## The Rosary

Pope John Paul II encouraged praying the Rosary during adoration of the Blessed Sacrament in *Rosarium Virgine Mariae*, issued in October 2002, initiating the Year of the Rosary. He also added five "mysteries" from Our Lord's life on earth to this ancient devotion, which begins with the Apostles Creed, the Our Father (Lord's Prayer), the "Glory be..." (Doxology), followed by the Hail Mary (*Ave Maria*) repeated ten times, one on each bead of the "decades" of a set of Rosary beads. Meditation on the mysteries of the Rosary is perhaps the most widely practiced private devotion among Catholics. The Mysteries listed below are followed by the scriptural references.

#### **Joyful Mysteries:**

- 1. The Annunciation (Luke 1:26-38)
- 2. The Visitation (Luke 1:39-56)
- 3. The Nativity (Luke 2:1-20)
- 4. The Presentation (Luke 2:21-38)
- 5. The Finding of Jesus in the Temple (Luke 2:41-52)

#### Sorrowful Mysteries:

- 1. The Agony in the Garden (Matthew 26:36-46, Luke 22:39-46)
- 2. The Scourging at the Pillar (Matthew 27:26, Mark 15:15, John 19:1)
- 3. The Crowning with Thorns (Matthew 27:27-30, Mark 15:16-20, John 19:2)
- 4. The Carrying of the Cross (Matthew 27:31-32, Mark 15:21, Luke 23:26-32, John 19:17)
- 5. The Crucifixion (Matthew 27:33-56, Mark 15:22-39, Luke 23:33-49, John 19:17-37)

#### **Glorious Mysteries:**

- 1. The Resurrection (Matthew 28:1-8, Mark 16:1-18, Luke 24:1-12, John 20:1-29)
- 2. The Ascension (Mark 16:19-20, Luke 24:50-53, Acts 1:6-11)
- 3. The Descent of the Holy Spirit (Acts 2:1-13)
- 4. The Assumption of the Virgin Mary into Heaven
- 5. The Coronation of the Blessed Virgin Mary in Heaven

#### **Luminous Mysteries:**

- 1. Jesus' Baptism in the Jordan (II Corinthians 5:21, Matthew 3:17, and parallels)
- 2. Jesus' Self-Manifestation at the Wedding of Cana (John 2:1-12)
- 3. Jesus' Proclamation of the Kingdom of God; His Call to Conversion (Mark 1:15, Mark 2:3-13; Luke 7:47-48, John 20:22-23)
- 4. Jesus' Transfiguration (Luke 9:35 and parallels)
- 5. Jesus' Institution of the Eucharist, the Sacramental Expression of the Paschal Mystery (Luke 24:13-35 and parallels, I Corinthians 11:24-25)



# Eucharistic Exposition Adoration and Benediction

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detail of 12th c. mosaic in the Church of San Clemente, Rome

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## Prayers

#### Anima Christi

Anima Christi, sanctifica me. Corpus Christi, salva me. Sanguis Christi, inebria me. Aqua lateris Christi, lava me. Passio Christi, conforta me. O bone Iesu, exaudi me. Intra tua vulnera absconde me. Soul of Christ, sanctify me.
Body of Christ, heal me.
Blood of Christ, drench me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
In your wounds shelter me.

#### Visit to the Blessed Sacrament

Many people visit a church to pray before the Blessed Sacrament contained within the tabernacle. The following prayers may be offered during such visits.

Recite three times:

Adoremus in æternum Sanctissimum Sacramentum.

Let us forever adore the most Holy Sacrament.

Then offer these prayers:

Pater Noster (Our Father) - Ave Maria (Hail Mary) - Gloria Patri ♥ (Glory be to the Father... ♥)

## **Spiritual Communion**

When it is not possible to receive Communion, one may pray:

Lord, I wish to receive you with the purity, humility, and devotion with which your most holy Mother received you, with the spirit and fervor of the saints. Amen. ♥

## A Prayer for the Increase of Priestly and Religious Vocations

Lord Jesus Christ, Son of the Eternal Father, Son of the Virgin Mary, we thank You for offering Your life in sacrifice on the Cross, and for renewing this sacrifice in every Mass celebrated throughout the world.

In the power of the Holy Spirit we adore You and proclaim Your living presence in the Eucharist. We desire to imitate the love You show us in Your death and resurrection, by loving and serving one another.

