

SEASONAL COMMUNION ANTIPHONS

As found in the Lumen Christi Missal | Ordinary Time

COMMUNION ANTIPHON

Ps 43 (42): 4 · GR

VIII

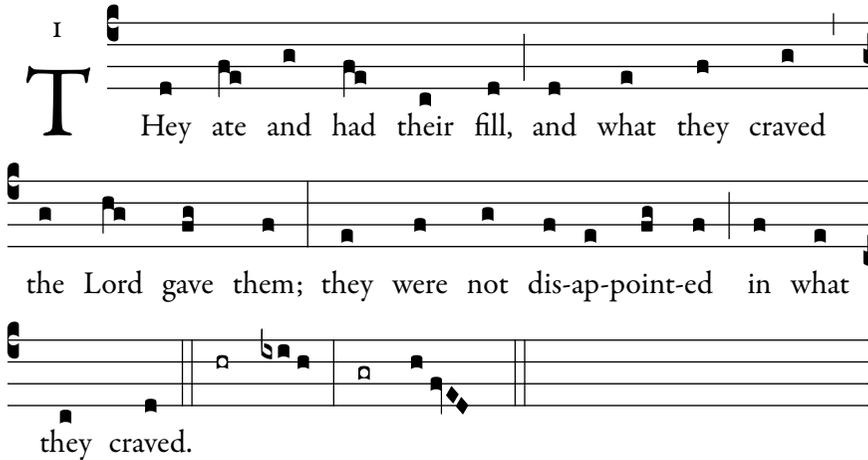
I will come to the altar of God, to God who restores the
joy of my youth.

Psalm 43 (42): 1, 2, 3, 5

1. Give me justice, O God, and plead *my cause* *
against a nation *that is faithless*.
From the deceitful and *the cunning* *
rescue *me, O God*.
2. You, O God, are *my strength*; *
why have you *rejected me*?
Why do I *go mourning*, *
oppressed *by the foe*?
3. O send forth your light and *your truth*; *
they will *guide me on*.
They will bring me to your *holy mountain*, *
to the place *where you dwell*.
4. Why are you cast down, *my soul*; *
why *groan within me*?
Hope in God; I will praise him yet *again*, *
my saving presence *and my God*.
5. 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*.

COMMUNION ANTIPHON

Ps 78 (77): 29, 30



I
T Hey ate and had their fill, and what they craved
 the Lord gave them; they were not dis-ap-point-ed in what
 they craved.

Psalm 78 (77): 1, 3-4, 23-24, 25, 27-28

1. Give ear, my people, to *my* teaching; *
 incline your ear to the words of *my* mouth.
2. The things we have heard and *understood*, *
 the things our fathers *have* told us,
 these we will not hide from *their* children *
 but will tell them to the next generation:
 the glories of the LORD and *his* might, *
 and the marvelous deeds he *has* done.
3. Yet he commanded the clouds *above*, *
 and opened the gates *of* heaven.
 He rained down manna *to* eat, *
 and gave them bread *from* heaven.
4. Man ate the bread *of* angels. *
 He sent them abundance *of* food;
5. He rained flesh upon them *like* dust, *
 winged fowl like the sands of *the* sea.
 He let it fall in the midst of *their* camp, *
 and all around *their* tents.

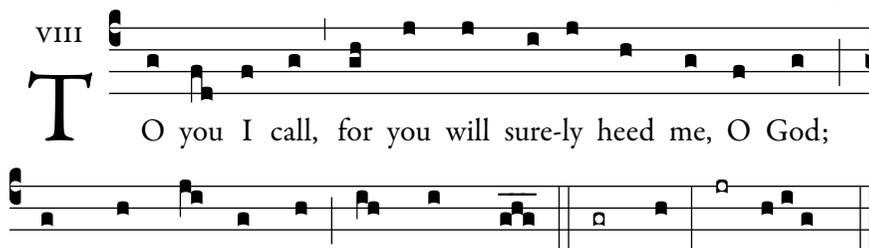
6. Glory be to the Father, and to *the Son*, *
and to the *Holy Spirit*.

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

COMMUNION ANTIPHON

Ps 17 (16): 6

VIII



O you I call, for you will sure-ly heed me, O God;

turn your ear to me; hear my words.

Psalm 17 (16): 1ab and 2, 5 and 7, 8-9a, 15

1. O LORD, hear a cause that is **just**; *
pay heed *to my cry*.
From you may my justice come **forth**. *
Your eyes discern *what is upright*.
2. I kept my steps firmly in your **paths**. *
My feet have *never faltered*.
Display your merciful love. †
By your right hand you deliver from their **foes** *
those who put their *trust in you*.
3. Guard me as the apple of your eye. †
Hide me in the shadow of your **wings** *
from the violent attack *of the wicked*.
4. As for me, in justice I shall behold your **face**; *
when I awake I shall be filled with the vision *of your presence*.

