

The Ascension of the Lord

21 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 is risen indeed, *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.

RITE OF EUCHARISTIC EXPOSITION AND BENEDICTION

The celebrant goes to the tabernacle, places the Eucharist in the monstrance, and places it on the altar. Once the celebrant has reached the front of the altar and kneels, O salutaris is sung by the congregation.



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

A period of silent adoration and devotion follows, after which the midday office is recited.

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INTRODUCTION

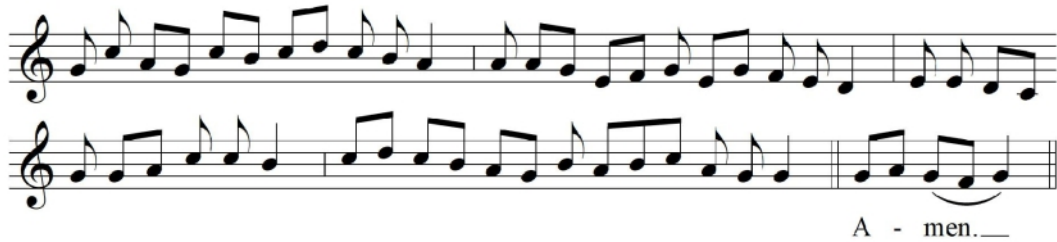
V. O God, ✠ come to my assistance;

R. O Lord, make haste to help me.

V. Glory be to the Father, and to the Son, and to the Holy Ghost.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.
Alleluia.

HYMN



O God of truth, O Lord of might,
Who order'st time and change aright,
Who send'st the early morning ray,
And light'st the glow of perfect day:

Extinguish thou each sinful fire,
And banish every ill desire;
And while thou keep'st the body whole,
Shed forth thy peace upon the soul.

Almighty Father, hear our cry,
Through Jesus Christ, our Lord most High,
Who, with the Holy Ghost and thee,
Doth live and reign eternally. Amen.

PSALMS

Ant. He lifted up his hands, * and blessed them, and was carried up into heaven,
alleluia.

Psalm 119, 81-96

81 My soul hath fainted after thy salvation: * and in thy word I have very much
hoped.

82 My eyes have failed for thy word, * saying: When wilt thou comfort me?

83 For I am become like a bottle in the frost: * I have not forgotten thy
justifications.

84 How many are the days of thy servant: * when wilt thou execute judgment on
them that persecute me?

85 The wicked have told me fables: * but not as thy law.

86 All thy statutes are truth: * they have persecuted me unjustly, do thou help me.

- 87 They had almost made an end of me upon earth: * but I have not forsaken thy commandments.
- 88 Quicken thou me according to thy mercy: * and I shall keep the testimonies of thy mouth.
- 89 For ever, O Lord, * thy word standeth firm in heaven.
- 90 Thy truth unto all generations: * thou hast founded the earth, and it continueth.
- 91 By thy ordinance the day goeth on: * for all things serve thee.
- 92 Unless thy law had been my meditation, * I had then perhaps perished in my abjection.
- 93 Thy justifications I will never forget: * for by them thou hast given me life.
- 94 I am thine, save thou me: * for I have sought thy justifications.
- 95 The wicked have waited for me to destroy me: * but I have understood thy testimonies.
- 96 I have seen an end of all perfection: * thy commandment is exceeding broad.
- V. Glory be to the Father, and to the Son, * and to the Holy Ghost.
- R. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

Psalm 119, 97-112

- 97 How have I loved thy law, O Lord! * it is my meditation all the day.
- 98 Through thy commandment, thou hast made me wiser than my enemies: * for it is ever with me.
- 99 I have understood more than all my teachers: * because thy testimonies are my meditation.
- 100 I have had understanding above ancients: * because I have sought thy commandments.
- 101 I have restrained my feet from every evil way: * that I may keep thy words.
- 102 I have not declined from thy judgments, * because thou hast set me a law.
- 103 How sweet are thy words to my palate! * more than honey to my mouth.
- 104 By thy commandments I have had understanding: * therefore have I hated every way of iniquity.
- 105 Thy word is a lamp to my feet, * and a light to my paths.
- 106 I have sworn and am determined * to keep the judgments of thy justice.
- 107 I have been humbled, O Lord, exceedingly: * quicken thou me according to thy word.
- 108 The free offerings of my mouth make acceptable, O Lord: * and teach me thy judgments.
- 109 My soul is continually in my hands: * and I have not forgotten thy law.
- 110 Sinners have laid a snare for me: * but I have not erred from thy precepts.
- 111 I have purchased thy testimonies for an inheritance for ever: * because they are the joy of my heart.
- 112 I have inclined my heart to do thy justifications for ever, * for the reward.
- V. Glory be to the Father, and to the Son, * and to the Holy Ghost.
- R. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

