

*Feast Fast Feria*  
*Liturgical Living Library*

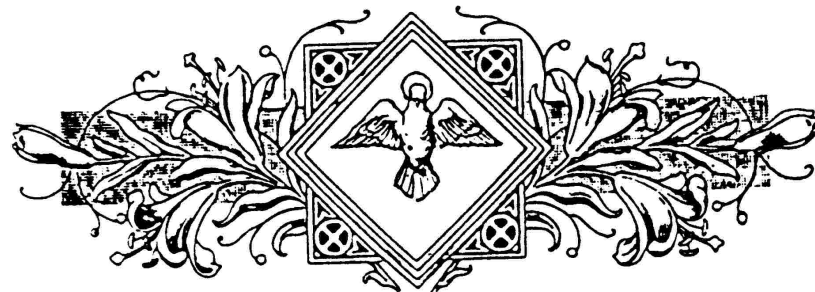
This booklet contains excerpts from  
**The Feast Fast Feria Companion**, now in progress.

It is an offering of Feast Fast Feria,  
a Barefoot Abbey ministry whose purpose is to aid  
families as they grow in holiness and journey to  
heaven by living out their Catholic faith each day  
through the Liturgical Year.

*www.BarefootAbbey.com*

*The*  
*Pentecost*  
*at Home*  
*Missal*

Prayers, Scripture Readings, Music,  
Hymns, & a Homily for a Traditional  
Whitsunday Dry Mass in Times of Crisis,  
the Pentecost Plenary Indulgence,  
& the Blessing of a Bonfire



GENIE SHAW





As this year of 2020 persists is surprising us and many faithful Catholics continue to be separated from the sacraments and the Holy Sacrifice of the Mass, we are still able to commemorate what is traditionally held and the second biggest feast day of the year: Pentecost.

Also called Whitsunday for the white garments customarily donned by the recently baptized, on this fiftieth day after our Lord's bodily resurrection from the dead, we commemorate the birthday of the Church through the descent of the Holy Ghost, the Paraclete and our Comforter.

Canon 1248 §2 of Canon Law tells us:

"If participation in the eucharistic celebration becomes impossible because of the absence of a sacred minister or for another grave cause, it is strongly recommended that the faithful take part in a liturgy of the word... or that they devote themselves to prayer for a suitable time... as a family..." And that is exactly what a Dry Mass is.

Here are some things you can use for a family Dry Mass at Home:

- Your Sunday Best Clothes - Red & White match the day
- A Family Altar made from a flat surface and sacred image.
- Chairs for you family.
- A Candle or two to put on the altar
- Holy Water for a family blessing.
- A device should you chose to play the music suggestions.

You can find all the included music suggestions at:

[www.barefootabbey.com/2020/05/28/celebrating-pentecost-at-home/](http://www.barefootabbey.com/2020/05/28/celebrating-pentecost-at-home/)

In this post you can also read how we commemorate Pentecost at home through liturgical living with all four symbols of the Holy Ghost: The Dove, Fire, Water, & Wind.

# THE PROCESSIONAL HYMN

## *Thou Three Festival Day*

This hymn is an English translation of the Latin hymn by Bishop Venantius Fortunatus in the late 6th century. It is sung most often to Ralph Vaughan Williams' 1906 hymn tune *Salve Festa Dies*.

**Chorus:**

Hail thee, festival day!  
Blest day that art hallowed forever,  
Day when the Holy Ghost  
shone in the world with God's grace.

Lo, in the likeness of fire,  
On those who await His appearing,  
He whom the Lord foretold  
Suddenly, swiftly descends:

**Chorus**

Forth from the Father He comes  
with seven-fold mystical offerings,  
pouring on all human souls  
infinite riches of God:

**Chorus**

Hark! For in myriad tongues.  
Christ's own, his chosen apostles,  
Preach to the end of the earth  
Christ and His wonderful works:

**Chorus**

Praise to the Spirit of Life,  
All praise to the fount of our being,  
Light that dost lighten all,  
Life that in all dost abide:

**Chorus**



## THE BLESSING OF A BONFIRE

*On the Eve of the Nativity of St. John the Baptist (June 23rd) it had been Catholic tradition to have a bonfire since at least the middle ages. Pentecost is also a perfect time for a bonfire in memory of the tongues of fire that rested upon the heads of Our Lady and the disciples at the descent of the Holy Ghost. The following blessing is adapted from the St. John the Baptist Bonfire Blessing in the Roman Ritual.*

V: Our help is in the name of the Lord.

**R: Who made heaven and earth.**

V: The Lord be with you.

**R: May He also be with you.**

Let us pray.

Lord God, almighty Father, the light that never fails and the source of all light, sanctify + this new fire, and grant that after the darkness of this life we may come unsullied to you who are light eternal; through Christ our Lord.

**R: Amen.**

*The fire is sprinkled with holy water.*

*Any of the previous hymns may be sung at this time.*

## THE INTROIT

The Spirit of the Lord hath filled the whole earth, and that which containeth all things hath knowledge of the voice, alleluia, alleluia, Ps. 67, 2. Let God and His enemies be scattered; and let them that hate Him fly before His face. 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.

## THE KYRIE

*It can be prayed here or the Mass Setting played.*

**Lord, have mercy on us.**

**Christ, have mercy on us.**

**Lord, have mercy on us.**

Or

Kyrie eleison.

**Kyrie eleison.**

Kyrie eleison.

Christe, eleison.

