

DEVOTIONS FOR HOLY COMMUNION

Counsels for Communicants

Three times a year is the least that any Christian should receive Holy Communion. A good rule is to receive once a week, on a Sunday or other day. The ideal is daily Communion.

It is a sacrilege to receive Holy Communion when one is in a state of serious sin. In order to avoid this, we are commanded by the Apostle to examine ourselves before receiving. If there is any serious doubt as to our spiritual condition, we should go to confession:

¶ See p. 6 for the rules in regard to the Communion fast.

¶ In receiving Holy Communion, follow these simple rules:

1. Women should remove gloves and veils before going to the altar.

2. Go to the rail without delay as the Priest begins to make his Communion. In many churches a bell is rung at this place as a signal to come forward. Kneel close to the person on your right so as not to waste room.

3. Genuflect in the aisle on leaving your

pew and not again. Do not genuflect at the rail or after your Communion. Keep your eyes down and your hands joined in going to and from the altar.

4. Kneel upright at the rail without leaning over.

5. Receive the Lord's Body in either of these two ways:

a. Into the palm of your right hand, making the left hand a support for the right, the hands lifted as high as the lips. Never take the Host into your fingers. Raise your hands with extreme care. Consume the Host as soon as it is given to you.

b. Directly on your tongue. Tip your head well back and extend your tongue over your lower teeth. As soon as the Priest has put the Host on your tongue, withdraw the tongue and close the mouth.

6. Receive the chalice by guiding it to your lips with your right hand only. Take the smallest sip of the Precious Blood. Do not wipe your mouth after receiving the chalice.

7. Leave the rail as soon as the person on your left has received the chalice.

8. Return to your place and kneel quietly, beginning your prayers of praise and thanksgiving for the great Gift you have received.

PREPARATION FOR HOLY COMMUNION

¶ To be said the night before Communion or before the service on the morning of Communion.

Two or more of these Psalms are said, at least the first and last.

Antiphon. Remember not, Lord, our offences, nor the offences of our forefathers; neither take thou vengeance of our sins. (*In Eastertide: Alleluia.*)

Psalm 84

○ HOW amiable are thy dwellings, * thou Lord of hosts!

2. My soul hath a desire and longing to enter into the courts of the Lord; * my heart and my flesh rejoice in the living God.

3. Yea, the sparrow hath found her an house, and the swallow a nest where she may lay her young; * even thy altars, O Lord of hosts, my King and my God.

4. Blessed are they that dwell in thy house; * they will be always praising thee.

5. Blessed is the man whose strength is in thee; * in whose heart are thy ways.

6. Who going through the vale of misery use it for a well; * and the pools are filled with water.

7. They will go from strength to strength, * and unto the God of gods appeareth every one of them in Sion.

8. O Lord God of hosts, hear my prayer;
* hearken, O God of Jacob.

9. Behold, O God our defender, * and
look upon the face of thine Anointed.

10. For one day in thy courts * is better
than a thousand.

11. I had rather be a door-keeper in the
house of my God, * than to dwell in the
tents of ungodliness.

12. For the Lord God is a light and de-
fence; * the Lord will give grace and wor-
ship, and no good thing shall he withhold
from them that live a godly life.

13. O Lord God of hosts, * blessed is the
man that putteth his trust in thee.

GLORY BE TO THE FATHER.

Psalm 85

LORD, thou art become gracious unto thy
land; * thou hast turned away the captiv-
ity of Jacob.

2. Thou hast forgiven the offence of thy
people, * and covered all their sins.

3. Thou hast taken away all thy dis-
pleasure, * and turned thyself from thy
wrathful indignation.

4. Turn us then, O God our Saviour, *
and let thine anger cease from us.

5. Wilt thou be displeased at us for ever?

* and wilt thou stretch out thy wrath from one generation to another?

6. Wilt thou not turn again, and quicken us, * that thy people may rejoice in thee?

7. Show us thy mercy, O Lord, * and grant us thy salvation.

8. I will hearken what the Lord God will say; * for he shall speak peace unto his people, and to his saints, that they turn not again unto foolishness.

