

Monday of week 2 in Ordinary Time

Entrance Antiphon

Ps 65: 4

All the earth shall bow down before you, O God,  
and shall sing to you,  
shall sing to your name, O Most High!

Collect

Almighty ever-living God,  
who govern all things,  
both in heaven and on earth,  
mercifully hear the pleading of your people  
and bestow your peace on our times.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit, God, for ever and ever.

First reading

Hebrews 5:1-10

A reading from the letter to the Hebrews.

Every high priest has been taken out of mankind and is appointed to act for men in their relations with God, to offer gifts and sacrifices for sins; and so he can sympathise with those who are ignorant or uncertain because he too lives in the limitations of weakness. That is why he has to make sin offerings for himself as well as for the people. No one takes this honour on himself, but each one is called by God, as Aaron was. Nor did Christ give himself the glory of becoming high priest, but he had it from the one who said to him: *You are my son, today I have become your father*, and in another text: *You are a priest of the order of Melchizedek, and for ever*. During his life on earth, he offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation and was acclaimed by God with the title of high priest of the order of Melchizedek.

The word of the Lord.

***You are a priest for ever, a priest like Melchizedek of old.***

The Lord's revelation to my Master:

'Sit on my right:  
your foes I will put beneath your feet.'

***You are a priest for ever, a priest like Melchizedek of old.***

The Lord will wield from Zion

your sceptre of power:  
rule in the midst of all your foes.

***You are a priest for ever, a priest like Melchizedek of old.***

A prince from the day of your birth

on the holy mountains;  
from the womb before the dawn I begot  
you.

***You are a priest for ever, a priest like Melchizedek of old.***

The Lord has sworn an oath he will not change.

'You are a priest for ever,  
a priest like Melchizedek of old.'

***You are a priest for ever, a priest like Melchizedek of old.***

Gospel Acclamation

cf. 1Th2:13

Alleluia, **alleluia!**

Accept God's message for what it really is:  
God's message, and not some human  
thinking.

**Alleluia!**

## Gospel

Mark 2:18-22

The Lord be with you.

**And with your spirit.**

A reading from the holy gospel according to Mark.

**Glory to you, O Lord.**

One day when John's disciples and the Pharisees were fasting, some people came to Jesus and said to him, 'Why is it that John's disciples and the disciples of the Pharisees fast, but your disciples do not?' Jesus replied, 'Surely the bridegroom's attendants would never think of fasting while the bridegroom is still with them? As long as they have the bridegroom with them, they could not think of fasting. But the time will come for the bridegroom to be taken away from them, and then, on that day, they will fast. No one sews a piece of unshrunk cloth on an old cloak; if he does, the patch pulls away from it, the new from the old, and the tear gets worse. And nobody puts new wine into old wineskins; if he does, the wine will burst the skins, and the wine is lost and the skins too. No! New wine, fresh skins!'

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

## Prayer over the Offerings

Grant us, O Lord, we pray,  
that we may participate worthily in these  
mysteries,  
for whenever the memorial of this sacrifice is  
celebrated  
the work of our redemption is accomplished.  
Through Christ our Lord.

## Communion Antiphon

Cf. Ps 22: 5

You have prepared a table before me,  
and how precious is the chalice that  
quenches my thirst.

## Prayers to use when Holy Communion not available

### Act of Spiritual Communion

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.**

### The '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 Jesus, hear me. Within your wounds, hide me. Never let me be separated from you. From the malignant enemy, defend me. At the hour of death, call me; and bid me come to you, that with your saints I may praise you forever and ever. **Amen.**

### Prayer after Communion

Pour on us, O Lord, the Spirit of your love,  
and in your kindness  
make those you have nourished  
by this one heavenly Bread  
one in mind and heart.  
Through Christ our Lord.

Tuesday 19 January 2021

**Tuesday of week 2 in Ordinary Time**

**Entrance Antiphon**

Ps 65: 4

All the earth shall bow down before you, O God,  
and shall sing to you,  
shall sing to your name, O Most High!

**Collect**

Almighty ever-living God,  
who govern all things,  
both in heaven and on earth,  
mercifully hear the pleading of your people  
and bestow your peace on our times.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
God, for ever and ever.

**First reading**

Hebrews 6:10-20

A reading from the letter to the Hebrews.

God would not be so unjust as to forget all you have done, the love that you have for his name or the services you have done, and are still doing, for the saints. Our one desire is that every one of you should go on showing the same earnestness to the end, to the perfect fulfilment of our hopes, never growing careless, but imitating those who have the faith and the perseverance to inherit the promises.