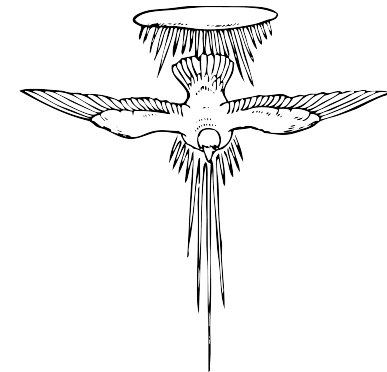
**Christe, eleison.**

Christe, eleison.

Kyrie eleison.

**Kyrie eleison.**

Kyrie eleison.



# *Veni Creator Spiritus*

Veni, Creator Spiritus,  
mentes tuorum visita,  
imple superna gratia  
quae tu creasti pectora.  
Qui dicervis Paracletus,  
altissimi donum Dei,  
fons vivus, ignis, caritas,  
et spiritalis unctio.

Tu, septiformis munere,  
digitus paternae dexteræ,  
Tu rite promissum Patris,  
sermone ditans guttura.

Accende lumen sensibus:  
infunde amorem cordibus:  
infrma nostri corporis  
virtute firmans perpeti.  
Hostem repellas longius,  
pacemque dones protinus:  
ductore sic te praevio  
vitemus omne noxium.

Per te sciamus da Patrem,  
noscamus atque Filium;  
Teque utriusque Spiritum  
credamus omni tempore.

Deo Patri sit gloria,  
et Filio, qui a mortuis  
surrexit, ac Paracletico,  
in saeculorum saecula.  
Amen.

# THE GLORIA

*It can be prayed here or the Mass Setting played.*

Glory to God in the highest, and peace on earth to men of  
good will. We praise Thee, we bless Thee, we adore Thee,  
we glorify Thee, we give Thee thanks for Thy great glory,  
O Lord God, heavenly King, God the Father Almighty. O  
Lord Jesus Christ, only begotten Son, Lord God, Lamb of  
God, Son of the Father, Thou who takest away the sins of  
the world, have mercy on us; Thou who takest away the  
sins of the world, receive our prayer. Thou who sittest at  
the right hand of the Father, have mercy on us. For Thou  
alone art the Holy One, Thou alone art the Lord, Thou  
alone art the Most High, Jesus Christ, with the Holy  
Spirit, in the glory of God the Father. Amen.

Or

Gloria in excelsis Deo et in terra pax hominibus bonae  
voluntatis. Laudamus te, benedicimus te, adoramus te,  
glorificamus te, gratias agimus tibi propter magnam  
gloriam tuam, Domine Deus, Rex caelestis, Deus Pater  
omnipotens. Domine Fili unigenite, Iesu Christe, Domine  
Deus, Agnus Dei, Filius Patris, qui tollis peccata mundi,  
miserere nobis; qui tollis peccata mundi, suscipe  
deprecationem nostram. Qui sedes ad dexteram Patris,  
miserere nobis. Quoniam tu solus Sanctus, tu solus  
Dominus, tu solus Altissimus, Iesu Christe, cum Sancto  
Spiritu in gloria Dei Patris. Amen.

# THE COLLECT

O God, Who on this day didst instruct the hearts of the  
faithful by the light of the Holy Spirit, grant us, by the same  
Spirit, to relish What is right and ever to rejoice in His  
consolation. Through the unity of the same.

## *Veni Creator Spiritus*

**Come Holy Spirit, Creator blest,  
and in our souls take up Thy rest;  
come with Thy grace and heavenly aid  
to fill the hearts which Thou hast made.**

**O comforter, to Thee we cry,  
O heavenly gift of God Most High,  
O fount of life and fire of love,  
and sweet anointing from above.**

**Thou in Thy sevenfold gifts are known;  
Thou, finger of God's hand we own;  
Thou, promise of the Father, Thou  
Who dost the tongue with power imbue.**

**Kindle our sense from above,  
and make our hearts o'erflow with love;  
with patience firm and virtue high  
the weakness of our flesh supply.**

**Far from us drive the foe we dread,  
and grant us Thy peace instead;  
so shall we not, with Thee for guide,  
turn from the path of life aside.**

**Oh, may Thy grace on us bestow  
the Father and the Son to know;  
and Thee, through endless times confessed,  
of both the eternal Spirit blest.**

**Now to the Father and the Son,  
Who rose from death, be glory given,  
with Thou, O Holy Comforter,  
henceforth by all in earth and heaven.  
Amen.**

## THE LESSON

*Acts 2:1-11*

When the days of Pentecost were accomplished, they were all together in one place; and suddenly there came a sound from heaven as of a mighty wind coming, and it filled the whole house where they were sitting. And there appeared to them parted tongues as it were of fire, and it sat upon everyone of them; and they were all filled with the Holy Ghost, and they began to speak with divers tongues, according as the Holy Ghost gave them to speak. Now there were dwelling at Jerusalem, Jews, devout men out of every nation under heaven. And when this was noised abroad, the multitude came together, and were confounded in mind, because that every man heard them speak in his own tongue: and they were all amazed, and wondered, saying, Behold are not all these that speak, Galileans? And how have we heard every man our own tongue wherein we were born? Parthians, and Medes, and Elamites, and inhabitants of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Lybia about Cyrene, and strangers of Rome, Jews also, and proselytes, Cretes and Arabians: we have heard them speak in our own tongues the wonderful works of God.

## THE ALLELUIA

Alleluia, alleluia. Send forth Thy Spirit, and they shall be created: and Thou shalt renew the face of the earth. Alleluia.

*Here all kneel.*

Come, O Holy Spirit, fill the hearts of Thy faithful: and kindle in them the fire of Thy love.

## THE SPOUNCE

*It can be prayed here or played.*

*Veni Sancte Spiritus*

Holy Spirit! Lord of light!