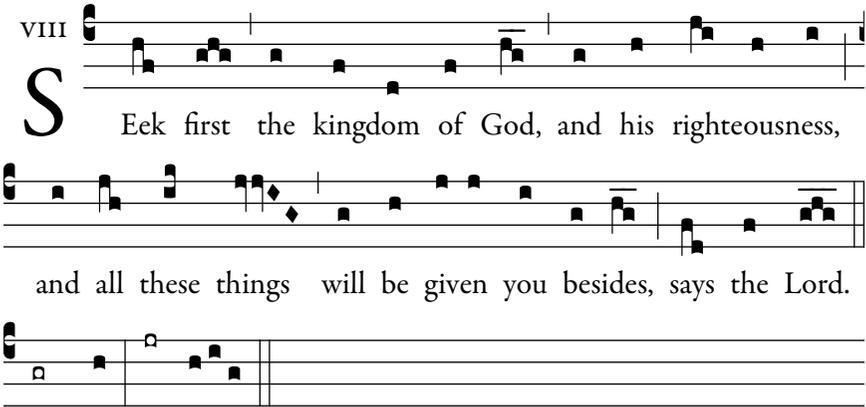
5. Glory be to the Father, and to the **Son**, *
and to the *Holy Spirit*.

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

COMMUNION ANTIPHON

Mt 6: 33

VIII



SEEK first the kingdom of God, and his righteousness,
and all these things will be given you besides, says the Lord.

Psalm 37 (36): 1 and 3, 18-19, 23, 27-28ab, 28cd-29, 34

1. Do not fret because of the **wicked**; *
do not envy those *who do evil*,
Trust in the LORD and do **good**; *
then you will dwell in the land and *safely pasture*.
2. The LORD takes note of the days of the **blameless**; *
their heritage will *last forever*.
They shall not be put to shame in evil **days**; *
in time of famine they shall *have their fill*.
3. By the LORD are the steps made **firm** *
of one in whose path *He delights*.
4. Then turn away from evil and do **good**, *
and you may *abide forever*;
for indeed, the LORD loves **justice**, *
and will never forsake *his faithful*.

5. The unjust shall be wiped out forever, *
and the descendants of the wicked *destroyed*.

The just shall inherit the **land**; *
there they shall *abide forever*.

6. Then wait for the LORD, keep to his way. †
He will exalt you to inherit the **land**, *
and you will see the wicked *destroyed*.

7. 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*.

COMMUNION ANTIPHON

Ps 18 (17): 3 · RM, GR

II
T HE Lord is my rock, my fort-ress, and my de-liv-

er-er; my God is my sav-ing strength.

Psalm 18 (17): 4, 7, 28-29, 32-33, 36

1. I cry out, “Praised be the **LORD!**” *
and see, I am saved from *my foes*.

2. In my anguish I called to the **LORD**; *
I cried to my God *for help*.
From his temple he heard my **voice**; *
my cry to him reached *his ears*.

3. For you save a lowly **people**, *
but bring low the eyes that *are proud*.
It is you who give light to my **lamp**; *
the LORD my God lightens *my darkness*.

4. For who is God but the **LORD**? *
 Who is a rock but *our God*?
 It is God who girds me with **strength**, *
 and keeps my path free of **blame**.

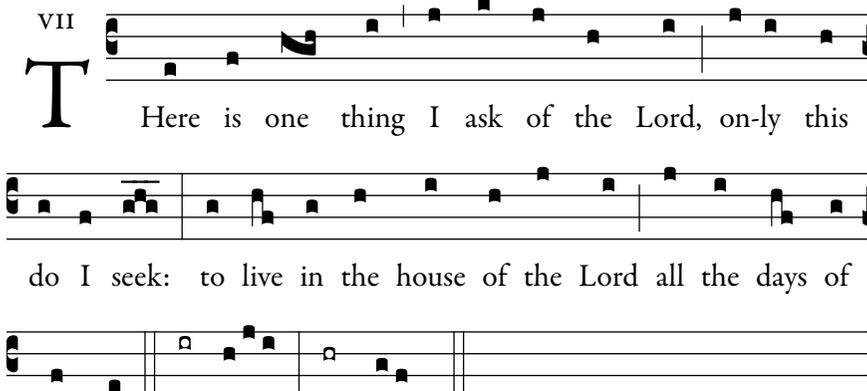
5. You gave me your saving shield; †
 with your right hand, you gave me **support**; *
 you bent down to make *me great*.

6. 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*.

COMMUNION ANTIPHON

Ps 27 (26): 4 · RM, GR

VII



T Here is one thing I ask of the Lord, on-ly this
do I seek: to live in the house of the Lord all the days of
my life.

Psalm 27 (26): 1, 2, 3, 8c-9abc, 11, 13-14

1. The **LORD** is my light and *my salvation*; *
 whom shall *I fear*?
 The **LORD** is the stronghold of *my life*; *
 whom should *I dread*?