When God made the promise to Abraham, he swore by his own self, since it was impossible for him to swear by anyone greater: *I will shower blessings on you and give you many descendants.* Because of that, Abraham persevered and saw the promise fulfilled. Men, of course, swear an oath by something greater than themselves, and between men, confirmation by an oath puts an end to all dispute. In the same way, when God wanted to make the heirs to the promise thoroughly realise that his purpose was unalterable, he conveyed this by an oath; so that there would be two unalterable things in which it was impossible for God to be lying, and so that we, now we have found safety, should have a

strong encouragement to take a firm grip on the hope that is held out to us. Here we have an anchor for our soul, as sure as it is firm, and reaching right through beyond the veil where Jesus has entered before us and on our behalf, to become a high priest of the order of Melchizedek, and for ever.

The word of the Lord.

**Responsorial Psalm**

Psalm 110(111):1-2,4-5,9,10

***The Lord keeps his covenant ever in mind.***

I will thank the Lord with all my heart  
in the meeting of the just and their  
assembly.

Great are the works of the Lord,  
to be pondered by all who love them.

***The Lord keeps his covenant ever in mind.***

He makes us remember his wonders.  
The Lord is compassion and love.  
He gives food to those who fear him;  
keeps his covenant ever in mind.

***The Lord keeps his covenant ever in mind.***

He has sent deliverance to his people  
and established his covenant for ever.  
Holy his name, to be feared.  
His praise shall last for ever!

***The Lord keeps his covenant ever in mind.***

**Gospel Acclamation**

Ps118:18

Alleluia, **alleluia!**

Open my eyes, O Lord, that I may consider  
the wonders of your law.

**Alleluia!**

**Gospel**

## Mark 2:23-28

The Lord be with you.

**And with your spirit.**

A reading from the holy gospel according to Mark.

**Glory to you, O Lord.**

One sabbath day, Jesus happened to be taking a walk through the cornfields, and his disciples began to pick ears of corn as they went along. And the Pharisees said to him, 'Look, why are they doing something on the sabbath day that is forbidden?' And he replied, 'Did you never read what David did in his time of need when he and his followers were hungry – how he went into the house of God when Abiathar was high priest, and ate the loaves of offering which only the priests are allowed to eat, and how he also gave some to the men with him?'

And he said to them, 'The sabbath was made for man, not man for the sabbath; the Son of Man is master even of the sabbath.'

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

## Prayer over the Offerings

Grant us, O Lord, we pray,  
that we may participate worthily in these  
mysteries,  
for whenever the memorial of this sacrifice is  
celebrated  
the work of our redemption is accomplished.  
Through Christ our Lord.

## *Prayers to use when Holy Communion not available*

### Act of Spiritual Communion

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.**

### The '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 Jesus, hear me. Within your wounds, hide me. Never let me be separated from you. From the malignant enemy, defend me. At the hour of death, call me; and bid me come to you, that with your saints I may praise you forever and ever. **Amen.**

## Communion Antiphon

Cf. Ps 22: 5

You have prepared a table before me,  
and how precious is the chalice that  
quenches my thirst.

## Prayer after Communion

Pour on us, O Lord, the Spirit of your love,  
and in your kindness  
make those you have nourished  
by this one heavenly Bread  
one in mind and heart.  
Through Christ our Lord.

Wednesday 20 January 2021

**Wednesday of week 2 in Ordinary Time**

**Mass for Unity**

**Entrance Antiphon**

Jn 10: 14-15

I am the Good Shepherd,  
and I know my sheep and mine know me,  
says the Lord,  
just as the Father knows me and I know the  
Father;  
and I lay down my life for the sheep.

**Collect**

Almighty ever-living God,  
who gather what is scattered  
and keep together what you have gathered,  
look kindly on the flock of your Son,  
that those whom one Baptism has  
consecrated  
may be joined together by integrity of faith  
and united in the bond of charity  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
God, for ever and ever.

**First reading**

Hebrews 7:1-3,15-17

A reading from the letter to the Hebrews.

You remember that *Melchizedek, king of Salem, a priest of God Most High, went to meet Abraham who was on his way back after defeating the kings, and blessed him; and also that it was to him that Abraham gave a tenth of all that he had.* By the interpretation of his name, he is, first, 'king of righteousness' and also *king of Salem*, that is, 'king of peace'; he has no father, mother or ancestry, and his life has no beginning or ending; he is like the Son of God. He remains a priest for ever.

This becomes even more clearly evident when there appears a second Melchizedek, who is a

priest not by virtue of a law about physical descent, but by the power of an indestructible life. For it was about him that the prophecy was made: *You are a priest of the order of Melchizedek, and for ever.*

The word of the Lord.