From thy clear celestial height,

Thy pure, beaming radiance give:

Come, Thou, Father of the poor!

Come, with treasures which endure!

Come, Thou light of all that live!

Thou of all consolers best.

Visiting the troubled breast,

Dost refreshing peace' bestow:

Thou in toil art comfort sweet;

Pleasant coolness in the heat;

Solace in the midst of woe.

Light immortal! Light divine!

Visit Thou these hearts of Thine,

And our inmost being fill.

If Thou take Thy grace away.

Nothing pure in man will stay;

All his good is turn'd to ill:

Heal our wounds our strength renew;

On our dryness pour Thy dew;

Wash the stains of guilt away:

Bend the stubborn heart and will;

Melt the frozen, warm the chill;

Guide the steps that go astray.

Thou, on those who evermore

Thou confess and Thee adore,

In Thy sevenfold gifts descend.

Give them comfort when they die;

Give them life with Thee on high;

Give them joys which never end.

Amen. Alleluia.

## THE PENTECOST PLENARY INDULGENCE

On Pentecost and the Solemnity of Mary, Mother of God (New

Year's Day) a Plenary Indulgence is granted for praying the

Veni Creator Spiritus under the (new) usual conditions. This

prayer was written by Archbishop Rabanus Maurus in the

9th century. It is often prayed to signify the beginning of

something, for example, at Pentecost which marks the birth

of the Church, at the start of a new year, at the traditional

monastic office of vespers that starts the new day liturgically,

and at the onset of ministry with holy order ordinations,

confirmations, and new church dedications.

The new usual conditions for a plenary indulgence, issued by

Pope Francis for during the pandemic, are:

• Be in a state of grace (not excommunicated)

• Be detached from all sin (have a hatred for even habitual

· sins)

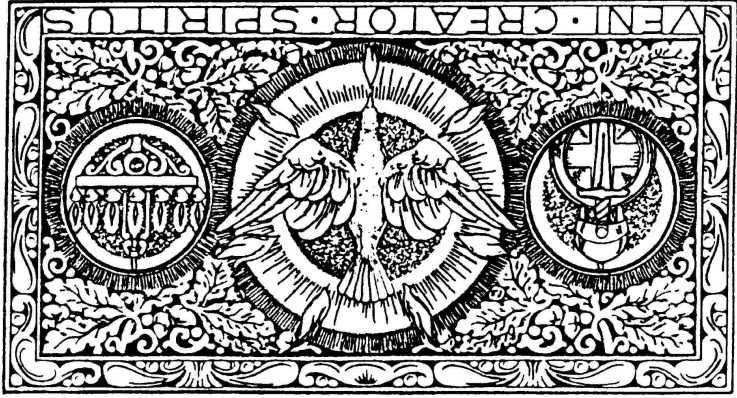
• Make confession 20 days before or after (now as soon as

available again).

• Receive Holy Communion 20 days before or after (now as

soon as available again).

• Pray for the Pope's intentions (typically an Our Father, Hail  
Mary, & Glory Be).





## THE RECESSIONAL HYMN

Here a recessional hymn may sung or Wolfgang Amadeus Mozart's *Veni Sancte Spiritus* (K. 47), written when he was 12 years old, may be played.

### *Come Down O Love Divine*

This hymn was written by Bianco da Siena in the late 14th century as a Latin Lauda, a medieval sacred song for use outside of a church service. It was later translated into English by Richard Littledale in the late 19th century. Most often, it is sung to the hymn tune *Down Ampney* composed by Ralph Vaughan William in 1906.

**Come down, O Love divine,  
Seek thou this soul of mine,  
And visit it with thine own ardor glowing;  
O Comforter, draw near,  
Within my heart appear,  
And kindle it, thy holy flame bestowing.**

**O let it freely burn,  
Till earthly passions turn  
To dust and ashes in its heat consuming;  
And let thy glorious light  
Shine ever on my sight,  
And clothe me round, the while my path illuming.**

**And so the yearning strong,  
With which the soul will long,  
Shall far outpass the power of human telling;  
For none can guess its grace,  
Till Love create a place  
Wherein the Holy Spirit makes a dwelling.**



## THE GOSPEL

Here all stand and cross their forehead, lips, & heart with their thumb.

*John 14:23-31*

At that time, Jesus, said to His disciples, 'If anyone love Me, he will keep My word, and My Father will love' him, and we will come to him. and will make our abode with him. He that loveth Me not, keepeth me, not My words: and the word which you have heard is not Mine, but the Father's Who sent Me. These things have I spoken to you, abiding with you: but the Paraclete, the Holy Ghost, Whom the Father will in My name, He will teach you all things, and bring all things to your mind, whatsoever I shall have said to you. Peace do I leave with you, My peace I give, unto you; not as the world giveth, do I give unto you. Let not your heart be troubled, nor let it be afraid. You have heard that I said to you, I go away, and. I come unto you. If you loved Me, you would indeed be glad, because I go to the Father, for the Father is greater than I. And now I have told you before it come to pass, that, when in it shall come to pass, you may believe. I will not now speak many things with you; for the prince of this world cometh, and in Me he hath not anything. But that the world may know that I love the Father, and as the Father hath given Me commandments, so do I.

## THE HOMILY

*The Pentecost Homily of St. John Chrysostom*

**The 4th Century, Golden-tongued  
Archbishop of Constantinople**

Let us spiritually extol the grace of the Holy Spirit in spiritual hymns, since spiritual grace has on this day shown upon us from heaven. Though our words are too weak to express adequately the greatness of this grace, we shall praise its power and activity to the extent of our abilities; for the Holy Spirit probes all things, even the depths of divinity.