2. When those who do *evil draw near* *
 to devour *my flesh*,
 it is they, my *enemies and foes*, *
 who stumble *and fall*.

3. Though an army encamp *against* me, *
my heart would *not* fear.

Though war break *out against* me, *
even then would *I* trust.

4. It is your face, O LORD, *that I* seek; *
hide not your face *from* me.

Dismiss not your servant *in* anger; *
you have been *my* help.

5. Instruct me, LORD, in your way; †
on an *even path* lead me *
because of *my* enemies.

6. I believe I shall see *the* LORD's goodness *
in the land of *the* living.

Wait for the LORD; *be* strong; *
be stouthearted, and wait for *the* LORD!

7. 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.*

COMMUNION ANTIPHON

Mt 16: 24 · GR

I
W

Ho- ev-er wish-es to come af-ter me must de-ny
himself, take up his cross, and fol-low me.

Psalm 34 (33): 2, 6-7, 15-16, 17-18, 19, 20-21

1. I will bless the LORD *at all times*; *
praise of him is always in *my mouth*.
2. Look towards him *and be radiant*; *
let your faces not be *abashed*.
This lowly one called; *the LORD heard*, *
and rescued him from all his *distress*.
3. Turn aside from evil *and do good*. *
Seek after peace, and *pursue* it.
The LORD turns his eyes *to the just*, *
and his ears are open to *their cry*.
4. The LORD turns his face *against the wicked* *
to destroy their remembrance from *the earth*.
When the just cry out, *the LORD hears*, *
and rescues them in all their *distress*.
5. The LORD is close to the *brokenhearted*; *
those whose spirit is crushed he *will save*.
6. Many are the trials *of the just* man, *
but from them all the LORD will *rescue him*.
He will keep guard over *all his bones*; *
not one of his bones shall *be broken*.
7. 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*.

COMMUNION ANTIPHON

Ps 31 (30): 3ab · GR

IV

I

N-cline your ear; make haste to res-cue us.

Psalm 31 (30): 2-3a, 3b-4, 6-7, 8-9, 20, 21, 24, 25

1. In you, O LORD, I take refuge. *
 Let me never be *put to shame*.
 In your justice, set me **free**; *
 incline your ear to me, and speedily *rescue me*.
2. Be a rock of refuge for me, *
 a mighty *stronghold to save me*.
 For you are my rock, my **stronghold!** *
 Lead me, guide me, for the sake *of your name*.
3. Into your hands I commend my **spirit**. *
 You will redeem me, O LORD, O *faithful God*.
 You detest those who serve empty idols. *
 As for me, I trust *in the LORD*.
4. Let me be glad and rejoice in your mercy, †
 for you who have seen my **affliction** *
 and taken heed of my *soul's distress*,
 have not left me in the hands of the **enemy**, *
 but set my *feet at large*.
5. How great is the goodness, **LORD**, *
 that you keep for *those who fear you*,
 that you show to those who **trust you** *
 in the sight of the *children of men*.

6. You hide them in the shelter of your **presence**, *
secure from *human scheming*;
you keep them safe within your **tent** *
from *disputing tongues*.

7. Love the LORD, all you his **saints**. *
The LORD *guards the faithful*.
But the LORD will repay to the **full** *
the one who *acts with pride*.

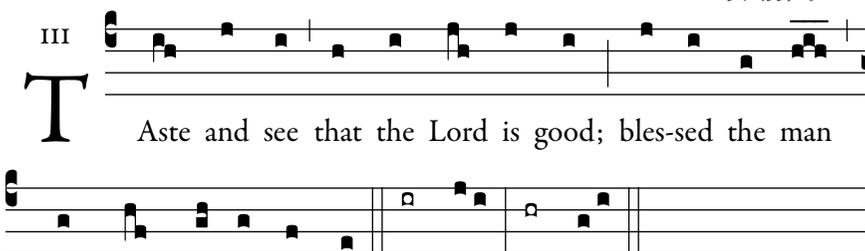
8. Be strong, let your heart take **courage**, *
all who hope *in the LORD*.

9. 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*.

COMMUNION ANTIPHON

Ps 34 (33): 9 · GR

III



T Aste and see that the Lord is good; bles-sed the man
who seeks ref-uge in him.

Psalm 34 (33): 2-3, 4-5, 6-7, 8 and 18, 19 and 23

1. I will bless the LORD at *all times*; *
praise of him is always in *my mouth*.
In the LORD my soul shall make *its boast*; *
the humble shall hear and *be glad*.

2. Glorify the LORD *with me*; *
together let us praise *his name*.
I sought the LORD, and he *answered me*; *
from all my terrors he set *me free*.

3. Look towards him and *be radiant*; *
let your faces not be *abashed*.
This lowly one called; the LORD *heard*, *
and rescued him from all his *distress*.

4. The angel of the LORD is *encamped* *
around those who fear him, to *rescue them*.
When the just cry out, the LORD *hears*, *
and rescues them in all their *distress*.