Psalm 119, 113-128

- 113 I have hated the unjust: * and I have loved thy law.
114 Thou art my helper and my protector: * and in thy word I have greatly hoped.
115 Depart from me, ye malignant: * and I will search the commandments of my God.
116 Uphold me according to thy word, and I shall live: * and let me not be confounded in my expectation.
117 Help me, and I shall be saved: * and I will meditate always on thy justifications.
118 Thou hast despised all them that fall off from thy judgments; * for their thought is unjust.
119 I have accounted all the sinners of the earth prevaricators: * therefore have I loved thy testimonies.
120 Pierce thou my flesh with thy fear: * for I am afraid of thy judgments.
121 I have done judgment and justice: * give me not up to them that slander me.
122 Uphold thy servant unto good: * let not the proud calumniate me.
123 My eyes have fainted after thy salvation: * and for the word of thy justice.
124 Deal with thy servant according to thy mercy: * and teach me thy justifications.
125 I am thy servant: * give me understanding that I may know thy testimonies.
126 It is time, O Lord, to do: * they have dissipated thy law.
127 Therefore have I loved thy commandments * above gold and the topaz.
128 Therefore was I directed to all thy commandments: * I have hated all wicked ways.

V. Glory be to the Father, and to the Son, * and to the Holy Ghost.

R. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

Ant. He lifted up his hands, and blessed them, and was carried up into heaven, alleluia.

CHAPTER, RESPONSORY VERSE

Acts 1, 4-5

And eating together with them, he commanded them, that they should not depart from Jerusalem, but should wait for the promise of the Father, which you have heard (saith he) by my mouth. For John indeed baptised with water, but you shall be baptised with the Holy Ghost, not many days hence.

R. Thanks be to God.

V. When Christ ascended up on high. Alleluia, alleluia.

R. When Christ ascended up on high. Alleluia, alleluia.

V. He led captivity captive.

R. Alleluia, alleluia.

V. Glory be to the Father, and to the Son, and to the Holy Ghost.

R. When Christ ascended up on high. Alleluia, alleluia.

V. I ascend to my Father and to your Father, alleluia.

R. To my God and your God, alleluia.

PRAYER

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

Let us pray.

Grant, we beseech thee, Almighty God,
that just as we do believe thine Only-Begotten Son, our Saviour,
to have this day ascended into the heavens,
so we may also in heart and mind thither ascend,
and with him continually dwell.

Through the same Jesus Christ, thy Son, our Lord:
who liveth and reigneth with thee in the unity of the Holy Ghost,
God, world without end.

R. Amen.

CONCLUSION

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

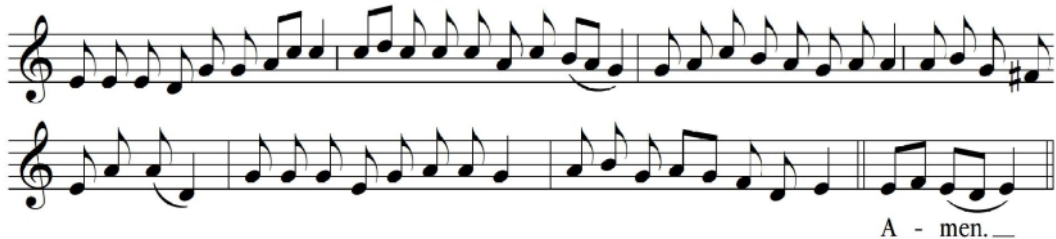
V. Let us bless the Lord.

R. Thanks be to God.

V. May the souls of the faithful, through the mercy of God, rest in peace.

R. Amen.

After a further period of silent adoration and devotion follows, the hymn *Tantum ergo* is sung.



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.

All remain kneeling when the celebrant stands and says

Thou gavest them bread from heaven. Alleluia.

–Containing in itself all sweetness. Alleluia.

Let us pray.

O God, who under a wonderful Sacrament
hast left unto us a memorial of thy passion:
grant us, we beseech thee, so to venerate the sacred mysteries
of thy Body and Blood; that we may ever perceive
within ourselves the fruit of thy redemption:
Who livest and reignest world without end. – Amen.

BENEDICTION

The celebrant blesses all present with the Eucharist.

Afterwards, having replaced the Eucharist on the altar, the celebrant comes back in front of the altar and kneels, and leads 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.

Then the celebrant intones the Antiphon to Psalm 117:

Ant. Let us adore for ever * the most holy sacrament.

O praise the Lord, all ye heathen:

Praise him, all ye nations.

For his merciful kindness is ever more and more towards us:

And the truth of the Lord endureth for ever. Praise the Lord.

Glory be to the Father, and to the Son, and to the Holy Ghost:

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.

REPOSITION

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