We are celebrating the day of Pentecost, the day of the

Descent of the Holy Spirit to the Apostles, the day of the hope of perfection, the end of expectation, the longing for

salvation, the fulfillment of prayer and the image of patience. Today the Spirit Who acted to scatter the nations in the time of Heber has formed tongues of fire among the Apostles. His action of old led to the confusion of the nations, in order to

restrain the will of man from its brazenness and consequent chashtisement; on this occasion, however, amidst fiery

tongues, the deeds wrought by the activity of the Holy Spirit served to preserve us as recipients of preaching, in

fulfillment of the will of God.

In the beginning the Spirit of God moved over the water, and

later, in the time of Christ, the same Holy Spirit of God rested upon him. Then He moved, and now He rested, as being one

in essence, equal in honor, ever-existent and unoriginate

together with the Father and the Son.

He Who by the flight of a dove over the waters of the Flood

heralded fair weather to Noah, the same Holy Spirit, by the

sight of a dove at the waters of the Jordan, showed the world

## THE LAST GOSPEL

*Here all stand and cross their forehead, lips, & heart with their thumb.*

V. The Lord be with you.  
**R. And with thy spirit.**

V. The beginning of the holy Gospel, according to St. John.  
**R. Glory be to Thee, O Lord.**

In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him, and without Him was

made nothing that was made. In Him was life, and the life was the light of men: and the light shineth in the darkness, and the darkness did not comprehend it. There was a man sent from God whose name was John. This man came for a

witness to give testimony of the light. That all men might believe through him. He was not the light, but was to give testimony of the light. That was the true light which

enlightened every man that cometh into this world. He was in the world, and the world was made by Him, and world

knew Him not. But as many as received Him, to them He gave power to become the sons of God: to them that believe in His name: who are born not of blood, nor of the will of the flesh, nor of the will of man, but of God.

*Here all genuflect.*

And the Word was made flesh, and dwelt among us, and we beheld His glory, the glory as of the only-begotten of the Father, full of grace and truth.

**R. Thanks be to God.**

# THE POSTCOMMUNION

May our hearts be cleansed, O Lord, by the inpouring of the Holy Spirit; may He render them fruitful by watering them with His heavenly dew. Through... in unity of the same.

*A blessing may now be done by parents by using Holy Water to make a cross on each family member's forehead. Our family uses the following form:*

## *The Family Blessing*

I bless you in the name + of the Father, and of the Son, and of the Holy Ghost. May the Lord protect you and deliver you from all evil.



the Sonship of Him Who was baptized. Moreover, the Lord had a terrifying answer for those who dared to utter blasphemy against the Holy Spirit: “Whoever speaks blasphemy against the Holy Spirit, it shall not be forgiven him, neither in this world, neither in the world to come.”

David, declaring his desire for this Holy Spirit, prayed to God, saying: “Cast me not away from Thy presence, O Lord; and take not Thy Holy Spirit from me.”

As is well known, where He is absent, every sort of corruption sets in. Thus, the Spirit of the Lord departed from Saul, and an evil spirit entered into him, wherefore David said, “Take not Thy Holy Spirit from me.”

This same Holy Spirit sanctified the prophets, instructed the apostles and empowered the martyrs. This same Holy Spirit consecrated Isaiah, taught Ezekiel and revealed the resurrection of the dead. As he says, “The hand of the Lord was upon me, and carried me out in the spirit of the Lord.”

This same Holy Spirit chose Jeremiah from his mother’s womb, and raised up Daniel to deliver Susanna. As it is written, “God raised up by the Holy Spirit a young youth, whose name was Daniel.”

David so loved the presence of this same Holy Spirit that he prayed to God, saying, “Thy Holy Spirit shall lead me in the land of uprightness.”

This same Holy Spirit of God came to dwell in the holy Virgin Mary, embracing her with the communion of the Divine Word at the good pleasure of the Father, and making her the Theotokos. Elizabeth, being filled with this same Holy Spirit, understood that the Lord had come to her by means of the Virgin; wherefore she said, And whence is this to me, that the Mother of my Lord should come to me?”

**With deep affection and grief of soul, I ponder within  
myself, mentally contemplating Thy five Wounds, having  
before my eyes the words which David the Prophet spoke  
concerning Thee: "They have pierced my hands and my  
feet, they have numbered all my bones." Amen.**

*Here a hymn may be sung or the Come Holy Ghost played.*

## *Come Holy Ghost Creator Blast*

This hymn was originally written in Latin by Rabanus Maurus, the Archbishop of Mainz, in the 9th century. It was translated in the 19th century by Fr. Edward Caswell. The most popular hymn tune for this text is Louis Lambert's 1800's tune named after himself.

**Come, Holy Ghost, Creator blast,  
And in our hearts take up thy rest;  
Come with thy grace and heav'nly aid  
To fill the hearts which Thou hast made,  
To fill the hearts which Thou hast made.**

**O Comforter, to Thee we cry,  
Thou heavenly gift from God on high,  
Thou fount of life and fire of love,  
And sweet anointing from above,  
And sweet anointing from above.**

**Praise be to Thee, Father and Son,  
And Holy Spirit, with Them one;  
And may the Son on us bestow  
The gifts that from the Spirit flow,  
The gifts that from the Spirit flow.**



Zachariah, the father of John, was filled with the same Holy Spirit, whereby he declared that the son born to him would be the prophet and forerunner of the King Who was to come. John himself was also filled with the same Holy Spirit; the heavens opened, and the Holy Spirit hovering over Him Who was being baptized, Him Who baptized with the Spirit and fire.