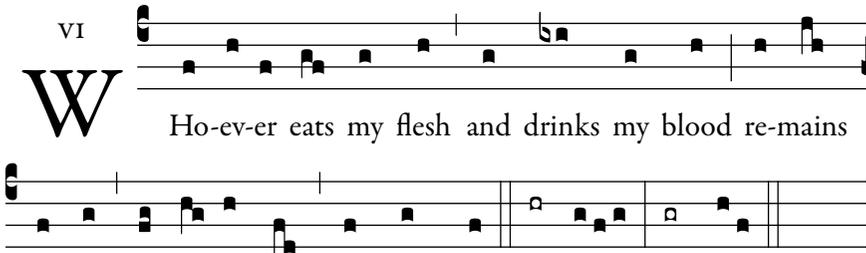
5. The LORD is close to the *brokenhearted*; *
those whose spirit is crushed he *will save*.
The LORD ransoms the souls of *his servants*. *
All who trust in him shall not be *condemned*.

6. 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*.

COMMUNION ANTIPHON

Jn 6: 57 · RM, GR

VI



Ho-ev-er eats my flesh and drinks my blood re-mains

in me and I in him, says the Lord.

Psalm 119 (118): 1-2, 11 and 49-50, 72 and 103, 105 and 162

1. Blessed are those whose *way is blameless*, *
who walk in the law of *the LORD!*
Blessed are those who keep *his decrees!* *
With all their hearts *they seek him.*
2. I treasure your word *in my heart*, *
lest I sin *against* you.
Remember your word *to your servant*, *
by which you made *me hope.*
This is my *comfort in sorrow:* *
that your promise gives *me life.*
3. The law from your mouth means *more to me* *
than large quantities of silver *and gold.*
How sweet is your promise *to my tongue,* *
more than honey in *the mouth.*
4. Your word is a lamp *for my feet*, *
and a light for *my path.*
I rejoice *at your promise,* *
like one who finds a *great treasure.*
5. 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.*

COMMUNION ANTIPHON

Wis 16: 20 · RM, GR

V
YOU have giv-en us, O Lord, bread from heav-en,
 endowed with all delights and sweetness in ev-ery taste.

Psalm 78 (77): 1-2, 3-4, 23-24, 25, 27-28, 29

1. Give ear, my people, to *my* teaching; *
 incline your ear to the words of *my* mouth.
 I will open my mouth in a **parable** *
 and utter hidden lessons of *the past*.
2. The things we have heard and *understood*, *
 the things our *fathers have* told us,
 these we will not hide from *their* children *
 but will tell them to the next *generation*:
 the glories of the LORD and *his* **might**, *
 and the marvelous deeds *he has* done.
3. Yet he commanded the clouds **above**, *
 and opened the *gates of* heaven.
 He rained down manna *to eat*, *
 and gave them *bread from* heaven.
4. Man ate the bread of **angels**. *
 He sent them *abundance of* **food**;
5. He rained flesh upon them *like* **dust**, *
 winged fowl like the sands of *the sea*.
 He let it fall in the midst of *their* **camp**, *
 and all *around their* **tents**.

6. So they ate and had *their fill*, *
what they *craved*, *he gave* them.

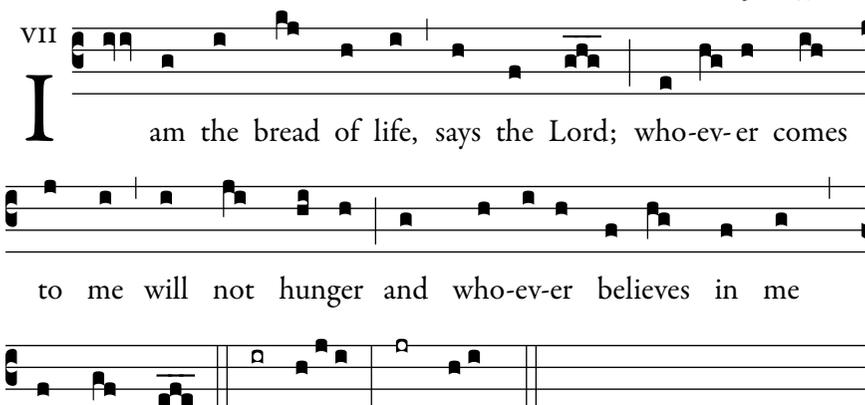
7. Glory be to the Father, and to *the Son*, *
and to the *Holy Spirit*.

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

COMMUNION ANTIPHON

Jn 6: 35 · RM

VII



I am the bread of life, says the Lord; who-ev-er comes
to me will not hunger and who-ev-er believes in me
will not thirst.

Psalm 36 (35): 6, 7, 8, 9, 10

1. Your mercy, LORD, reaches *to heaven*, *
your truth to *the clouds*.
2. Your justice is like God's mountains; †
like the great *deep*, *your justice*. *
Both man and beast you save, *O LORD*.
3. How precious is your mercy, O God! †
The children of *men seek shelter* *
in the shadow of *your wings*.
4. They feast on the riches *of your house*; *
you give them drink from the stream of your *delight*.
5. For with you is the fountain *of life*, *
and in your light we *see light*.