**Responsorial Psalm**

Psalm 109(110):1-4

***You are a priest for ever, a priest like Melchizedek of old.***

The Lord's revelation to my Master:

'Sit on my right:

your foes I will put beneath your feet.'

***You are a priest for ever, a priest like Melchizedek of old.***

The Lord will wield from Zion

your sceptre of power:

rule in the midst of all your foes.

***You are a priest for ever, a priest like Melchizedek of old.***

A prince from the day of your birth

on the holy mountains;

from the womb before the dawn I begot you.

***You are a priest for ever, a priest like Melchizedek of old.***

The Lord has sworn an oath he will not change.

'You are a priest for ever,

a priest like Melchizedek of old.'

***You are a priest for ever, a priest like Melchizedek of old.***

**Gospel Acclamation**

Heb4:12

Alleluia, **alleluia!**

The word of God is something alive and active:

it can judge secret emotions and thoughts.

**Alleluia!**

## Gospel

Mark 3:1-6

**The Lord be with you.  
And with your spirit.**

A reading from the holy gospel according to **Mark.**  
**Glory to you, O Lord.**

Jesus went into a synagogue, and there was a man there who had a withered hand. And they were watching him to see if he would cure him on the sabbath day, hoping for something to use against him. He said to the man with the withered hand, 'Stand up out in the middle!' Then he said to them, 'Is it against the law on the sabbath day to do good, or to do evil; to save life, or to kill?' But they said nothing. Then, grieved to find them so obstinate, he looked angrily round at them, and said to the man, 'Stretch out your hand.' He stretched it out and his hand was better. The Pharisees went out and at once began to plot with the Herodians against him, discussing how to destroy him.

The Gospel of the Lord.  
**Praise to you, Lord Jesus Christ.**

### Prayer over the Offerings

O Lord, who gained for yourself a people by adoption  
through the one sacrifice offered once for all,  
bestow graciously on us, we pray,  
the gifts of unity and peace in your Church.  
Through Christ our Lord.

### Communion Antiphon 1 Cor 10:17

Though many, we are one bread, one body,  
for we all partake of the one Bread and one  
Chalice.

### Act of Spiritual Communion

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.**

### The '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 Jesus, hear me. Within your wounds, hide me. Never let me be separated from you. From the malignant enemy, defend me. At the hour of death, call me; and bid me come to you, that with your saints I may praise you forever and ever. **Amen.**

### Prayer after Communion

As this reception of your Holy Communion,  
O Lord,  
foreshadows the union of the faithful in you,  
so may it bring about unity in your Church.  
Through Christ our Lord.

Thursday 21 January 2021

**Saint Agnes, Virgin, Martyr**  
on Thursday of week 2 in Ordinary Time

**Entrance Antiphon**

Behold, now she follows the Lamb who was crucified for us,  
powerful in virginity, modesty her offering,  
a sacrifice on the altar of chastity.

**Collect**

Almighty ever-living God,  
who choose what is weak in the world to  
confound the strong,  
mercifully grant,  
that we, who celebrate the heavenly birthday  
of your Martyr Saint Agnes,  
may follow her constancy in the faith.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
God, for ever and ever.

**First reading**                      **Hebrews 7:25-8:6**

A reading from the letter to the Hebrews.

The power of Jesus to save is utterly certain,  
since he is living for ever to intercede for all  
who come to God through him.

To suit us, the ideal high priest would have to  
be holy, innocent and uncontaminated,  
beyond the influence of sinners, and raised up  
above the heavens; one who would not need  
to offer sacrifices every day, as the other high  
priests do for their own sins and then for those  
of the people, because he has done this once  
and for all by offering himself. The Law  
appoints high priests who are men subject to  
weakness; but the promise on oath, which  
came after the Law, appointed the Son who is  
made perfect for ever.

The great point of all that we have said is that  
we have a high priest of exactly this kind. He  
has his place at the right of the throne of divine  
Majesty in the heavens, and he is the minister

of the sanctuary and of the true Tent of  
Meeting which the Lord, and not any man, set  
up. It is the duty of every high priest to offer  
gifts and sacrifices, and so this one too must  
have something to offer. In fact, if he were on  
earth, he would not be a priest at all, since  
there are others who make the offerings laid  
down by the Law and these only maintain the  
service of a model or a reflection of the  
heavenly realities. For Moses, when he had the  
Tent to build, was warned by God who said:  
*See that you make everything according to the  
pattern shown you on the mountain.*

We have seen that he has been given a  
ministry of a far higher order, and to the same  
degree it is a better covenant of which he is  
the mediator, founded on better promises.  
the word of the Lord.