By the action of the same Holy Spirit, the Lord Himself, when He was giving His Apostles His teaching in detail and strengthening their minds for the time of His Passion, said to them: "If I go not away, the Comforter will not come unto you."

Moreover, revealing to them the Spirit's consubstantial power, He said: "When the Holy Spirit is come, Which proceeded from the Father, He will guide you into all truth."

The holy Apostles waited expectantly for the coming of the power of this same Holy Spirit; they waited together to be clothed with power from on high, according to the commandment of the Lord, Who had said: "Tarry ye in the city of Jerusalem, until ye be endued with power from on high; for, behold, I shall send the promise of My Father upon you."

And, as it is written, "when the day of Pentecost was fully come, all the holy Apostles were assembled with one accord in one place, and the Paraclete was sent to them under the appearance of tongues of fire."

Having received the abundant promise of the Father and the Holy Spirit, they were strengthened, and they manifested Him Who was sent to them, His grace and His power. The martyr and proto-martyr Stephen, filled with the same Holy Spirit, Whom he received by the laying-on of hands of the

### **Prayer after Communion by St. Thomas Aquinas**

**I give thanks to Thee, O Lord, most holy, Father almighty, eternal God, that Thou hast vouchsafed, for no merit of mine own, but out of Thy pure mercy, to appease the hunger of my soul with the precious Body and Blood of Thy Son, Our Lord Jesus Christ. Humbly I implore Thee, let not this holy communion be to me an increase of guilt unto my punishment, but an availing plea unto pardon and salvation. Let it be to me the armour of faith and the shield of good will. May it root out from my heart all vice; may it utterly subdue my evil passions and all my unruly desires. May it perfect me in charity and patience; in humility and obedience; and in all other virtues. May it be my sure defense against the snares laid for me by my enemies, visible and invisible. May it restrain and quiet all my evil impulses, and make me ever cleave to Thee Who art the one true God. May I owe to it a happy ending of my life.**

**And do Thou, O heavenly Father, vouchsafe one day to call me, a sinner, to that ineffable banquet, where Thou, together with Thy Son and the Holy Ghost, art to Thy saints true and unfailing light, fullness of content, joy for evermore, gladness without alloy, consummate and everlasting happiness. Through the same Christ our Lord. Amen.**

*Or*

### **Prayer before a Crucifix**

**Behold, O Kind and most sweet Jesus, before Thy Face I humbly kneel, and with the most fervent desire of soul, I pray and beseech Thee to impress upon my heart lively sentiments of faith, hope and charity, true contrition for my sins and a firm purpose of amendment.**

Apostles, did great wonders and miracles among the people. Being full of the Holy Spirit, he saw the doors of heaven opened and the Only-begotten Son and Word of God standing in the flesh at the right hand of the power of God. Filled with this same Holy Spirit, Paul became the preacher of divine mysteries. As Ananias said to him: “The Lord, even the Savior, hath sent me to thee, that thou mightest receive thy sight, and be filled with the Holy Spirit.”

And Paul afterwards said with assurance: “And I think also that I have the Spirit of God.” The same Holy Spirit came to Cornelius and those that were to be baptized with him, and each of them spoke in his own tongue and magnified God. This same Holy Spirit came upon the Ethiopian eunuch after he went down into the water [of baptism], and he was filled with joy, and he went on his way rejoicing.

This is the same Holy Spirit Who preached by the prophets, Who gave understanding to the apostles, Who spoke to men. He was given to them by the Lord, and all their adversaries were not able to gainsay or resist Him. For, as the Lord said, “It is not ye that speak, but the Spirit of your Father Which speaketh in you.”

This Holy Spirit also ordains priests, consecrates churches, purifies altars, perfects sacrifices and cleanses people of their sins. This Holy Spirit abides with the godly, refines the righteous and guides kings. This same Holy Spirit preserved the soul of Simeon, lengthening the time of his life and reversing the rules of death, until the day when he beheld Him Who is the Redeemer of life and death; for it had been promised unto him by the Holy Spirit, that he should not see death before he had seen the Lord’s Christ.

It was the same Holy Spirit Who gave strength to Elijah, and Whose power Elisha desired when he asked of Elijah: “Let there be, I pray thee, a double portion of thy spirit upon me.”

This Holy Spirit enlightens souls and sanctifies bodies. It was filled them with divine wisdom. Having received His gifts, they were all filled with the knowledge of God; not only were they given divine knowledge, but also spiritual gifts.

Simon Magus, being a stranger to the Holy Spirit, fell to his perdition. As Peter said to Simon: "Thy money perish with thee, because thou hast desired to purchase the priceless grace of the Holy Spirit with money."

Therefore, beloved, let us strive to keep our bodies uncorrupted; for one who has acquired a new body, which is a temple of the Holy Spirit, has become a true victor over the devil. What the Spirit of God has said, may it be done unto me.

Moreover, Joseph, strengthened by this same Holy Spirit, desired not that his body be defiled by the vile deeds of this life; for he knew that the Spirit does not abide in a body that has commerce with sin; therefore, he attained a royal rank. This Spirit enlightened Bezaleel, so that he fashioned the tabernacle with all beauty and skill. Joshua the son of Nun, possessing the same Spirit, became a faithful heir to Moses and obtained the inheritance of the Promised Land for his people. As God said to Moses: "Take to thyself Joshua the son of Nun, a man who has the Spirit of God in him."

This is the Spirit of Whom the Lord, when He breathed upon His disciples after His Resurrection from the dead on the third day, said: "Receive ye the Holy Spirit."

