

THE CATHEDRAL OF SAINT PAUL

BIRMINGHAM, ALABAMA

LAUDS (MORNING PRAYER) FOR THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

JUNE 19, 2022



Welcome: please note the symbols for cantor or celebrant (VV.) and assembly (Rx.). This office is modeled after celebrations of the Divine Office at the North American College in Rome. The psalmody of the office alternates, beginning with the cantor, then followed by assembly, etc. Antiphons are intoned by the cantor up to the asterisk, then all join.

OPENING VERSE

G od, come to my assistance. Rx Lord, make haste to help me. Glory to
the Father, and to the Son, and to the Ho-ly Spir-it: as it was in the beginning,
is now, and will be for ever. Amen. Alle-lu-ia.

HYMN

UNDE ET MEMORES

At that first Euch - a - rist be - fore You died, O
For all Thy Church, O Lord, we in - ter - cede; O
We pray for those who wan - der from the fold; O

Lord, You prayed that all be one in You; At this our Euch - a - rist a - gain pre-
make our lack of char - i - ty to cease; Draw us the near - er each, to each we
bring them back, Good Shep-herd of the sheep. Back to the Faith which saints be-lieved of

side, And in our hearts Your law of love re - new. O
plead, By draw - ing all to You, O Prince of Peace;
old, Back to the Church which still that Faith does keep.

may we all one bread, one bo-dy be, Through this blest Sac - ra - ment of U - ni - ty.

ANTIPHON I

Wisdom 16:20

II

You fed your people * with the food of an-gels; you gave them bread from
heav-en, al-le-lu-ia.

PSALM 63:2-9
A SOUL THIRSTING FOR GOD

IID

O God, you are my God, for *you* I long; *
for you my soul is **thirsting**.

My body *pines for you* *
like a dry, weary land without **water**.

So I gaze on you *in the sanctuary* *
to see your strength and your **glory**.

For your love is bet-ter than **life**, *
my lips will speak your **praise**.

So I will bless you *all my life*, *
in your name I will lift up my **hands**.

My soul shall be filled as *with a banquet*, *
my mouth shall praise you with **joy**.

On my bed *I re-member you*. *
On you I muse through the **night**.

For you have *been my help*; *
in the shadow of your wings I **re-joice**.

My soul *clings to you*; *
your right hand holds me **fast**.

Glory to the Father, and to the **Son**, *
and to the Holy Spirit.

As it was in the begin-ning, is **now**, *
and will be forever. **Amen**.

(repeat Antiphon)

ANTIPHON II

cf. Leviticus 21:6

IV

Ho- ly priests * will offer incense and bread to God, al- le- lu-ia.

DANIEL 3:57-88,56
LET ALL CREATURES PRAISE THE LORD

IV a

Bless the Lord, all you works of the Lord. *
Praise and exalt him above *all for-ever*.

Angels of the Lord, bless the **Lord**. *
You heavens, *bless the Lord*. (cont.)

All you waters above the heavens, bless the **Lord.** *
 All you hosts of the **Lord**, *bless the Lord.*

Sun and moon, bless the **Lord.** *
 Stars of heaven, *bless the Lord.*

Every shower and dew, bless the **Lord.** *
 All you winds, *bless the Lord.*

Fire and heat, bless the **Lord.** *
 Cold and chill, *bless the Lord.*

Dew and rain, bless the **Lord.** *
 Frost and chill, *bless the Lord.*

Ice and snow, bless the **Lord.** *
 Nights and days, *bless the Lord.*

Light and darkness, bless the **Lord.** *
 Lightnings and clouds, *bless the Lord.*

Let the earth bless the **Lord.** *
 Praise and exalt him above *all for-ever.*

Mountains and hills, bless the **Lord.** *
 Everything growing from the earth, *bless the Lord.*

You springs, bless the **Lord.** *
 Seas and rivers, *bless the Lord.*

You dolphins and all water creatures, bless the **Lord.** *
 All you birds of the air, *bless the Lord.*

All you beasts, wild and tame, bless the **Lord.** *
 You sons of men, *bless the Lord.*

O Israel, bless the **Lord.** *
 Praise and exalt him above *all for-ever.*

Priests of the **Lord**, bless the **Lord.** *
 Servants of the **Lord**, *bless the Lord.*

Spirits and souls of the just, bless the **Lord.** *
 Holy men of humble heart, *bless the Lord.*

Hananiah, Azariah, Mishael, bless the **Lord.** *
 Praise and exalt him above *all for-ever.*

Let us bless the Father, and the Son, and the
 Holy **Spirit.** *
 Let us praise and exalt him above *all for-ever.*

Blessed are you, Lord, in the firmament of **heaven.** *
 Praiseworthy and glorious and exalted above
all for-ever.

(repeat Antiphon)

ANTIPHON III

Revelation 2:17

will give * to the one who is victorious the hidden bread and a new name,
 al- le- lu- ia.

PSALM 149

THE JOY OF GOD'S HOLY PEOPLE

Let the sons of the Church, the children of the new people, rejoice in Christ, their King (Hesychius).

Sing a new song to the **Lord**, *
 his praise in the assembly of the **faithful.**

Let Israel rejoice in its **maker**, *
 let Zion's sons exult in their **king.**

Let them praise his name *with dancing* *
 and make music with timbrel *and harp.*

For the Lord takes delight in his **people.** *
 He crowns the poor with *salvation.*

Let the faithful rejoice in *their glory*, *
shout for joy and take *their rest*.