**Responsorial Psalm**

**Psalm 39(40):7-10,17**

***Here I am, Lord! I come to do your will.***

You do not ask for sacrifice and offerings,  
but an open ear.  
You do not ask for holocaust and victim.  
Instead, here am I.

***Here I am, Lord! I come to do your will.***

In the scroll of the book it stands written  
that I should do your will.  
My God, I delight in your law  
in the depth of my heart.

***Here I am, Lord! I come to do your will.***

Your justice I have proclaimed  
in the great assembly.  
My lips I have not sealed;  
you know it, O Lord.

***Here I am, Lord! I come to do your will.***

O let there be rejoicing and gladness  
for all who seek you.  
Let them ever say: 'The Lord is great',  
who love your saving help.

***Here I am, Lord! I come to do your will.***

## Gospel Acclamation

cf. Jn 6:63,68

Alleluia, **alleluia!**

Your words are spirit, Lord, and they are life;  
you have the message of eternal life.

**Alleluia!**

## Gospel

Mark 3:7-12

The Lord be with you.

**And with your spirit.**

A reading from the holy gospel according to Mark.

**Glory to you, O Lord.**

Jesus withdrew with his disciples to the lakeside, and great crowds from Galilee followed him. From Judaea, Jerusalem, Idumaea, Transjordan and the region of Tyre and Sidon, great numbers who had heard of all he was doing came to him. And he asked his disciples to have a boat ready for him because of the crowd, to keep him from being crushed. For he had cured so many that all who were afflicted in any way were crowding forward to touch him. And the unclean spirits, whenever they saw him, would fall down before him and shout, 'You are the Son of God!' But he warned them strongly not to make him known.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

## Prayer over the Offerings

May the offerings we bring in celebration of  
blessed Agnes  
win your gracious acceptance, O Lord, we  
pray,  
just as the struggle of her suffering and  
passion  
was pleasing to you.  
Through Christ our Lord.

## Prayers to use when Holy Communion not available

### Act of Spiritual Communion

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.**

### The '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 Jesus, hear me. Within your wounds, hide me. Never let me be separated from you. From the malignant enemy, defend me. At the hour of death, call me; and bid me come to you, that with your saints I may praise you forever and ever. **Amen.**

## Communion Antiphon

Rv 7: 17

The Lamb who is at the centre of the throne  
will lead them to the springs of the waters of  
life.

## Prayer after Communion

O God, who bestowed on blessed Agnes a  
crown among the Saints  
for her twofold triumph of virginity and  
martyrdom,  
grant, we pray, through the power of this  
Sacrament,  
that, bravely overcoming every evil,  
we may attain the glory of heaven.  
Through Christ our Lord.

Friday 22 January 2021

Friday of week 2 in Ordinary Time

Entrance Antiphon

Ps 65: 4

All the earth shall bow down before you, O  
God,  
and shall sing to you,  
shall sing to your name, O Most High!

Collect

Almighty ever-living God,  
who govern all things,  
both in heaven and on earth,  
mercifully hear the pleading of your people  
and bestow your peace on our times.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
God, for ever and ever.

First reading

Hebrews 8:6-13

A reading from the letter to the Hebrews.

We have seen that Christ has been given a ministry of a far higher order, and to the same degree it is a better covenant of which he is the mediator, founded on better promises. If that first covenant had been without a fault, there would have been no need for a second one to replace it. And in fact God does find fault with them; he says:

*See, the days are coming – it is the Lord who speaks –  
when I will establish a new covenant  
with the House of Israel and the House of  
Judah,  
but not a covenant like the one I made with  
their ancestors  
on the day I took them by the hand  
to bring them out of the land of Egypt.  
They abandoned that covenant of mine,  
and so I on my side deserted them. It is the  
Lord who speaks.*

*No, this is the covenant I will make  
with the House of Israel  
when those days arrive – it is the Lord who  
speaks.  
I will put my laws into their minds  
and write them on their hearts.  
Then I will be their God  
and they shall be my people.  
There will be no further need for neighbour to  
try to teach neighbour,  
or brother to say to brother,  
'Learn to know the Lord.'  
No, they will all know me,  
the least no less than the greatest,  
since I will forgive their iniquities  
and never call their sins to mind.*

By speaking of a new covenant, he implies that the first one is already old. Now anything old only gets more antiquated until in the end it disappears.

The word of the Lord.

Responsorial Psalm

Psalm 84(85):8,10-14

***Mercy and faithfulness have met.***

Let us see, O Lord, your mercy  
and give us your saving help.  
His help is near for those who fear him  
and his glory will dwell in our land.

