

WHO MAY RECEIVE HOLY COMMUNION

To receive Holy Communion, we must be “in communion” with the Church: we should be in a “state of grace”, *keep fast for at least one hour* (not required for the elderly or sick), and we should prepare devoutly to receive the sacrament. The Church encourages those who are properly disposed to receive Holy Communion whenever they participate in the Mass.

Those who are living together as husband and wife but who are not married, or who are married outside the Church without permission may not receive Holy Communion.

If we are conscious of having committed a mortal sin*, we should make a Sacramental Confession before receiving Holy Communion.

(* *Reminder: Mortal Sin is a “fully human act”, that is: - it is a serious matter - done freely, voluntarily, deliberately - with full consent of will*)

THE SUNDAY OBLIGATION

The first Commandment of the Church binds all Catholics to attend Mass on Sundays and Holy days of Obligation.

This grave obligation on our conscience, unless some really serious cause prevents us. To come in late, is at least a venial sin. To miss Mass when you cannot help it, or when it would be difficult for you to attend Mass, is not a sin. So, if you were to miss Mass because you were ill, or because you had to stay home to mind a sick person or children, or because you were a very long way from church, or if for some other reason you could not go, it would not be a sin. When you cannot go to Mass, say the Mass prayers yourself at home, if possible, *or attend through Live streaming on the internet.*

Taken from “A Simple Prayer Book” from the Catholic Truth Society, 2015, pages 111 & 112.

THIS SUNDAY 19th June 2022 is CORPUS CHRISTI, so:

May we give more of our time to , our Eucharistic Love and “Hidden Lord Jesus” in ADORATION AND PERHAPS A CORPUS CHRISTI PROCESSION around the Church ... after the 10:30am Holy Mass?

I invite those who have already Received Our Lord in Holy Communion for the First Time, and those who will Receive on Sunday 19th June, to remain in Church and participate in Adoration and Benediction.



Fatima 1916

In order to deepen your own faith and understanding of the Catholic Church please try some of the following characters on YouTube:

Fr Chris Alar MIC,
EXPLAINING THE FAITH

Fr Mike Schmitz—
ASCENSION PRESENTS

Fr Mark Goring

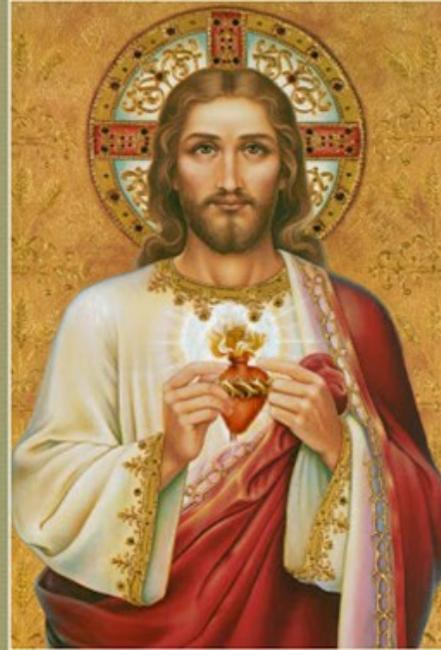
THE CATHOLIC TALK SHOW

Dr Brant Pitre on:

CATHOLIC PRODUCTIONS
for SCRIPTURE COMMENTARIES and
explaining THE SUNDAY OBLIGATION

+ JESUS, MARY AND JOSEPH +

19th June 2022 - CORPUS CHRISTI SUNDAY (YEAR C) 12TH WEEK OF O. T.
ST MARY OF THE CRAYS, CRAYFORD:
SUPPLEMENT TO THE WEEKLY NEWSLETTER



PLEASE USE THE PARISH MASS BOOKS
AND HYMN BOOKS

THE READINGS, ETC., FOR THE MOST HOLY BODY AND BLOOD OF CHRIST CORPUS CHRISTI (C)

CAN BE FOUND FROM PAGE: **83ff**

THE ORDINARY OF THE HOLY MASS
FROM PAGE: **7 and following**

FOR SUNG PARTS: PAGES 215
and following.

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Please help Archbishop John Wilson, and ourselves, to invite those who have difficulty, or a lingering Covid-19 habit of reluctance, in returning in person to Sunday (or Sat. eve.) Holy Mass.

Please take home the Letters and Pentecost Pictures from the Archbishop. Frame the picture? And take a letter and picture of the Christ the Good Shepherd and present it to a member of your family, friend, neighbour, or colleague in order to invite, encourage, and welcome home to Church attendance at Holy Mass.

THE MONTH OF JUNE
IS DEDICATED TO THE MOST SACRED HEART OF JESUS:

Father,
we honour the Heart of Your Son,
broken by our cruelty,
yet symbol of love's triumph,
pledge of all
that we are called to be.
Teach us to see Christ
in the lives we touch
and to offer Him living worship
by love-filled service
to our brothers and sisters.
We ask this
through Christ our Lord. Amen.