9. For his salvation is nigh them that fear him; * that glory may dwell in our land.

10. Mercy and truth are met together: * righteousness and peace have kissed each other.

11. Truth shall flourish out of the earth, * and righteousness hath looked down from heaven.

12. Yea, the Lord shall shew loving-kindness; * and our land shall give her increase.

13. Righteousness shall go before him, * and shall direct his going in the way.

GLORY BE TO THE FATHER.

Psalm 86

Bow down thine ear, O Lord, and hear me; * for I am poor, and in misery.

2. Preserve thou my soul, for I am holy:

* my God, save thy servant that putteth his trust in thee.

3. Be merciful unto me, O Lord; * for I will call daily upon thee.

4. Comfort the soul of thy servant; * for unto thee, O Lord, do I lift up my soul.

5. For thou, Lord, art good and gracious, * and of great mercy unto all them that call upon thee.

6. Give ear, Lord, unto my prayer, * and ponder the voice of my humble desires.

7. In the time of my trouble I will call upon thee; * for thou hearest me.

8. Among the gods there is none like unto thee, O Lord; * there is not one that can do as thou doest.

9. All nations whom thou hast made shall come and worship thee, O Lord; * and shall glorify thy Name.

10. For thou art great, and doest wondrous things: * thou art God alone.

11. Teach me thy way, O Lord, and I will walk in thy truth: * O knit my heart unto thee, that I may fear thy Name.

12. I will thank thee, O Lord my God, with all my heart; * and will praise thy Name for evermore.

13. For great is thy mercy toward me; * and thou hast delivered my soul from the nethermost hell.

14. O God, the proud are risen against me; * and the congregations of violent men have sought after my soul, and have not set thee before their eyes.

15. But thou, O Lord God, art full of compassion and mercy, * long-suffering, plenteous in goodness and truth.

16. O turn thee then unto me, and have mercy upon me; * give thy strength unto thy servant, and help the son of thine handmaid.

17. Shew some token upon me for good, that they who hate me may see it, and be ashamed, * because thou, Lord, hast holpen me, and comforted me.

GLORY BE TO THE FATHER.

Psalm 116:10

I BELIEVED, and therefore will I speak; but I was sore troubled: * I said in my haste, All men are liars.

11. What reward shall I give unto the Lord * for all the benefits that he hath done unto me?

12. I will receive the cup of salvation, * and call upon the Name of the Lord.

13. I will pay my vows now in the presence of all his people: * right dear in the sight of the Lord is the death of his saints.

14. Behold, O Lord, how that I am thy

servant; * I am thy servant, and the son of thine handmaid; thou hast broken my bonds in sunder.

15. I will offer to thee the sacrifice of thanksgiving, * and will call upon the Name of the Lord.

16. I will pay my vows unto the Lord, in the sight of all his people, * in the courts of the Lord's house, even in the midst of thee, O Jerusalem. Praise the Lord.

GLORY BE TO THE FATHER.

Psalm 130

OUT of the deep have I called unto thee, O Lord; * Lord, hear my voice.

2. O let thine ears consider well * the voice of my complaint.

3. If thou, Lord, wilt be extreme to mark what is done amiss, * O Lord, who may abide it?

4. For there is mercy with thee; * therefore shalt thou be feared.

5. I look for the Lord; my soul doth wait for him; * in his word is my trust.

6. My soul fleeth unto the Lord * before the morning watch, I say, before the morning watch.

7. O Israel, trust in the Lord, for with the Lord there is mercy, * and with him is plenteous redemption.

8. And he shall redeem Israel * from all his sins.

GLORY BE TO THE FATHER.

Antiphon. Remember not, Lord, our offences, nor the offences of our forefathers; neither take thou vengeance of our sins. (*In Eastertide: Alleluia.*)

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

OUR FATHER.

℣. And lead us not into temptation.

℞. But deliver us from evil.

℣. I said, Lord be merciful unto me.

℞. Heal my soul, for I have sinned against thee.

℣. Turn thee again, O Lord, at the last.

℞. And be gracious unto thy servants.

℣. O Lord, let thy mercy lighten upon us.

℞. As our trust is in thee.