And again, it is the same Spirit Who has vouchsafed to give eternal life to the faithful after the general resurrection from the dead. As it is written: "Thou wilt send forth Thy Spirit, and they shall be created; and Thou shalt renew the face of the earth."

## *The Act of Spiritual Communion*

**O My Jesus, I believe that Thou art present in the Blessed Sacrament. I love Thee above all things and I desire Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou wert already there, I embrace Thee and unite myself wholly to Thee; permit not that I should ever be separated from Thee. Amen.**

As Christ in the Blessed Sacrament stays with us for 15 minutes, take some time to make a Thanksgiving. The following prayers may be said aloud or a private Thanksgiving may be made while the Regina Caeli is played.

## *Thanksgiving after Spiritual Communion*

**The Anima Christi by St. Ignatius of Loyola**

**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 Thy Wounds hide me.  
Suffer me not to be separated from Thee.  
From the malignant enemy, defend me.  
In the hour of my death, call me,  
And bid me come to Thee.  
That with Thy saints, I may praise Thee.  
Forever and ever.  
Amen.**



Or

## *The Act of Contrition*

**O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven and the pains of hell, but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life. Amen.**

*Or*

**Deus meus, ex toto corde pœnitent me omnium meorum peccatorum, eaque detestor, quia peccando, non solum pœnas a te iuste statutas promeritus sum, sed præsertim quia offendi te, summum bonum, ac dignum qui super omnia diligaris. Ideo firmiter propono, adiuvante gratia tua, de cetero me non peccaturum peccandique occasiones proximas fugiturum. Amen.**

**O most Blessed Virgin Mary, Mother of gentleness and mercy, I, a miserable and unworthy sinner, fly to thy protection with every sentiment of humility and love; and I implore of thy loving kindness that thou wouldst vouchsafe graciously to be near me, and all who throughout the whole Church are to receive the Body and Blood of thy Son this day, even as thou wert near thy sweetest Son as He hung bleeding on the Cross. Aided by thy gracious help, may we worthily approach this august Sacrament. Amen.**

Many are the gifts of the Holy Spirit; many and all-powerful are His gifts. As it says in a certain place: By the Word of the Lord were the heavens established, and all the might of them by the Spirit of His mouth. And Isaiah says: "The Spirit of God shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and strength, the spirit of knowledge and godliness." And Paul adds, "The Spirit of adoption and of grace."

He Who is equally ever-existent, and equally unoriginate, and Who shares the throne and the honor of God, His Son and Word, called this Spirit the Spirit Who is our Comforter. David calls Him the Holy Spirit, since the Holy Spirit is sent by holiness; the governing Spirit, since He has dominion over all, because all things came from Him and are kept in existence by Him; and the good Spirit, since salvation and all kinds of goodness are from Him.

And what does Isaiah call Him? The Spirit of God, because He proceeds from God the Father; thus does God Himself speak of the Spirit of God as proceeding, in the words, Which proceedeth from the Father. Isaiah further calls Him the Spirit of wisdom and understanding, because all wisdom and good understanding have been given through Him; and the Spirit of counsel and strength, because He is able to bring to pass that which is desired; and also the Spirit of knowledge and godliness. Ezekiel, a man of the spirit, says: "And I will give you a new heart and a new Spirit."

He is one in essence, one in principle and one in counsel with the Father and the Son. Wouldst thou believe? Listen to what the Scriptures say of Him: "When He prepared the heaven, I was present with Him." The prophet further says: "The Lord, and His Spirit hath sent me."

Lest anyone think, from what was said, that this new Spirit would come from any creatures living or yet to come, or from

and body; Who with God the Father, in the unity of the Holy Ghost, livest and reignest, God, world without end. Amen.

*Bells may be rung here.*

## THE COMMUNION

There came suddenly a sound from heaven as of a mighty

wind coming, were they were sitting, alleluia; and they were all filled with the Holy Ghost, speaking the wonderful works of God, alleluia, alleluia.

Lord, I am not worthy that Thou shouldn't enter under my roof, but only say the word, and my soul shall be healed.

May the Body of Our Lord Jesus Christ keep my soul unto life everlasting. Amen.

What shall I render unto the Lord for all the things that He hath rendered unto me? I will take the chalice of salvation and will call upon the name of the Lord. With highest praises will I call upon the Lord, and I shall be saved from all mine

enemies.

May the Blood of Our Lord Jesus Christ keep my soul unto life everlasting. Amen.

Behold the Lamb of God, behold Him who taketh away the sins of the world.

*The following is said three times.*

Lord, I am not worthy that Thou shouldn't enter under my roof, but only say the word, and my soul shall be healed.

any other person, He says: "And I will put My Spirit in you," inasmuch as He said, "A new Spirit."

In the Acts of the holy Apostles, this was expressed in commandments: "The Holy Spirit said, 'Separate me

Barnabas and Saul for the work wherunto I have called them.'" And again, "It seemed good to the Holy Spirit, and to us;" even as it had been said, "I will put My Spirit in you."

Would you demonstrate that this was indeed His coming, as was foretold in parables, and that it was His grace acting upon the holy Apostles? Will you believe what was said?

Listen to St. John the Evangelist, who says: "The Holy Spirit was not yet given, because that Jesus was not yet glorified."

Paul called this Spirit the Spirit of adoption and the Spirit of grace, inasmuch as in the waters of the baptismal font men are born again of water and the Spirit, and we receive the adoption of sons. In the same way, the Lord said to

Nicodemus: "Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God."

Thus, the Holy Spirit is the Spirit of sonship and the Spirit of grace; for grace and truth came by Jesus Christ, through the Holy Spirit, for those who have been born by the power of

God.

Moreover, the Spirit is called the Comforter, because He is also our advocate with the Father. And not only is He with the Father, but He is always with us also as a gift.