We ask You to call many young people to religious life, and to provide the holy and generous priests that are so needed in your Church today. Lord Jesus, hear our prayer. Amen. ♣

+Justin Cardinal Rigali - St. Louis, 2000

## Prayers

#### The Apostles Creed

This most ancient creed is a faithful summary of the Apostles' teaching.

Credo in Deum, Patrem omnipotentem, Creatorem cæli et terræ,

Et in Iesum Christum, Filium eius unicum, Dominum nostrum:

qui conceptus est de Spiritu Sancto, natus ex Maria Virgine, passus sub Pontio Pilato,

crucifixus, mortuus, et sepultus; descendit ad infernos;

tertia die resurrexit a mortuis; ascendit ad cælos;

sedet ad dexteram Dei Patris omnipotentis;

inde venturus est iudicare vivos et mortuos.

Credo in Spiritum Sanctum, sanctam Ecclesiam Catholicam, Sanctorum communionem, remissionem peccatorum, carnis resurrectionem, vitam æternam. Amen.

I believe in God, the Father Almighty, Creator of heaven and earth,

And in Jesus Christ, His only begotten Son, our Lord, 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 sits at the right hand of God the Father Almighty;

He will come again 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 the life everlasting. Amen.

## Agnus Dei

Agnus Dei, qui tollis peccata mundi, miserere nobis. [x 2] Agnus Dei, qui tollis peccata mundi, dona nobis pacem.

Lamb of God, who takes away the sins of the world, have mercy on us. [x 2] Lamb of God, who takes away the sins of the world, grant us peace.

#### **Act of Contrition**

With this prayer we express sorrow for our sins with repentant and contrite hearts.

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishment, but most of all because they offend Thee, my God, who art all-good and deserving of all my love.

I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasion of sin.

♥ In the name of the Father and of the Son and of the Holy Spirit. Amen.

## Eucharistic Exposition Adoration and Benediction

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Adoration of the Holy Eucharist may be celebrated in several ways. Following is a basic guide for solemn Exposition, Adoration, and Benediction, celebrated by a bishop, priest, or deacon, with altar server(s) and congregation, in the main body of a church.

## Exposition

The people assemble and kneel in silence. On the altar are four or six lighted candles. As the celebrant and altar server(s) enter, the people stand. The hymn *O salutaris Hostia* begins (page 4). The celebrant places the monstrance on the altar, then goes to the tabernacle. (If the tabernacle is in a side chapel, the celebrant wears the humeral veil, and the torch-bearer may accompany him.) The people kneel as the celebrant brings the Holy Eucharist to the altar. He

The people kneel as the celebrant brings the Holy Eucharist to the altar. He places the Blessed Sacrament in the monstrance. Then the celebrant and server(s) kneel facing the altar (customarily on the bottom step leading to the sanctuary), and the celebrant incenses the Blessed Sacrament.

If the Exposition of the Holy Eucharist is to continue for an extensive period, the celebrant and server(s) may withdraw. The people may remain kneeling.

\* X \*

## Адокатіоп

The celebrant may begin the period of adoration with the Divine Office (Liturgy of the Hours) or by reading the Gospel of the day or another appropriate passage from the Scripture and presenting a homily on the worship of the Lord or on the Holy Eucharist.

A deacon or another person may read a selection from Scripture, or the Office of Readings or Collects for the day or for the feast or season. All may recite the Rosary together during Adoration. Other Eucharistic hymns may be sung (e.g., *Adoro te devote; Alleluia, Sing to Jesus*).

If the adoration period is extensive and people enter or leave at different times, the people genuflect when they enter and then kneel in their places, whenever possible, to give reverence to the Blessed Sacrament. The people may remain kneeling during their adoration. During their silent adoration people may pray with the Holy Scripture or say the Rosary or other prayers.

**# X #** 

## Вепедістіоп

Near the end of the period of Exposition of the Blessed Sacrament, the celebrant goes to the altar, genuflects, and kneels (he may also incense the Blessed Sacrament). Then all sing the hymn *Tantum ergo* (page 5).

All remain kneeling as the celebrant leads the people in prayer.

- V. Panem de cælo præstitísti eis. (*Tempore Paschali:* Alleluia.)
- R. Omne delectaméntum in se habéntem.

(Tempore Paschali: **Alleluia.**) (This traditional versicle and response from a prayer of Saint Thomas Aquinas is now optional.)