Let the praise of God be on *their lips* *
and a two-edged sword in *their hand*,

to deal out vengeance to *the nations* *
and punishment on all *the peoples*.

to bind their kings in *chains* *
and their nobles in fetters of *iron*.

to carry out the sentence pre-*or-dained*; *
this honor is for all *his faithful*.

Glory to the Father, and to *the Son*, *
and to the Ho-*ly* Spirit.

As it was in the beginning, is **now**, *
and will be forever. **A-men.**

(repeat Antiphon)

READING

MALACHI 1:11

From the rising of the sun, even to its setting, my name is great among the nations; And everywhere they bring sacrifice to my name, and a pure offering; For great is my name among the nations, says the Lord of hosts.

RESPONSORY

PSALM 104:14-15

Cantor: *All:*

Y OU bring forth bread from the earth. *R.* Al-le- lu-ia,
Cantor:
al-le- lu-ia. *V.* And wine which gives warmth to men's hearts.
All: *Cantor (all bow):*
R. Al-le- lu-ia, al-le- lu-ia. *V.* Glory to the Father, and to the
All (rise):
Son, and to the Holy Spirit. *R.* Al-le- lu-ia, al-le- lu-ia.



BENEDICTUS (CANTICLE OF ZECHARIAH)

Antiphon sung at beginning and end of the canticle; please sing the even verses of the chant.

I a2

E -go sum * pa- nis vi- vus qui de cæ-lo de-
 scén- di: si quis mandu-cá-ve-rit ex hoc pa-ne, vi-
 vet in æ-tér- num, al-le- lú- ia.

I am the living bread come down from heaven; anyone who eats this bread will live for ever, alleluia. —John 6:51

1.a2

B lessed be the Lord, the God of Is-ra-el: * he has come to his people and set them free
 2. He has raised up for us a migh ty savior, * born of the house of his ser vant David.
 3. Through his holy prophets he promised of old that he would save us from our en- emies, *
 from the hands of all who hate us: 4. He prom ised to show mercy to our fathers *
 and to remember his holy cov enant. 5. This was the oath he swore to our father A braham:
 to set us free from the hands of our en- emies, 6. free to worship him with out fear, *
 holy and righteous in his sight all the days of our life.

7. You, my child, shall be called the prophet of the Most High; *

for you will go before the Lord to prepare his way, 8. to give his people knowledge of salvation * by the forgiveness of their sins. 9. In the tender compassion of our God *

the dawn from on high shall break upon us, 10. to shine on those who dwell in darkness and the shadow of death, *

and to guide our feet into the way of peace.

The Gloria Patri is sung by Cathedral Choir, and the antiphon (below) is repeated.

I a2

Ego sum * pa-nis vi-vus qui de cæ-lo de-
scén-di: si quis mandu-cá-ve-rit ex hoc pa-ne, vi-
vet in æ-tér-num, al-le-lú-ia.

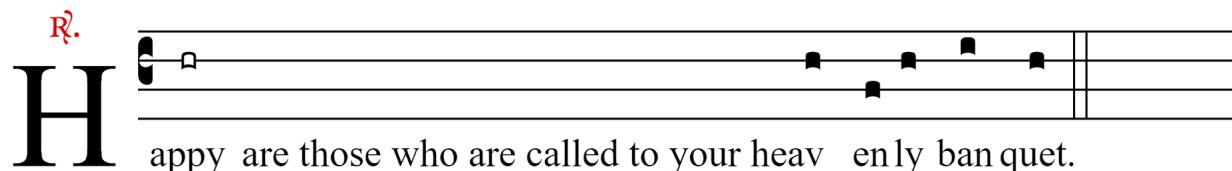
I am the living bread come down from heaven; anyone who eats this bread will live for ever, alleluia. —John 6:51



INTERCESSIONS

After the Celebrant's invocation and each cantor petition, the following response is sung:

℣. Brethren, let us pray to Jesus Christ, the bread of life, as we joyfully say:

R. 
appy are those who are called to your heav enly ban quet.

℣. Priest of the new and eternal covenant, you offered perfect sacrifice to the Father on the altar of the cross, teach us to offer ourselves with you. **R.**

℣. King of justice and peace, you consecrated bread and wine as the sign of your offering, unite us as victims with you. **R.**

℣. True worshiper of the Father, your perfect offering is celebrated by the Church from the rising to the setting of the sun, unite in your body those who partake of the one bread. **R.**

℣. Manna from heaven, you nourish the Church with your body and blood, grant that we may walk strengthened by this food. **R.**

℣. Unseen host of our banquet, you stand at the door and knock, come to us, stay and share the evening meal with us. **R.**

OUR FATHER

CONCLUDING PRAYER

℣. O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries 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, for ever and ever.

R. Amen.

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BISHOP OF BIRMINGHAM IN ALABAMA

THE VERY REVEREND BRYAN W. JERABEK, JCL, RECTOR

LITURGICAL SCHEDULE

SUNDAY MASSES

SATURDAY 5:00PM (ANTICIPATED), SUNDAY 7:15, 8:30, & 11:00AM

WEEKDAY MASSES

MONDAY-FRIDAY, 12:10PM

CONFESIONS

MONDAY-FRIDAY, 11:30AM-12:00PM; SATURDAY, 3:00-4:30PM OR BY APPOINTMENT