

Tuesday in the 6th Week of Easter

19 May 2020

REGINA CÆLI

Joy to thee, O Queen of heaven, *alleluia!*

He whom thou was meet to bear, *alleluia!*

As he promised hath arisen, *alleluia!*

Pour for us to God thy prayer, *alleluia!*

Rejoice and be glad, O Virgin Mary, *alleluia.*

– For the Lord has truly risen, *alleluia.*

Let us pray. O God, Who gave joy to the world through the resurrection of your Son, our Lord Jesus Christ, grant we pray, that with his mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

EXPOSITION, ADORATION AND BENEDICTION OF THE BLESSED SACRAMENT

EXPOSITION

As the minister comes to the altar, a eucharistic hymn may be sung (for example, O salutaris Hostia). The minister then retrieves the Blessed Sacrament from the Tabernacle and brings the luna (for the monstrance) to the altar. The minister then genuflects, and goes to kneel in front of the altar.

O Saving Victim, opening wide
The gate of heaven to man below:
Our foes press hard on every side;
Thine aid supply, thy strength bestow.

All praise and thanks to thee ascend
For evermore, blest One in Three:
O grant us life that shall not end,
In our true native land with thee. Amen.

ADORATION

The Midday Office is recited.

INTRODUCTION

O God, + make speed to save us.

– O Lord, make haste to help us.

Glory to God, Father, Son, and Holy Spirit:

– as in the beginning, so now, and for ever. Amen. Alleluia.

Ant. Alleluia, alleluia, alleluia.

Psalm 123. The Lord is the hope of his people

To you have I lifted up my eyes, *
you who dwell in the heavens:

my eyes, like the eyes of slaves *
on the hand of their lords.

Like the eyes of a servant *
on the hand of her mistress,

so our eyes are on the Lord our God *
till he show us his mercy.

Have mercy on us, Lord, have mercy. *
We are filled with contempt.

Indeed all too full is our soul with the scorn of the rich, *
with the proud man's disdain.

Glory to God, Father, Son, and Holy Spirit:
as in the beginning, so now, and for ever. Amen.

Psalm Prayer

Father in heaven,
we lift our eyes to you and pray:
confound the scorn of the proud
and graciously show us your mercy.

Psalm 124. Our help is in the name of the Lord

“If the Lord had not been on our side,” *
this is Israel’s song.
“If the Lord had not been on our side *
when men rose against us,
then would they have swallowed us alive *
when their anger was kindled.
Then would the waters have engulfed us, *
the torrent gone over us;
over our head would have swept *
the raging waters.”
Blessed be the Lord who did not give us *
a prey to their teeth!
Our life, like a bird, has escaped *
from the snare of the fowler.
Indeed the snare has been broken *
and we have escaped.
Our help is in the name of the Lord, *
who made heaven and earth.
Glory to God, Father, Son, and Holy Spirit:
as in the beginning, so now, and for ever. Amen.

Psalm Prayer

Lord Jesus,
you foretold that your disciples
would be despised on account of your name,
but that not a hair of their heads is ever forgotten.
In times of persecution, defend and revive us
by the power and comfort of the Holy Spirit,
so that we can be freed from our enemies
and praise your saving help.

Psalm 125. The Lord, the guardian of his people

Those who put their trust in the Lord are like Mount Zion, †
that cannot be shaken, *
that stands for ever.

Jerusalem! The mountains surround her, †
so the Lord surrounds his people *
both now and for ever.

For the sceptre of the wicked shall not rest *
over the land of the just
for fear that the hands of the just *
should turn to evil.

Do good, Lord, to those who are good, *
to the upright of heart;
but the crooked and those who do evil, *
drive them away!

On Israel, peace!

Glory to God, Father, Son, and Holy Spirit:
as in the beginning, so now, and for ever. Amen.

Psalm Prayer

Surround your people, Lord,
within the safety of your Church,
which you preserve on its rock foundation.
Do not let us stretch out our hands to evil deeds,
nor be destroyed by the insidious snares of the enemy,
but bring us to share the lot of the saints in light.

Ant. Alleluia, alleluia, alleluia.

READING. 1 Peter 3:21-22a

You are now saved by a baptismal bath. This baptism is no removal of physical stain, but the pledge to God of an irreproachable conscience through the resurrection of Jesus Christ. He went to heaven and is at God's right hand.

The disciples rejoiced, alleluia.
– When they saw the risen Lord, alleluia.

CONCLUDING PRAYER

Let us pray.
God our Father,
may we look forward with hope to our resurrection,
for you have made us your sons and daughters,
and restored the joy of our youth.
We ask this through Christ our Lord.
– Amen.

ACCLAMATION

Let us bless the Lord.
– Thanks be to God.

BENEDICTION

After a further period of silent adoration and devotion, a eucharistic hymn (for example, Tantum ergo) may be sung.

Therefore we, before him bending,	Glory let us give, and blessing
This great sacrament revere;	To the Father, and the Son,
Types and shadows have their ending,	Honour, might, and praise addressing,
For the newer rite is here;	While eternal ages run;
Faith, our outward sense befriending,	Ever too his love confessing,
Makes the inward vision clear.	Who, from both, with both is one. Amen.

The minister stands and, while facing the Blessed Sacrament, prays the closing prayer.

Minister: You gave them bread from heaven. Alleluia.

Response: Having all sweetness within it. Alleluia.

Minister: Let us pray. Lord our God, teach us to cherish in our hearts the paschal mystery of your Son by which you redeemed the world. Watch over the gifts of grace your love has given us and bring them to fulfilment in the glory of heaven. We ask this through Christ our Lord. Amen.

The minister puts on the humeral veil, approaches the altar, and genuflects. Then, in silence, the minister makes the sign of the cross over the people with the monstrance.

Having replaced the Eucharist on the altar, the minister comes back in front of the altar and kneels, and lead everyone in 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.
Blessed be the great Mother of God, Mary most holy.
Blessed be Saint Joseph, her spouse most chaste.
Blessed be God in his Angels and in his Saints.

REPOSITION

Then Psalm 117 with its antiphon may be said or sung.

Ant. Let us adore forever this Most Holy Sacrament.

Praise the Lord, all you nations: sing his praises, all you peoples. For he has shown us His loving kindness; the truth of the Lord remains forever. **Ant.**

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.

Ant. Let us adore forever this Most Holy Sacrament.

As the psalm is said or sung, the minister replaces the Eucharist in the tabernacle. Having genuflected, the minister departs.