Celebrans: Orémus. Deus, qui nobis sub Sacraménto mirábili, passiónis tuæ memóriam reliquísti: tríbue, quæsumus, ita nos Córporis et Sánguinis tui sacra mystéria venerári, ut redemptiónis tuæ fructum in nobis júgiter sentiámus. Qui vivis et regnas cum Deo Patre in unitáte Spíritus Sancti Deus, in sæcula sæculórum. 🗷

R. Amen.

V. You have given them Bread from heaven.

(In Eastertide: Alleluia.)

R. Having all sweetness within it.

(In Eastertide: Alleluia.)

Celebrant: Let us pray. Lord
Jesus Christ, you gave us
the Eucharist as the memorial of your suffering and
death. May our worship of
this sacrament of your Body
and Blood help us to experience the salvation you won
for us, and the peace of the
Kingdom where you live
with the Father and the
Holy Spirit, one God,
for ever and ever. 

▼

R. Amen.

After this prayer, the celebrant dons the humeral veil, kneeling, then goes to the altar, takes up the monstrance, and turns toward the congregation. Elevating the monstrance, the priest solemnly blesses the people by slowly making the sign of the cross with the Blessed Sacrament. (This blessing may be given only by a bishop, priest, or deacon.) During the Eucharistic blessing, the thurifer, kneeling beside the celebrant, may incense the Blessed Sacrament. As they receive the solemn blessing with the Holy Eucharist, the kneeling people bow their heads and make the Sign of the Cross.  $\blacksquare$ 

## Prayers

## The Sign of the Cross

We begin and end our prayer with the Sign of the Cross:

In nomine Patris, et Filii, et Spiritus Sancti. Amen. &

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

## The Lord's Prayer

The Lord Jesus commanded us to pray:

Pater noster, qui es in cælis; sanctificetur nomen tuum; adveniat regnum tuum; fiat voluntas tua, sicut in cælo et in terra.

Panem nostrum cotidianum da nobis hodie; et dimitte nobis debita nostra, sicut et nos dimittimus debitoribus nostris; et ne nos inducas in tentationem; sed libera nos a malo. Amen.

Our Father, who art in heaven; hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.

Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation; but deliver us from evil. Amen.

#### The Doxology

Our praise of the Trinity and affirmation of faith in the mystery of God in Three Persons.

Gloria Patri, et Filio, et Spiritui Sancto.

Sicut erat in principio et nunc et semper et in sæcula sæculorum. Amen.

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.

## The Hail Mary

This prayer is based on the greeting of the Angel Gabriel to Mary when he announced to her that she was to become the Mother of God.

Ave, Maria, gratia plena, Dominus tecum; benedicta tu in mulieribus, et benedictus fructus ventris tui, Jesus.

Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis nostræ. Amen.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

## Meditation on Scripture and Prayer

During the period of silent adoration, people meditate and pray privately. Psalms, other Scripture readings, the Rosary, and other traditional prayers are sources of fruitful meditation.

#### Psalm 23

The Lord is my Shepherd, I shall not want;

He makes me lie down in green pastures,

He leads me beside the still waters;

He restores my soul.

He leads me in paths of righteousness for His name's sake.

Yea, though I walk through the valley of the shadow of death,

I will fear no evil, for Thou art with me;

Thy rod and Thy staff they comfort me;

Thou preparest a table before me in the presence of my enemies;

Thou anointest my head with oil, my cup overflows.

Surely goodness and mercy shall follow me all the days of my life;

And I shall dwell in the house of the Lord for ever.

[Also suggested: Psalms 1, 8, 24, 27, 50, 94, 121, 137, 148.]

## The Prophet Isaiah

Surely He hath borne our griefs and carried our sorrows; yet we did esteem Him stricken, smitten of God, and afflicted. But He was wounded for our transgressions, bruised for our iniquities: the chastisement of our peace was upon Him; and by His stripes we are healed. All we like sheep have gone astray; we have turned every one to his own way, and the Lord hath laid on Him the iniquity of us all. — *Isaiah* 53:4-6

## **Epistles of Paul**

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as He chose us in Him before the foundation of the world, that we should be holy and blameless before Him. — *Ephesians* 1:3, 4

Continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus. All scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. — *II Timothy 3:14-17* 

The Spirit helps us in our weakness; for we do not know how to pray as we ought; but the Spirit Himself intercedes for us with sighs too deep for words.

— *Romans* 8:26

After the celebrant blesses the people, he replaces the monstrance on the altar and returns to his place facing the Blessed Sacrament and kneels.

He leads the people in praying or singing the Divine Praises. By custom the people repeat each phrase after him. (All are kneeling.)