℣. Let thy priests be clothed with righteousness.

℞. And let thy Saints sing with joyfulness.

℣. Cleanse thou me from my secret faults, O Lord.

℞. Keep thy servant also from presumptuous sins.

℣. O Lord, hear my prayer.

℟. And let my cry come unto thee.

℣. The Lord be with you.

℟. And with thy spirit.

Let us pray.

MOST gracious God, incline thy merciful ears unto our prayers, and enlighten our hearts by the grace of the Holy Spirit; that we may worthily serve at thy holy Mysteries, and love thee with an everlasting love.

ALMIGHTY God, unto whom all hearts are open, all desires known, and from whom no secrets are hid; Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name.

ENKINDLE, O Lord, our hearts and minds with the fire of the Holy Spirit: that we may serve thee with a chaste body and please thee with a clean heart.

WE beseech thee, O Lord, that the Comforter, who proceedeth from thee, may enlighten our minds: and lead us into all truth, as thy Son hath promised.

LET the power of the Holy Spirit come upon us, O Lord, we beseech thee: that he may both mercifully cleanse our hearts, and defend us from all adversities.

O GOD, who didst teach the hearts of thy faithful people, by sending to them the light of thy Holy Spirit: grant us by the same Spirit to have a right judgment in all things, and evermore to rejoice in his holy comfort.

PURIFY our consciences, we beseech thee, **O** Lord, by thy visitation: that our Lord Jesus Christ thy Son, when he cometh, may find in us a mansion prepared for himself. Who liveth and reigneth with thee, in the unity of the Holy Ghost, ever, one God, world without end. Amen.

¶ Any of the following prayers may be said as there is opportunity.

Prayer of Saint Ambrose

TO the Table of thy most sweet Feast, **O** loving Lord Jesus Christ, I, a sinner, presuming nothing on my own merits, but trusting in thy mercy and goodness, approach with fear and trembling. For my heart and my body are stained with many and grievous sins, my thoughts and my lips have not been carefully kept. Wherefore, **O** gracious God, **O** awful Majesty, I, in my misery, being brought into a great strait, turn to thee, the Fountain of mercy, to thee I hasten to be healed, and flee under thy protection: and

thee, before whom I cannot stand as my Judge, I long to have as my Saviour. To thee, O Lord, I show my wounds, to thee I discover my shame. I know my sins, many and great, for which I am afraid: but I hope in thy mercies, of which there is no end. Look therefore upon me with the eyes of thy mercy, O Lord Jesus Christ, eternal King, God and Man, crucified for man. Hearken unto me whose trust is in thee: have mercy upon me who am full of misery and sin, thou Fountain of mercy that will never cease to flow. Hail, Victim of Salvation, offered for me and for all mankind upon the Altar of the Cross! Hail, noble and precious Blood, flowing from the wounds of my crucified Lord Jesus Christ, and washing away the sins of the whole world! Remember, O Lord, thy creature, whom thou hast redeemed with thine own Blood. It repents me that I have sinned, and I desire to amend what I have done. Take away therefore from me, O most merciful Father, all my sins and iniquities; that being purified both in soul and body, I may be made meet worthily to taste the Holy of Holies; and grant that this holy fore-taste of thy Body and Blood, which I, unworthy, purpose to take, may be for the remission of my sins; the perfect cleansing of my faults; the driving away of shameful

thoughts, and the renewal of good desires; the healthful performance of works well-pleasing unto thee; and the most sure protection of soul and body against the wiles of my enemies. Amen.