"And I will pray the Father, and He shall give you another Comforter, that He may abide with you forever," comforting your hearts and making them steadfast in divine patience

and trust in Christ. Whereas the holy Apostles received this testament after Christ's holy Rising from the dead, and were sent forth to teach and to baptize in the name of the Father



## THE AGNUS DEI

*The Agnus Dei can be prayed here or the Mass Setting played.*

**Lamb of God, Who takest away the sins of the world: have mercy on us. Lamb of God, Who takest away the sins of the world: have mercy on us. Lamb of God, Who takest away the sins of the world: grant us peace.**

*Or*

**Agnus Dei, qui tolis peccata mundi: miserere nobis. Agnus Dei, qui tolis peccata mundi: miserere nobis. Agnus Dei, qui tolis peccata mundi: dona nobis pacem.**

O Lord Jesus Christ Who didst say to Thine apostles: Peace I leave you, my peace I give you: look not upon my sins, but upon the faith of Thy Church, vouchsafe to grant her peace and unity according to Thy will: Who livest and reinsert God world without end. Amen.

## THE KISS OF PEACE

O Lord Jesus Christ, son of the living God, Who according to the will of the Father, through the cooperation of the holy Ghost, hast by Thy death given life to the world: deliver me by this Thy most Sacred Body and Blood from all my iniquities, and from every evil; make me always cleave to Thy commandments, and never suffer me to be separated from Thee, Who with the same God, the Father and the Holy Ghost, livest and reignest God, world without end. Amen.

Let not the partaking of Thy Body, O Lord Jesus Christ, which I, all unworthy, presume to receive, turn to my judgement and condemnation; but through Thy loving kindness may it be to me a safeguard and remedy for soul

and of the Son and of the Holy Spirit, and whereas we have already been vouchsafed this true washing by the Holy Spirit, let us strive to keep our souls and our bodies undefiled as we glorify the Most holy and consubstantial Trinity, the Father and the Son and the Holy Spirit, now and ever and unto the ages of ages. Amen.

## THE CREED

I believe in one God, the Father almighty, maker of heaven and earth. and of all things visible and invisible. And in one Lord Jesus Christ, the only-begotten Son of God, born of the Father before all ages; God of God, light of light, true God of true God; begotten, not made; consubstantial with the Father, by Whom all things were made. Who for us men, and for our salvation, came down from heaven and was incarnate by the Holy Ghost of the Virgin Mary, AND WAS MADE MAN.

*Here all genuflect.*

He was crucified also for us, suffered under Pilate, and was buried. And the third day He arose again, according to the Scriptures, and ascended into heaven. He sitteth at the right hand of the Father: and He shall come again with glory, to judge the living and the dead: and His kingdom shall have no end. And in the Holy Ghost, the lord and Giver of Life, Who proceedeth from the Father and the Son, Who together with the Father and the Son, is adored and glorified: Who Speke by the prophets. And one holy catholic and apostolic Church. I confess one baptism for the remission of sins. And I expect the resurrection of the dead, and the life of the world to come. Amen.

V. The Lord be with you.

**R. And with thy spirit.**

V. Let us pray.

## THE OFFERTORY

Confirm this O God, which Thou hast wrought in us: from Thy temple, which is in Jerusalem, kings shall offer presents to Thee, alleluia.

## THE SECRET

Sanctify, we beseech Thee, O Lord, the gifts offered, and please our hearts with the light of the Holy Spirit. Through... in the unity of the same,

## THE PREFACE

V. The Lord be with you.

**R. And with thy Spirit.**

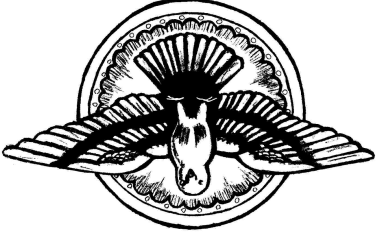
V. Lift up your hearts.

**R. We lift them up unto the Lord.**

V. Let us give thanks to the Lord our God.

**R. It is meet and just.**

It is truly meet and just, right and profitable, to extol Thee indeed at all times, O Lord, but chiefly with highest praise to magnify Thee on this night which for us was sacrificed Christ, our pasch. For He is the true Lamb Who hath taken away the sins of the world; no by dying Himself hath destroyed our death; and by rising again hath bestowed a new life on us. And therefore with the angels and archangels, with the thrones and dominions, and with all the array of the heavenly host we sing a hymn to Thy glory and unceasingly repeat:



By Whom O Lord, Thou dost always create, sanctify + quicken +, bless +, and bestow upon us all these good things. Through Him +, and with Him +, and in Him +, is to Thee, God the Father + almighty, in the unity of the Holy + Ghost, all honor and glory. World without end.

**R. Amen**

Deliver us, we beseech Thee, O Lord, from all evils, past, present, and to come: and by the intercession of the blessed and glorious Mary, ever a virgin, Mother of God, and of Thy holy apostles Peter and Paul, of Andrew, and of all the saints, graciously grant peace in our days, that through the help of Thy bountiful mercy we may always be free from sin and secure from all disturbance.

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.**

May the peace + of the Lord + be always with + you.

**R. And with Thy spirit.**

May this commingling and consecrating of the Body and Blood of Our Lord Jesus Christ avail us who receive it unto life everlasting. Amen.

Wherefore, O Lord, we, Thy servants, as also Thy holy people, calling to mind the blessed passion of the same Christ, Thy Son, our Lord, His resurrection from the grave, and His glorious ascension into heaven, offer up to Thy most excellent majesty of Thine own gifts bestowed upon us, a victim which is pure, a victim which is holy, a victim which is stainless, the holy bread of life everlasting, and the chalice of eternal salvation.