## 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.

\* X \*

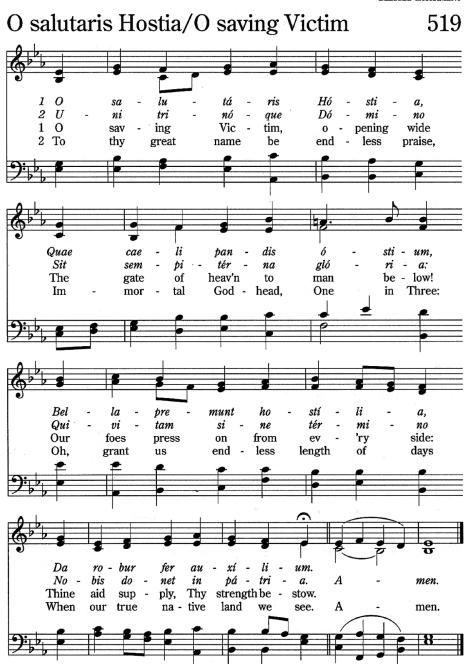
## Reposition

During the reposition of the Blessed Sacrament in the tabernacle, the hymn *Holy God, we praise thy name* (page 6) may be sung. The people are kneeling. The celebrant rises, goes to the altar, genuflects, removes the Blessed Sacrament from the monstrance, and places it in the pyx. He places the empty monstrance to the side (he may also veil the monstrance). Then he goes to the tabernacle to repose the Blessed Sacrament within it.

(If the tabernacle is not in the sanctuary, the server places the humeral veil over the celebrant's shoulders before he removes the Blessed Sacrament from the monstrance. A torch-bearer may precede the celebrant to the chapel of reservation.)

As soon as the Blessed Sacrament is reposed within the tabernacle, all stand. Facing the altar the celebrant and server(s) genuflect (or bow, if the Blessed Sacrament is not reserved in the sanctuary) and withdraw to the sacristy.

**HX** H



TEXT: St. Thomas Aquinas, 1225-1274, translated by Edward Caswall, 1814-1878, alt. MELODY: Attributed to Abbé Dieudonne Duguet, 1794-1849 HARMONIZATION: Traditional

DUGUET 88.88



- 6 Píe pellicáne Jésu Dómine, Me immúndum múnda túo sánguine, Cújus úna stilla sálvum fácere, Tótum múndum quit ab ómni scélere.
- 7 Jésu, quem velátum nunc aspício, Oro fíat illud quod tam sítio: Ut te reveláta cérnens fácie, Vísu sim beátus túae glóriae. Amen.

TEXT: St. Thomas Aquinas, 1225-1274 MELODY: Plainchant, Mode V

HARMONIZATION: Theodore Marier, copyright © 1963 by Summy-Birchard Music division of Birch Tree Group, Ltd.

ADORO TE DEVOTE

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.

I am not like Thomas,/wounds I cannot see, But I plainly call Thee/Lord and God as he; This faith each day deeper/be my holding of, Daily make me harder/hope and dearer love. O Thou, our reminder/of the Crucified, Living bread, the life of/us for whom He died, Lend this life to me, then;/feed and feast my mind, There be Thou the sweetness/ man was meant to find.

Like what tender tales tell/of the Pelican, Bathe, Jesus Lord, in/what Thy bosom ran, Blood that but one drop of/has the pow'r to win All the world forgiveness/of its world of sin.

Jesus, Whom I look at/shrouded here below, I beseech Thee, send me/what I thirst for so, Some day to gaze on Thee/face to face in light And be blest forever/with Thy glory's sight. Amen.

English translation by Gerard Manley Hopkins, SJ (See the Adoremus Hymnal, page 511)







HOLY THURSDAY

## Tantum ergo/Down in adoration falling



TEXT: St. Thomas Aquinas, 1225-1274, translated by Edward Caswall, 1814-1878 MELODY: from Cantus Diversi, by John Francis Wade, 1711-1786 HARMONIZATION: attributed to Vincent Francis Novello, 1781-1861

ST. THOMAS 87.87.87

## 461

## Holy God, we praise thy name!





TEXT: Te Deum, ascribed to St. Nicetas, ?-415, paraphrase translation by Clarence Augustus Walworth, 1820-1900, alt. MELODY: from Katholisches Gesangbuch, Vienna 1774 HARMONIZATION: Anonymous GROSSER GOTT (TE DEUM) 78.78.79 with Repeat