Prayer of Saint Thomas Aquinas

ALMIGHTY, everlasting God, lo, I draw nigh to the Sacrament of thine only-begotten Son, our Lord Jesus Christ. I draw nigh as one sick, to the Physician of life; unclean, to the Fountain of mercy; blind, to the light of eternal brightness; poor and needy, to the Lord of heaven and earth. I implore, therefore, the abundance of thine exceeding bounty, that thou wouldest vouchsafe to heal my sickness, to wash my defilements, to enlighten my blindness, to enrich my poverty, and to clothe my nakedness; and that I may receive the Bread of Angels, the King of kings, and Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, and with such purpose and intention, as shall be expedient for the health of my soul. Grant me, I beseech thee, that I may receive not only the Sacrament of the Body and Blood of the Lord, but also the substance and virtue of the Sacrament. O most merciful God, grant me so to receive the body of thine

only-begotten Son our Lord Jesus Christ, which he took of the Virgin Mary, that I may be worthy to be incorporated into his mystical Body and accounted among his members. O most loving Father, grant me, that thy beloved Son, whom I now purpose to receive veiled from sight, I may at length behold for ever face to face. Who liveth and reigneth with thee, in the unity of the Holy Ghost, ever, one God, world without end. Amen.

To the Blessed Virgin Mary

O MOTHER of pity and mercy, most blessed Virgin Mary, I, a miserable and unworthy sinner, flee unto thee with all my heart and with all my affection; and I beseech thee of thy mercy, that like as thou didst stand by thy well-beloved Son when he hung upon the Cross, so thou wouldst graciously vouchsafe to stand by me, a miserable sinner, and all who here, and in all the holy Church, this day do receive the Body and Blood of thy Son; that aided by thy gracious prayers, we may worthily approach this mighty Sacrament. Amen.

Memorial of Saint Joseph

O BLESSED Joseph, happy among men, in that it was given unto thee not only to

see and hear the God, whom many kings desired to see and saw not, to hear and heard not, but also to carry and embrace him, to clothe and protect him!

℣. Pray for us, O blessed Joseph.

℟. That we may be made worthy of the promises of Christ.

Let us pray.

O GOD, who hast given unto us a royal priesthood: vouchsafe, we pray thee; that like as blessed Joseph was found worthy reverently to hold and carry in his arms thine only-begotten Son, born of the Virgin Mary, so thou wouldest make us in purity of heart and innocence of deed, worthily to receive the most Sacred Body and Blood of thy Son, now in this present, and in the world to come be found worthy to attain to the reward of eternal life. Through the same Christ, our Lord. Amen.

To all the Angels and Saints

ANGELS, Archangels, Thrones, Dominations, Princedoms, Powers and Virtues of the heavens, Cherubim and Seraphim, and all ye saints of God, especially my Patrons, vouchsafe to intercede for me, that I may be enabled worthily to receive this Sacrament to the praise and glory of God's holy

Name, for my benefit, and that of all his holy Church. Amen.

To the Saint in Whose Honor the Mass is Celebrated

O HOLY N., behold I a miserable sinner, trusting in thy prayers, do offer now the most holy Sacrament of the Body and Blood of our Lord Jesus Christ for thy honor and glory. I pray thee humbly and devoutly, that thou wouldst vouchsafe this day to intercede for me, that I may be enabled worthily to offer so great a sacrifice and to receive the most holy Body and Blood of our Lord Jesus Christ; that with thee and all his elect I may praise him eternally and reign with him, who liveth and reigneth world without end. Amen.

Declaration of Intention Before Mass

I INTEND to assist at this celebration of the Mass and the consecration of the Body and Blood of our Lord Jesus Christ, and to receive the same Body and Blood according to the rite of Holy Church, to the praise of Almighty God, and of the whole Church triumphant; for my own benefit, for the benefit of the whole Church militant and expectant; for all who have commended themselves to my prayers in general and in par-

tical, and for the good estate of the Holy Catholic Church.

THE ✠ Almighty and merciful Lord grant unto us joy with peace, amendment of life, time for true repentance, the grace and comfort of the Holy Ghost, and perseverance in good works. Amen.

THANKSGIVING AFTER COMMUNION

Antiphon. Let us sing the song of the three children, which they sang as they blessed the Lord in the burning fiery furnace. (*In Eastertide: Alleluia.*)

¶ These verses may be omitted and the Benedicite begun at "O ye Priests" below.

The Benedicite

O ALL ye Works of the Lord, bless ye the Lord: * praise him, and magnify him for ever.