Vouchsafe to look upon them with a gracious and tranquil countenance, and to accept them, even as Thou wast pleased to accept the offerings of Thy just servant Abel, and the sacrifice of Abraham, our patriarch, and that which Melchisedech, Thy high priest, offered up to Thee, a holy sacrifice, a victim without blemish.

We humbly beseech Thee, almighty God, to command that these our offerings be borne by the hands of Thy holy angel to Thine altar on high in the presence of Thy divine Majesty; that as many of us as shall receive the most sacred + Body and + Blood of Thy Son by partaking thereof from this altar may be filled with every heavenly blessing and grace: Through the same Christ Our Lord. Amen.

Be mindful also, O Lord, of Thy servants *N* and *N*, who have gone before us with the sign of faith and who sleep the sleep of peace. To These O Lord, and to all who rest in Christ, grant, we beseech Thee, a place of refreshment, light, and peace. Through the same Christ Our Lord. Amen.

To us sinners, also, Thy servants, who put our trust in the multitude of Thy mercies, vouchsafe to grant some part and fellowship with Thy holy apostles and martyrs; with John, Stephen, Matthias, Barnabas, Ignatius, Alexander; Marcellinus, Peter, Felicidad, Marcellino, Felicitas, Perpetua, Agatha, Lucy, Agnes, Cecilia, Anastasia, and with all thy saints. Into their company do Thou, we beseech Thee, admit us, not weighing our merits, but pardoning our offenses: through Christ Our Lord.

## THE SANCTUS

*The Sanctus can be prayed here or the Mass Setting played.*

**Holy, holy, holy Lord God of hosts. Heaven and earth are full of Thy glory. Hosanna in the highest. Blessed is He that cometh in the name of the Lord, Hosanna in the Highest.**

*Or*

**Sanctus, Sanctus, Sanctus, Domine Deus Sabaoth. Pleni sunt caeli et terra gloria tua. Hosanna in excelsis. Benedictus qui venit in nomine Domini. Hosanna in excelsis.**

## THE CANON OF THE MASS

*The Canon is now read and explained for a teaching moment. Than an Act of Contrition and Act of Spiritual Communion are made. No food, drink, or reenactment should be involved.*

Wherefore, we humbly pray and beseech Thee, most merciful Father, through Jesus Christ Thy Son, Our Lord, to receive and to bless these gifts, these presents, holy unspotted sacrifice, which we offer up to Thee, in the first place, for Thy holy Catholic Church, that it may please Thee to grant her peace, to guard, unite, and guide her, throughout the world; as also for Thy servant Francis, our Pope, and *N*, our Bishop, and for all who are orthodox in belief and who profess the catholic and apostolic faith.

Be merciful, O Lord, of Thy servants, *N* and *N* and of all here present, whose faith and devotion are known to Thee, for whom we offer, or who offer up to Thee, this sacrifice of

praise, for themselves, their families, and their friends, for the salvation of their souls and the health and welfare the hope for, and who now pay their vows to Thee, God eternal, living, and true.

## THE COMMUNICANTES

Having communion in and celebrating the most sacred day of the resurrection of Our Lord Jesus Christ according to the flesh; venerating also the memory, first, of the glorious Mary, ever a virgin, mother of Jesus Christ, our God and our Lord: likewise of Thy blessed apostles and martyrs, Peter and Paul, Andrew, James, John, Thomas, James, Phillip, Bartholomew, Matthew, Simon and Thaddæus; of Linus, Cletus, Clement, Sixtus, Cornelius, Cyprian, Lawrence, Chrysostomus, John and Paul, Cosmas and Damian, and of all Thy saints: for the sake of white merits and prayers do Thou grant that in all things we may be defended by the help of Thy protection. Through the same Christ, Our Lord, Amen.

Wherefore we beseech Thee, O Lord graciously to receive this oblation which we Thy servants, and with us Thy whole family, make to Thee, offering it up in like manner for those also whom Thou hast been pleased to make to be born again of water and the Holy Ghost. Grant to them the forgiveness of all their sins; so Thou establish our days in Thy peace; nor suffer that we be condemned forever, but rather command that we be numbered in the flock of Thine elect. Through Jesus Christ Our Lord. Amen.

And do Thou, O God vouchsafe in all respects to bless +, consecrate +, and approve this oblation, to perfect stand to render it well-pleasing to Thyself, so that it may become for us the body + and blood + of Thy most beloved Son, Jesus Christ Our Lord. Who, the day before He suffered, took bread into His holy and venerable hands, and having lifted up His eyes to heaven, to Thee, God, His almighty Father, giving thanks to Thee, blessed it +, broke it, and gave it to His disciples, saying :

Take ye and eat ye all of this:

## THE CONSECRATION

**For this is My Body** Hoc est enim Corpus Meum

*Bells can be rung her and the partially indulged practice of praying "My Lord and My God" can be explained.*

In like manner, after He had supped, taking also into His holy and venerable hands this goodly chalice again giving thanks to Thee, He blessed it +, and gave it to His disciples, saying: Take ye and drink ye all of this:

**For this is the Chalice** Hic est enim Calix  
**of My Blood, of the new** Sanguinis mei, nobis et  
**and everlasting testament,** aereni testamenti:  
**the mystery of faith,** mysterium fidei, qui pro  
**which for you and for many** nobis et pro multis  
**shall be shed unto the** effundetur in remissionem  
**remission of sins.** remissionem peccatorum.

As often as ye shall do these things, ye shall do them in memory of Me.