart of Jesus, loaded down with opprobrium. Heart of Jesus, bruised for our offences. Heart of Jesus, obedient to death. Heart of Jesus, pierced with a lance. Heart of Jesus, source of all consolation. Heart of Jesus, our life and resurrection. Heart of Jesus, our peace and our reconciliation. Heart of Jesus, victim for our sin. Heart of Jesus, salvation of those who trust in Thee. Heart of Jesus, hope of those who die in Thee. Heart of Jesus, delight of all the Saints.

Lamb of God, who taketh away the sins of the world: spare us, O Lord.
Lamb of God, who taketh away the sins of the world: graciously hear us,
O Lord. Lamb of God, who taketh away the sins of the world: have
mercy on us, O Lord. Jesus, meek and humble of heart: Make our hearts
like to Thine.



The concluding prayer: Almighty God and Father, we glory in the Sacred Heart of Jesus, your beloved Son, as we call to mind the great things his love has done for us. Fill us with the grace that flows in abundance from the Heart of Jesus, the source of heaven's gifts. Who lives and reigns for ever and ever. Amen.

The TWELFTH SUNDAY in ORDINARY TIME

Sunday, 21st June 2020

For an opening hymn, you may wish to sing or say:

1. Father, hear the prayer we offer:
Not for ease that prayer shall be,
But for strength that we may ever
Live our lives courageously.

2. Not for ever in green pastures
Do we ask our way to be;
But the steep and rugged pathway
May we tread rejoicingly.

3. Not for ever by still waters
Would we idly rest and stay;
But would smite the living fountains
From the rocks along our way.

4. Be our strength in hours of weakness,
In our wanderings be our guide;
Through endeavour, failure, danger,
Father, be thou at our side.

(Maria Willis, 1824-1908)

The Collect: Grant, O Lord, that we may always revere and love your holy name, for you never deprive of your guidance those you set firm on the foundation of your love. Through Christ our Lord. Amen.

The readings are :

- *Jeremiah 20.10-13: The Lord is at my side, a mighty hero.*
- *Romans 5.12-15: The gift considerably outweighed the fall.*

Alleluia, alleluia! The Word was made flesh and lived among us: to all who did accept him he gave power to become children of God. Alleluia!

- *Matt. 10.26-33: What you hear whispered, proclaim from the housetops.*

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

KING OF GLORY, King of peace,
I will love thee;
And that love may never cease,
I will move thee.
Thou hast granted my request,
Thou hast heard me;
Thou didst note my working breast,
Thou hast spared me.

2. Wherefore with my utmost art
I will sing thee,
And the cream of all my heart
I will bring thee.
Though my sins against me cried,
Thou didst clear me;
And alone, when they replied,
Thou didst hear me.

3. Seven whole days, not one in seven,
I will praise thee;
In my heart, though not in heaven,
I can raise thee.
Small it is, in this poor sort
To enrol thee:
E'en eternity's too short
To extol thee.

by George Herbert, 1593-1632

The concluding prayer: Lord God, teach us at all times to fear and love your holy name, for you never withdraw your guiding hand from those you establish in your love. Through our Christ our Lord. Amen.

The NATIVITY of S. JOHN THE BAPTIST

Wednesday, 24th June 2020

In place of a hymn, you might like to say the Benedictus, the song sung by Zechariah on the circumcision of his son S John the Baptist. This is the version from the Book of Common Prayer:

Blessed be the Lord God of Israel : for he hath visited, and redeemed his people;
And hath raised up a mighty salvation for us : in the house of his servant David;
As he spake by the mouth of his holy Prophets : which have been since the world began;
That we should be saved from our enemies : and from the hands of all that hate us;
To perform the mercy promised to our forefathers : and to remember his holy Covenant;
To perform the oath which he sware to our forefather Abraham : that he would give us;
That we being delivered out of the hands of our enemies : might serve him without fear;
In holiness and righteousness before him : all the days of our life.
And thou, Child, shalt be called the Prophet of the Highest : for thou shalt go before the face of the Lord to prepare his ways;
To give knowledge of salvation unto his people : for the remission of their sins,
Through the tender mercy of our God : whereby the day-spring from on high hath visited us;
To give light to them that sit in darkness, and in the shadow of death : and to guide our feet into the way of peace.

If you have internet access, you might like to listen to a recording of the Benedictus. This is a setting by Charles Stanford from his "Morning Service in G": <https://www.youtube.com/watch?v=cZvswG5yRY>

The Collect: O God, who raised up Saint John the Baptist to make ready a nation fit for Christ the Lord, give your people, we pray, the grace of spiritual joys and direct the hearts of all the faithful into the way of salvation and peace. Through Jesus Christ our Lord. Amen.

The readings are :

- *Isaiah 49.1-6: I will make you the light of the nations.*
- *Acts 13.22-26: Jesus, whose coming was heralded by John.*

Alleluia, alleluia! As for you, little child, you shall be called a prophet of God the most high. You shall go ahead of the Lord to prepare his ways before him. Alleluia!

- *Luke 1.57-66: His name is John.*

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

ON THIS HIGH FEAST Day honour we the Baptist,
greatest and last of Israel's line of prophets,
kinsman of Jesus, herald of salvation,
chosen forerunner.

Lo, from the heavens Gabriel descending,
brings to thy father tidings of thy coming,
telling thy name, and all thy life's high calling
duly announcing.

When Zechariah doubted what was told him,
dumbness assailed him, sealing firm the promise,
till, at thy naming, lo, his voice resounded
loud in God's praises.

Greater art thou than all the sons of Adam,
lowly in Spirit, faithfully proclaiming
Israel's Messiah, Jesus our Redeemer,
thus we exalt thee.