2. O ye Angels of the Lord, bless ye the Lord; * O ye Heavens, bless ye the Lord.

3. O ye Waters that be above the Firmament, bless ye the Lord: * O all ye Powers of the Lord, bless ye the Lord.

4. O ye Sun and Moon, bless ye the Lord:
* O ye Stars of Heaven, bless ye the Lord.

5. O ye Showers and Dew, bless ye the

Lord: * O ye Winds of God, bless ye the Lord.

6. O ye Fire and Heat, bless ye the Lord:
* O ye Winter and Summer, bless ye the Lord.

7. O ye Dews and Frosts, bless ye the Lord: * O ye Frost and Cold, bless ye the Lord.

8. O ye Ice and Snow, bless ye the Lord:
* O ye Nights and Days, bless ye the Lord.

9. O ye Light and Darkness, bless ye the Lord: * O ye Lightnings and Clouds, bless ye the Lord.

10. O let the Earth bless the Lord: * yea, let it praise him, and magnify him for ever.

11. O ye Mountains and Hills, bless ye the Lord: * O all ye Green Things upon the Earth, bless ye the Lord.

12. O ye Wells, bless ye the Lord: * O ye Seas and Floods, bless ye the Lord.

13. O ye Whales, and all that move in the Waters, bless ye the Lord: * O all ye Fowls of the Air, bless ye the Lord.

14. O all ye Beasts and Cattle, bless ye the Lord: * O ye Children of Men, bless ye the Lord.

15. O let Israel bless the Lord: * praise him, and magnify him for ever.

16. O ye Priests of the Lord, bless ye the

Lord: * O ye Servants of the Lord, bless ye the Lord.

17. O ye Spirits and Souls of the Righteous, bless ye the Lord: * O ye holy and humble Men of heart, bless ye the Lord.

18. O Ananias, Azarias, and Misael, bless ye the Lord: * praise him, and magnify him for ever.

19. Let us bless the Father, and the Son, and the Holy Ghost: * praise him, and magnify him for ever.

20. Blessed art thou, O Lord, in the Firmament of Heaven: * and to be praised, and glorified, and magnified for ever.

Psalm 150

O PRAISE God in his sanctuary: * praise him in the firmament of his power.

2. Praise him in his noble acts: * praise him according to his excellent greatness.

3. Praise him in the sound of the trumpet: * praise him upon the lute and harp.

4. Praise him in the timbrels and dances: * praise him upon the strings and pipe.

5. Praise him upon the well-tuned cymbals: * praise him upon the loud cymbals.

6. Let everything that hath breath * praise the Lord.

GLORY BE TO THE FATHER.

Antiphon. Let us sing the song of the three children, which they sang as they blessed the Lord in the burning fiery furnace. (*In Eastertide: Alleluia.*)

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

OUR FATHER.

℣. And lead us not into temptation.

℞. But deliver us from evil.

℣. All thy works praise thee, O Lord.

℞. And thy Saints give thanks unto thee.

℣. Let the Saints be joyful with glory.

℞. Let them rejoice in their beds.

℣. Not unto us, O Lord, not unto us.

℞. But unto thy Name give the praise.

℣. O Lord, hear my prayer.

℞. And let my cry come unto thee.

℣. The Lord be with you.

℞. And with thy spirit.

Let us pray.

O GOD, who didst for the three children assuage the flames of fire: mercifully grant that the flames of sin may not kindle upon us thy servants.

PREVENT us, O Lord, in all our doings with thy most gracious favour, and further us

with thy continual help: that in all our works begun, continued, and ended in thee, we may glorify thy holy Name, and finally, by thy mercy, obtain everlasting life.

GRANT us, we beseech thee, O Lord, grace to quench the flames of our sins: as thou didst endue blessed Laurence with power to overcome the fire of his torments. Through Christ our Lord. Amen.

¶ Any of the following prayers may be said as there is opportunity.