***Mercy and faithfulness have met.***

Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven.

***Mercy and faithfulness have met.***

The Lord will make us prosper  
and our earth shall yield its fruit.  
Justice shall march before him  
and peace shall follow his steps.

***Mercy and faithfulness have met.***

## Gospel Acclamation

cf. 2Th2:14

Alleluia, **alleluia!**

Through the Good News God called us to share the glory of our Lord Jesus Christ.

**Alleluia!**

## Gospel

Mark 3:13-19

The Lord be with you.

**And with your spirit.**

A reading from the holy gospel according to Mark.

**Glorify you, O Lord.**

Jesus went up into the hills and summoned those he wanted. So they came to him and he appointed twelve; they were to be his companions and to be sent out to preach, with power to cast out devils. And so he appointed the Twelve: Simon to whom he gave the name Peter, James the son of Zebedee and John the brother of James, to whom he gave the name Boanerges or 'Sons of Thunder'; then Andrew, Philip, Bartholomew, Matthew, Thomas, James the son of Alphaeus, Thaddaeus, Simon the Zealot and Judas Iscariot, the man who was to betray him.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

## Prayer over the Offerings

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that we may participate worthily in these  
mysteries,  
for whenever the memorial of this sacrifice is  
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*Prayers to use when Holy Communion not available*

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## Communion Antiphon

Cf. Ps 22: 5

You have prepared a table before me,  
and how precious is the chalice that  
quenches my thirst.

## Prayer after Communion

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and in your kindness  
make those you have nourished  
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one in mind and heart.  
Through Christ our Lord.

Friday 22 January 2021

Friday of week 2 in Ordinary Time

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when I will establish a new covenant  
with the House of Israel and the House of  
Judah,  
but not a covenant like the one I made with  
their ancestors  
on the day I took them by the hand  
to bring them out of the land of Egypt.  
They abandoned that covenant of mine,  
and so I on my side deserted them. It is the  
Lord who speaks.*

*No, this is the covenant I will make  
with the House of Israel  
when those days arrive – it is the Lord who  
speaks.  
I will put my laws into their minds  
and write them on their hearts.  
Then I will be their God  
and they shall be my people.  
There will be no further need for neighbour to  
try to teach neighbour,  
or brother to say to brother,  
'Learn to know the Lord.'  
No, they will all know me,  
the least no less than the greatest,  
since I will forgive their iniquities  
and never call their sins to mind.*

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Responsorial Psalm

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and give us your saving help.  
His help is near for those who fear him  
and his glory will dwell in our land.

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Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven.

***Mercy and faithfulness have met.***

The Lord will make us prosper  
and our earth shall yield its fruit.  
Justice shall march before him  
and peace shall follow his steps.

***Mercy and faithfulness have met.***

## Gospel Acclamation

cf. 2Th2:14

Alleluia, **alleluia!**

Through the Good News God called us to share the glory of our Lord Jesus Christ.

**Alleluia!**

## Gospel

Mark 3:13-19

The Lord be with you.

**And with your spirit.**

A reading from the holy gospel according to Mark.

**Glorify you, O Lord.**

Jesus went up into the hills and summoned those he wanted. So they came to him and he appointed twelve; they were to be his companions and to be sent out to preach, with power to cast out devils. And so he appointed the Twelve: Simon to whom he gave the name Peter, James the son of Zebedee and John the brother of James, to whom he gave the name Boanerges or 'Sons of Thunder'; then Andrew, Philip, Bartholomew, Matthew, Thomas, James the son of Alphaeus, Thaddaeus, Simon the Zealot and Judas Iscariot, the man who was to betray him.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

## Prayer over the Offerings

Grant us, O Lord, we pray,  
that we may participate worthily in these  
mysteries,  
for whenever the memorial of this sacrifice is  
celebrated  
the work of our redemption is accomplished.  
Through Christ our Lord.

*Prayers to use when Holy Communion not available*

## Act of Spiritual Communion

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.**

## The '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 Jesus, hear me. Within your wounds, hide me. Never let me be separated from you. From the malignant enemy, defend me. At the hour of death, call me; and bid me come to you, that with your saints I may praise you forever and ever. **Amen.**

## Communion Antiphon

Cf. Ps 22: 5

You have prepared a table before me,  
and how precious is the chalice that  
quenches my thirst.

## Prayer after Communion

Pour on us, O Lord, the Spirit of your love,  
and in your kindness  
make those you have nourished  
by this one heavenly Bread  
one in mind and heart.  
Through Christ our Lord.