6. 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*.

COMMUNION ANTIPHON

Jn 6: 52 · RM

T HE bread that I will give, is my flesh for the
life of the world.

Psalm III (110): 1bc-2, 3-4, 5-6, 7-8, 9, 10

1. I will praise the LORD with all *my heart*, *
in the meeting of the just and the *assembly*.

Great are the works of *the LORD*, *
to be pondered by all who delight *in them*.

2. Majestic and glorious *his work*; *
his justice stands firm *forever*.

He has given us a memorial of *his wonders*. *
The LORD is gracious *and merciful*.

3. He gives food to those *who fear* him; *
keeps his covenant ever *in mind*.

His mighty works he has shown to *his people* *
by giving them the heritage *of nations*.

4. His handiwork is justice *and truth*; *
his precepts are all of *them sure*,

standing firm forever *and ever*, *
wrought in uprightness *and truth*.

5. He has sent redemption to his people, †
and established his covenant *forever*. *
Holy his name, to *be feared*.

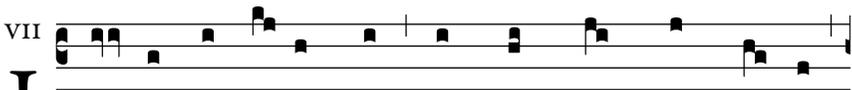
6. The fear of the LORD is the beginning of wisdom; †
understanding marks all who *attain* it. *
His praise endures *forever*!

7. 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*.

COMMUNION ANTIPHON

Jn 6: 51-52 · RM

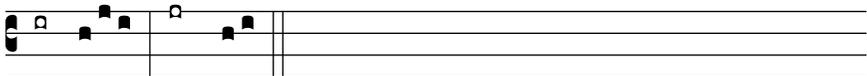
VII



I am the liv-ing bread that came down from heav-en,



says the Lord. Who-ev-er eats of this bread will live for ev-er.



Psalm 119 (118): 1-2, 11, 49-50, 72, 103 and 105, 162

1. Blessed are those whose *way is blameless*, *
who walk in the law of *the LORD*!
Blessed are those who keep *his decrees*! *
With all their hearts *they seek* him.

2. I treasure your word *in my heart*, *
lest I sin *against* you.

3. Remember your word *to your servant*, *
by which you made *me hope*.

This is my *comfort in sorrow*: *
that your promise gives *me life*.

4. The law from your mouth means *more to me* *
than large quantities of silver *and gold*.

5. How sweet is your promise *to my tongue*, *
more than honey in *the mouth*.

Your word is a lamp *for my feet*, *
and a light for *my path*.

6. I rejoice *at your promise*, *
like one who finds a *great treasure*.

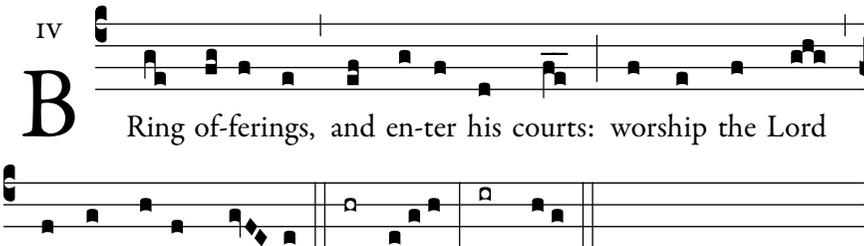
7. Glory be to the Father, and *to the Son*, *
and to the *Holy Spirit*.

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

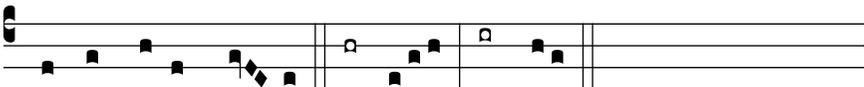
COMMUNION ANTIPHON

Ps 96 (95): 8, 9

IV



B Ring of-fer-ings, and en-ter his courts: worship the Lord



in his ho-ly dwelling.

Psalm 96 (95): 1, 2-3, 4-6, 7-8a, 11-12a, 12b-13

1. O sing a new song *to the LORD*; *
sing to the LORD, all *the earth*.

2. O sing to the LORD; *bless his name.* *
Proclaim his salvation day *by day.*
Tell among the *nations his glory,* *
and his wonders among all *the peoples.*

3. For the LORD is great and highly *to be praised,* *
to be feared above *all gods.*
For the gods of the *nations are naught.* *
It was the LORD who made *the heavens.*
In his presence are *majesty and splendor,* *
strength and honor in his *holy place.*

4. Give the LORD, you families of peoples, †
give the LORD *glory and power;* *
give the LORD the glory of *his name.*

5. Let the heavens rejoice and earth be glad; †
let the sea and all within it *thunder praise.* *
Let the land and all it bears *rejoice.*

6. Then will all the trees of the wood shout for joy †
at the presence of the LORD, *for he comes,* *
he comes to judge *the earth.*
He will judge the *world with justice;* *
he will govern the peoples with *his truth.*

7. 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.*

COMMUNION ANTIPHON

Ps 16 (15): II · RM, GR

VII

YOU will show me the path of life, the fullness
of joy in your presence, O Lord.