(By the editors of the English Hymnal
based on Latin text by Paul the Deacon (730-99))



The concluding prayer: Almighty God and Father, you sent Saint John the Baptist to the people of Israel to make them ready for Christ the Lord. Give us the grace of joy in the Spirit, and guide the hearts of all the faithful in the way of salvation and peace. Through our Lord Jesus Christ, who lives and reigns for ever and ever.
Amen.

The THIRTEENTH SUNDAY in ORDINARY TIME

Sunday, 28th June 2020

For an opening hymn, sing or say:

I HEARD the voice of Jesus say,
“Come unto me and rest;
Lay down, thou weary one, lay down
Thy head upon my breast:”
I came to Jesus as I was,
Weary, and worn, and sad;
I found in him a resting place,
And he has made me glad.

2. I heard the voice of Jesus say,
“Behold, I freely give
The living water, thirsty one;
Stoop down, and drink, and live:”
I came to Jesus, and I drank
Of that life-giving stream;
My thirst was quenched, my soul revived,
And now I live in him.

3. I heard the voice of Jesus say,
“I am this dark world’s Light;
Look unto me, thy morn shall rise,
And all thy day be bright:”
I looked to Jesus, and I found
In him my Star, my Sun;
And in that light of life I’ll walk
Till traveling days are done.

Horatius Bonar (1808-89)

The Collect: O God, who through the grace of adoption chose us to be children of light, grant, we pray, that we may not be wrapped in the darkness of error but always be seen to stand in the bright light of truth. Through Christ our Lord. Amen.

The readings are :

- *2 Kings 4.8-16: This is a holy man of God, let him rest here.*
- *Romans 6.3-11: Having died with Christ, we shall rise with him.*

Alleluia, alleluia! Open your heart, O Lord to accept the word of your Son. Alleluia!

- *Matt. 10.37-42: "He who loses his life for my sake will find it."*

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

1. Fight the good fight with all thy might,
Christ is thy strength, and Christ thy right;
Lay hold on life, and it shall be
Thy joy and crown eternally.

2. Run the straight race through God's good grace,
Lift up thine eyes, and seek his face;
Life with its way before us lies,
Christ is the path, and Christ the prize.

3. Cast care aside, upon thy Guide,
Lean, and his mercy will provide;
Lean, and thy trusting soul shall prove
Christ is its life, and Christ its love.

4. Faint not nor fear, his arms are near,
He changeth not, and thou art dear;
Only believe, and thou shalt see
That Christ is all in all to thee.

(by J. S. B. Monsell, 1811-75)

The concluding prayer:

Lord God, since by the adoption of grace you have made us children of light, do not let false doctrine darken our minds, but grant that your light may shine within us and we may always live in the brightness of truth. Through Christ our Lord who lives and reigns for ever and ever. Amen.



SAINT PETER *and* SAINT PAUL

Monday, 29th June 2020

For an opening hymn, sing or say:

With gold most precious, and with sanguine hues of morn,
O Saviour gracious, Light of light, this day adorn,
To sinners granting pardon, peace, and welcome home,
Where heaven is chanting praise of splendid martyrdom.

For thy true servant Peter bearing high the keys,
And Paul whose fervent word proclaimed thy mysteries,
By cross victorious and by sword-stroke triumphing,
Now share the glorious court of life's eternal King.

O kindly pastor, unto whose apostolate
The royal Master gave in charge the heavenly gate,
In sin's defiling bondage be our joy to gauge
The reconciling virtue of thine embassy.

O faithful teacher, noble saint of ecstasy,
Fuller and richer be the truth we learn of thee,
Till for the failing doctrine that in part we know
His all-revealing light our bounteous God bestow.

In faith unshrinking, fearing not your hope to prove,
And deeply drinking from the fount of either love,
Ye stood in union like twin olive trees of grace;
Through whose communion may we seek the Father's face.

To thee, the glorious Christ, our Saviour manifest,
All wreaths victorious, praise and worship be addrest;
Whom with the living Father humbly we adore,
And the life-giving Spirit, God for evermore. Amen.

Ascribed to Elpis, c.500 – trans. by T.A. Lacey

The Collect: O God, who on the Solemnity of the Apostles Peter and Paul give us the noble and holy joy of this day, grant, we pray, that your Church may in all things follow the teaching of those through whom she received the beginnings of right religion. Through our Lord Jesus Christ, your Son. Amen.

The readings are:

- *Acts 12.1-11: The chains fell from his hands.*
- *2 Tim 4.6-8 and 4.17-18: The crown of righteousness.*

Alleluia, alleluia! You are Peter, and on this rock I will build my Church. Alleluia!

- *Matt 16.13-19: I will give you the keys of the kingdom of heaven.*

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

1. Faith of our Fathers! living still
In spite of dungeon, fire, and sword:
Oh, how our hearts beat high with joy
Whene'er we hear that glorious word.
Faith of our Fathers! Holy Faith!
We will be true to thee till death.

2. Our Fathers, chained in prisons dark,
Were still in heart and conscience free:
How sweet would be their children's fate,
If they, like them, could die for thee!
Faith of our Fathers! Holy Faith!
We will be true to thee till death.

Faith of our Fathers! Mary's prayers
Shall win our country back to thee:
And through the truth that comes from God
England shall then indeed be free.
Faith of our Fathers! Holy Faith!
We will be true to thee till death.

Faith of our Fathers! we will love
Both friend and foe in all our strife:
And preach thee too, as love knows how
By kindly words and virtuous life:
Faith of our Fathers! Holy Faith!
We will be true to thee till death

(by J. S. B. Monsell, 1811-75)

The concluding prayer: Lord our God, may the blessed apostles Peter and Paul support us by their prayers. Through them you first taught your Church the Christian faith. Provide us now, by their intercession, with help for our eternal salvation. Through Christ our Lord. Amen.

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