Please remember:
THE CHURCH IS OPEN
Monday to Friday
from 7:30am until
after 9:15am Holy Mass
Mondays to Fridays .

PLEASE COME AND VISIT
OUR LORD - REALLY PRESENT -
IN THE BLESSED SACRAMENT
IN THE TABERNACLE
OF THE ALTAR.

**THE RITE OF EUCHARISTIC
EXPOSITION AND BENEDICTION.**

EXPOSITION:

First of all, the Minister /priest exposes the Blessed Sacrament while a hymn is sung, during which he incenses the Sacrament. The following or another hymn may be chosen:

**O salutaris hostia,
Quae caeli pandis ostium;
Bella premunt hostilia,
Da robor, fer auxilium.**

**Uni Trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen.**



*English: O saving Victim, opening wide
the gate of heaven to man below
Our foes press on from every side
Thine aid supply, Thy strength bestow.*

*To Thy great Name be endless praise
Immortal Godhead, One in Three
O grant us endless length of days
In our true native land with Thee. Amen.*

ADORATION:

A time for silent prayer, readings from Sacred Scripture (The Bible), Litanies or other prayers and hymns. On some occasions, the Prayer of the Church might be said or sung.



BENEDICTION

Towards the end of the Exposition, the priest goes to the Altar, genuflects and kneels. Then this hymn or suitable alternative is sung, during which the priest incenses the Sacrament.

**Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensum defectui.**

**Genitori, Genitoque,
Laus et iubilatio.
Salus honor virtus quoque
Sit et benedictio;
Procedenti ab utroque;
Compar sit laudatio.
Amen.**

*English: Therefore, we before Him bending
This great Sacrament revere
Types and shadows have their ending
For the newer rite is here
Faith, our outward sense befriending
Makes the inward vision clear.*

*Glory let us give, and blessing
To the Father and the Son
Honour, might, and praise addressing
While eternal ages run
Ever too His love confessing
Who, from Both, with Both is One. Amen.*

*The traditional responsory, may be used:
V: Panem de caelo praestitisti eis (Alleluia)
R: Omne delectamentum in se habentem
V: You gave them Bread from heaven
R: Containing in itself all goodness.*



**Oremus.
Deus, Qui nobis sub sacramento
mirabili, passionis tuae memoriam re-
liquisti: tribue, quaesumus ita nos Cor-
poris et Sanguinis tui sacra mysteria
venerari, ut redemptionis tuae fructum
in nobis iugiter sentiamus: qui vivis et
regnas in saecula saeculorum. Amen.**

English: Let us pray.

*O God, Who in this wonderful Sacrament
have left us a memorial of Your Passion,
grant us, we pray, so to revere the sacred
mysteria 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, God forever and ever .
Amen.*

*The priest now puts on the Humeral Veil and
blesses the congregation with the Blessed Sacra-
ment, that is, he makes the Sign of the Cross
over the people with the Monstrance or
Ciborium, in silence.*

*The priest may repose, that is, re-place the
Blessed Sacrament in the Tabernacle and
genuflects.*

*The Divine Praises formerly said at this point may
more properly be included within the Adoration.*

THE 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.
Blessd 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 spouse most chaste.
Blessed be God in His Angels
and in His Saints.

*The following prayer may also be said:
May the Heart of Jesus in the Most Blessed
Sacrament be praised, adored, and loved
with grateful affection at every moment in
all the Tabernacles of the world, now and
until the end of time. Amen.*

REPOSITION

*Immediately after the Blessed Sacrament is re-
posed (re-placed) in the Tabernacle, the following
may be sung:*

**ANTIPHON: Adoremus in aeternum
sanctissimum Sacramentum.**

**PSALM: Laudate Dominum, omnes gentes;
laudate eum omnes populi. Quoniam
confirmata est super nos misericordia ejus;
et veritas Domini manet in aeternum.**

**Gloria Patri, et Filio, et Spiritui Sancto.
Sicut erat in principio, et nunc, et semper,
et in saecula saeculorum. Amen.**

**ANTIPHON: Adoremus in aeternum
sanctissimum Sacramentum.**

English:

*Ant: Let us adore for ever
the Most Holy Sacrament.*

**Ps: O praise the Lord, all you nations
acclaim Him, all you peoples
For His mercy is confirmed upon us
And the truth of the Lord remains for ever.
Gory 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.**

*Ant: Let us adore for ever
the Most Holy Sacrament.*

Alternative, or additional, acclamations:

**O Sacrament most Holy,
O Sacrament Divine!
All praise, and all thanksgiving,
be every moment Thine! (x 3)**

or:

**Holy God, we praise Thy Name!
Lord of all, we bow before Thee;
All on earth Thy sceptre claim,
All in heav'n above adore Thee;
Infinite Thy vast domain,
Everlasting is Thy reign.**