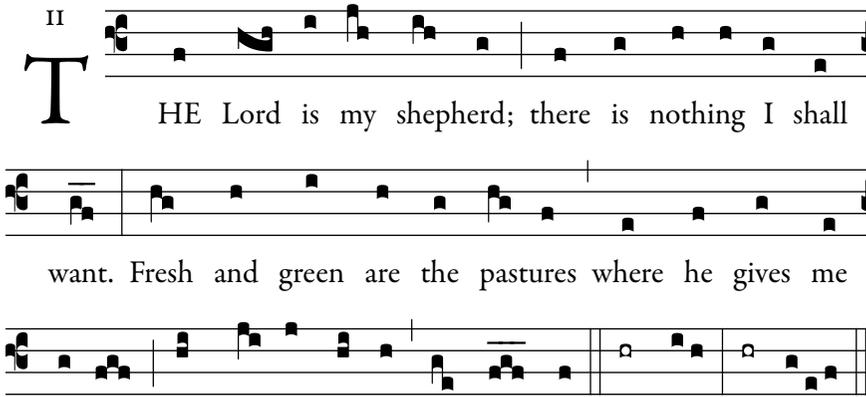
Psalm 16 (15): 1-2, 3, 5-6, 7-8, 9-10

1. Preserve me, O God, for in you I take refuge. †
I say to the LORD, “*You are my LORD.*” *
My happiness lies in you *alone.*”
2. As for the holy ones who dwell *in the land,* *
they are noble, and in them is all my *delight.*
3. O LORD, it is you who are my *portion and cup;* *
you yourself who secure *my lot.*
Pleasant places are marked *out for me:* *
a pleasing heritage indeed *is mine!*
4. I will bless the LORD who *gives me counsel,* *
who even at night directs *my heart.*
I keep the LORD *before me* always; *
with him at my right hand, I shall not *be moved.*
5. And so, my heart rejoices, my *soul is glad;* *
even my flesh shall rest *in hope.*
For you will not abandon my *soul to hell,* *
nor let your holy one see *corruption.*
6. 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.*

COMMUNION ANTIPHON

Ps 23 (22): 1, 2 · RM, GR

II



T HE Lord is my shepherd; there is nothing I shall
 want. Fresh and green are the pastures where he gives me
 re-*po*se, near rest-ful wa-ters he leads me.

Psalm 23 (22): 3bc, 4, 5, 6

1. He guides me along the *right path*, *
 for the sake *of his name*.
2. Though I should walk in the valley of the shadow of death, †
 no evil would I fear, for you *are with me*. *
 Your crook and your staff will *give me comfort*.
3. You have prepared a table *before me* *
 in the sight *of my foes*.
 My head you have anointed *with oil*; *
 my cup is *overflowing*.
4. Surely goodness and mercy shall *follow me* *
 all the days *of my life*.
 In the LORD's own house shall *I dwell* *
 for length of *days unending*.
5. 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*.

COMMUNION ANTIPHON

GS

II

L- le- lu- ia, al- le- lu- ia, al- le- lu- ia.

Psalm 34 (33): 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15

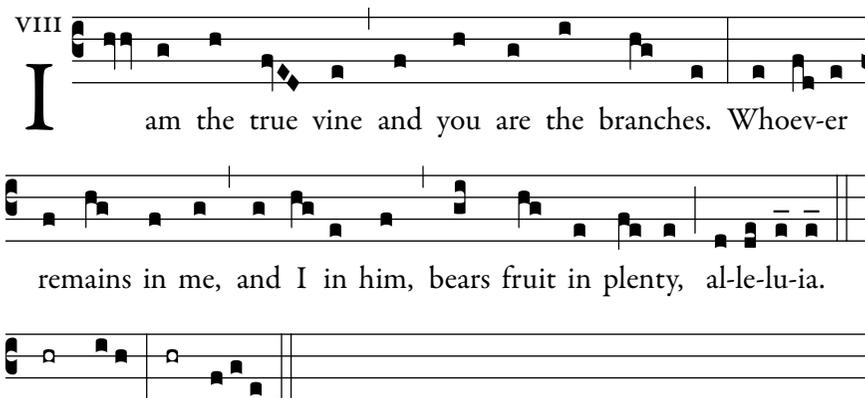
1. I will bless the LORD at all times; *
praise of him is always in *my* mouth.
In the LORD my soul shall make its **boast**; *
the humble shall hear and *be* glad.
2. Glorify the LORD with **me**; *
together let us praise *his* name.
I sought the LORD, and he answered **me**; *
from all my terrors he set *me* free.
3. Look towards him and be radiant; *
let your faces not be *abashed*.
This lowly one called; the LORD **heard**, *
and rescued him from all his *distress*.
4. The angel of the LORD is encamped *
around those who fear him, to *rescue* them.
Taste and see that the LORD is **good**. *
Blessed the man who seeks refuge *in* him.
5. Fear the LORD, you his **holy** ones. *
They lack nothing, those *who* fear him.
The rich suffer want and go **hungry**, *
but those who seek the LORD lack *no* blessing.