Prayer of Saint Thomas Aquinas

RENDER thee thanks, O holy Lord, Father Almighty, everlasting God, who hast vouchsafed, not for any deserts of mine, but only out of the condescension of thy mercy, to feed me a sinner, thine unworthy servant, with the precious Body and Blood of thy Son our Lord Jesus Christ. I pray thee that this Holy Communion may not bring guilt upon me to condemnation, but may intercede for me to my pardon and salvation. Let it be to me an armour of faith, and a shield of good purpose; a riddance of all vices; an extermination of evil desires and longings; an increase of love and patience, of humility and obedience, and of all virtues; a firm defence against the wiles of my enemies, visible

and invisible; a perfect quieting of all my impulses, fleshly and spiritual; a firm adherence to thee the one true God; and a blessed consummation of my end. And I also pray thee, that thou wouldest vouchsafe to bring me a sinner to that ineffable feast where thou, with thy Son and the Holy Spirit, art to thy holy ones true light, full satiety, everlasting joy, pleasure consummated, and perfect happiness. Through the same Jesus Christ our Lord. Amen.

Prayer of Saint Bonaventure

O FAIREST Lord Jesus, transfix the affections of my inmost soul with that most sweet and healthful wound of thy love, with true, serene, most holy, apostolic charity; that my soul may ever languish and melt with entire love and longing for thee. Let me ever desire thee, and faint for thy courts, and long to be dissolved and to be with thee. Grant that my soul may hunger after thee, the Bread of Angels, the Refreshment of holy souls, our daily and supersubstantial Bread, who hast all sweetness, and every pleasurable delight. Thee, whom the Angels desire to look into, may my heart ever hunger after and feed upon; and may my soul be filled with thy sweetness. May I ever thirst for thee, the Fountain of life, the

Fountain of wisdom and knowledge, the Fountain of eternal light, the Torrent of pleasure, the Richness of the House of God. Let me ever compass thee, seek thee, stretch towards thee, arrive at thee, meditate upon thee, speak of thee, and do all things to the praise and glory of thy holy Name, with humility and discretion, with love and delight, with readiness and affection, with perseverance even unto the end. And be thou ever my hope and my whole confidence; my riches, my delight, my pleasure, and my joy; my rest and tranquility; my peace; my sweetness; my food and refreshment; my refuge and help; my wisdom, my portion, my possession, and my treasure; in whom my mind and heart may firmly and unchangeably be fixed and rooted, henceforth and for evermore. Amen.

Aspirations of Saint Ignatius

Anima Christi

SOUL of Christ, sanctify me.
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesu, hear me;
Within thy wounds hide me;
Suffer me not to be separated from thee;

From the malicious enemy defend me;
In the hour of my death call me,
And bid me come to thee.
That with thy Saints I may praise thee
For ever and ever. Amen.

An Oblation of Self

ACCCEPT, O Lord, my entire liberty, my memory, my understanding, and my will. All that I am and have thou hast given to me; and I give all back to thee to be disposed of according to thy good pleasure. Give me only the comfort of thy presence and the joy of thy love; with these I shall be more than rich and shall desire nothing more.

To the Blessed Virgin Mary

OMARY, Virgin and Mother most holy, who wast worthy to bear in thy womb the Creator of all things, and to feed at thy breast him whose true, real and most holy Body and Blood I have now received: Vouchsafe, I beseech thee, to intercede for me, that I may henceforth render him more faithful service and persevere to the end in loving companionship with him, so that, at last, I may, with thee, praise and adore him throughout all ages, world without end. Amen.

To Saint Joseph

O BLESSED Joseph, unto whose faithful guardianship was committed Christ Jesus, whom I have now received in this mighty Sacrament: pray for me that I may guard, cherish, and love him who now abides in all intimacy in my heart. Amen.

To the Saint in Whose Honor Mass Has Been Celebrated

S AINT N., to whose honor I have this day offered the bloodless sacrifice of the Body and Blood of Christ: grant that, by thy powerful intercession before God, I may through use of this mystery obtain the merits of the passion and death of the same Christ our Saviour, and that continually coming thereunto, I may ever set forward the work of my salvation. Amen.

H EART of Jesus, think of me.
Eyes of Jesus, look on me.
Face of Jesus, comfort me.
Hands of Jesus, bless me.
Feet of Jesus, guide me.
Arms of Jesus, hold me.
Body of Jesus, feed me.
Blood of Jesus, wash me.
Jesus, make me thus thine own,
Here and in the world to come. Amen.