6. Come, children, and **hear me**, *
that I may teach you the fear of *the LORD*.
Who is it that desires **life** *
and longs to see *prosperous days*?
7. Guard your tongue from evil, *
and your lips from speaking *deceit*.
Turn aside from evil and do **good**. *
Seek after peace, and *pursue* it.
8. 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*.

COMMUNION ANTIPHON

Cf. Jn 15: 1, 5 · RM, GR

VIII



I am the true vine and you are the branches. Whoev-er

remains in me, and I in him, bears fruit in plenty, al-le-lu-ia.

Psalm 80 (79): 2ab, 9-10, 11-12, 16, 18-19

1. O shepherd of *Israel*, **hear us**, *
you who lead Joseph *like a flock*:
2. You brought a vine out *of Egypt*; *
you drove out the *nations and planted* it.
Before it you cleared *the ground*; *
it took root and *filled the land*.

3. The mountains were covered with *its shadow*,*
the cedars of God *with its boughs*.
It stretched out its branches to *the sea*;*
to the River it stretched *out its shoots*.
4. The vine your right hand *has planted*,*
the son of man you have claimed *for yourself*.
5. May your hand be on the man at your *right hand*,*
the son of man you have confirmed *as your own*.
And we shall never forsake you *again*;*
give us life that we may call *upon your name*.
6. 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*.

COMMUNION ANTIPHON

1 Cor II: 24-25 · RM, GR

VIII

T

His is the Bod-y that will be giv-en up for you;

this is the Chalice of the new cov-e-nant in my Blood,

says the Lord; do this, when-ev-er you re-ceive it, in mem-o-ry

of me.

COMMUNION ANTIPHON

Cf. Ps 34 (33): 9

I
Taste and see that the Lord is good.

Psalm 34 (33): 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15

1. I will bless the LORD *at all times*; *
praise of him is always in *my mouth*.
In the LORD my soul shall *make its boast*; *
the humble shall hear and *be glad*.
2. Glorify the LORD *with me*; *
together let us praise *his name*.
I sought the LORD, and he *answered me*; *
from all my terrors he set *me free*.
3. Look towards him *and be radiant*; *
let your faces not be *abashed*.
This lowly one called; *the LORD heard*, *
and rescued him from all his *distress*.
4. The angel of the LORD *is encamped* *
around those who fear him, to *rescue them*.
Taste and see that the LORD *is good*. *
Blessed the man who seeks refuge *in him*.
5. Fear the LORD, *you his holy ones*. *
They lack nothing, those *who fear* him.
The rich suffer want *and go hungry*, *
but those who seek the LORD lack *no blessing*.

6. Come, *children*, and **hear me**, *
that I may teach you the fear of *the LORD*.
Who is it that *desires life* *
and longs to see *prosperous days*?
7. Guard your *tongue from evil*, *
and your lips from speaking *deceit*.
Turn aside from evil and **do good**. *
Seek after peace, and *pursue* it.
8. 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*.

COMMUNION ANTIPHON

Cf. Ps 34 (33): 9

II

Aste and see that the Lord is good.

Psalm 34 (33): 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15

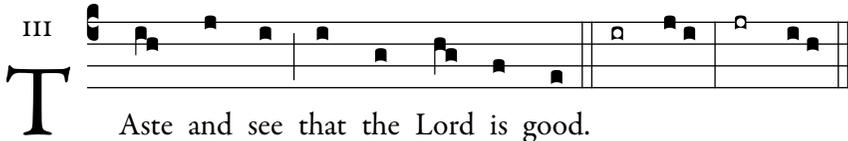
1. I will bless the LORD at *all times*; *
praise of him is always *in my mouth*.
In the LORD my soul shall make *its boast*; *
the humble shall hear *and be glad*.
2. Glorify the LORD *with me*; *
together let us *praise his name*.
I sought the LORD, and he *answered me*; *
from all my terrors he *set me free*.

3. Look towards him and *be radiant*; *
let your faces not *be abashed*.
This lowly one called; the *LORD heard*, *
and rescued him from all *his distress*.
4. The angel of the *LORD is encamped* *
around those who fear him, to *rescue them*.
Taste and see that the *LORD is good*. *
Blessed the man who seeks *refuge in him*.
5. Fear the *LORD*, you *his holy ones*. *
They lack nothing, *those who fear him*.
The rich suffer want and *go hungry*, *
but those who seek the *LORD lack no blessing*.
6. Come, children, *and hear me*, *
that I may teach you the fear *of the LORD*.
Who is it that *desires life* *
and longs to see *prosperous days*?
7. Guard your tongue *from evil*, *
and your lips from *speaking deceit*.
Turn aside from evil and *do good*. *
Seek after peace, *and pursue it*.
8. 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*.

COMMUNION ANTIPHON

Cf. Ps 34 (33): 9

III



Taste and see that the Lord is good.

Psalm 34 (33): 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15

1. I will bless the LORD at *all* times; *
praise of him is always in *my* mouth.
In the LORD my soul shall make *its* boast; *
the humble shall hear and *be* glad.
2. Glorify the LORD *with* me; *
together let us praise *his* name.
I sought the LORD, and he answered me; *
from all my terrors he set *me* free.
3. Look towards him and *be* radiant; *
let your faces not be *abashed*.
This lowly one called; the LORD heard, *
and rescued him from all his *distress*.
4. The angel of the LORD is *encamped* *
around those who fear him, to *rescue* them.
Taste and see that the LORD *is* good. *
Blessed the man who seeks refuge *in* him.
5. Fear the LORD, you *his* holy ones. *
They lack nothing, those *who* fear him.
The rich suffer want and *go* hungry, *
but those who seek the LORD lack *no* blessing.
6. Come, children, *and* hear me, *
that I may teach you the fear of *the* LORD.
Who is it that desires life *
and longs to see prosperous days?

7. Guard your tongue *from* evil, *
and your lips from speaking *deceit*.

Turn aside from evil and *do good*. *
Seek after peace, and *pursue* it.

8. 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*.

COMMUNION ANTIPHON

Cf. Ps 34 (33): 9

IV

Taste and see that the Lord is good.

Psalm 34 (33): 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15

1. I will bless the LORD *at all times*; *
praise of him is always in *my mouth*.
In the LORD my soul shall *make its boast*; *
the humble shall hear and *be glad*.
2. Glorify the LORD *with me*; *
together let us praise *his name*.
I sought the LORD, and he *answered me*; *
from all my terrors he set *me free*.
3. Look towards him *and be radiant*; *
let your faces not be *abashed*.
This lowly one called; *the LORD heard*, *
and rescued him from all his *distress*.
4. The angel of the LORD *is encamped* *
around those who fear him, to *rescue them*.
Taste and see that the LORD *is good*. *
Blessed the man who seeks refuge *in him*.

5. Fear the LORD, *you his holy ones.* *
 They lack nothing, those *who* **fear** him.
 The rich suffer want *and go* **hungry,** *
 but those who seek the LORD lack *no* **blessing.**
6. Come, *children, and* **hear** me, *
 that I may teach you the fear of *the* **LORD.**
 Who is it that *desires* **life** *
 and longs to see *prosperous* **days?**
7. Guard your *tongue from* **evil,** *
 and your lips from speaking *deceit.*
 Turn aside from evil *and do* **good.** *
 Seek after peace, and *pursue* it.
8. 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.*

COMMUNION ANTIPHON

Cf. Ps 34 (33): 9

V
T Aste and see that the Lord is good.

Psalm 34 (33): 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15

1. I will bless the LORD at *all* **times;** *
 praise of him is always *in my* **mouth.**
 In the LORD my soul shall make *its* **boast;** *
 the humble shall hear *and be* **glad.**

2. Glorify the LORD *with me*; *
together let us *praise his name*.
I sought the LORD, and he *answered me*; *
from all my terrors he *set me free*.
3. Look towards him and *be radiant*; *
let your faces not *be abashed*.
This lowly one called; the LORD *heard*, *
and rescued him from all *his distress*.
4. The angel of the LORD is *encamped* *
around those who fear him, to *rescue them*.
Taste and see that the LORD *is good*. *
Blessed the man who seeks *refuge in him*.
5. Fear the LORD, you *his holy ones*. *
They lack nothing, *those who fear him*.
The rich suffer want and *go hungry*, *
but those who seek the LORD *lack no blessing*.
6. Come, children, *and hear me*, *
that I may teach you the fear *of the LORD*.
Who is it that *desires life* *
and longs to see *prosperous days*?
7. Guard your tongue *from evil*, *
and your lips from *speaking deceit*.
Turn aside from evil and *do good*. *
Seek after peace, *and pursue it*.
8. 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*.

3. Look towards him and be radiant; *
let your faces not *be abashed*.
This lowly one called; the LORD **heard**, *
and rescued him from all *his distress*.
4. The angel of the LORD is encamped *
around those who fear him, to *rescue them*.
Taste and see that the LORD is **good**. *
Blessed the man who seeks *refuge in him*.
5. Fear the LORD, you his **holy** ones. *
They lack nothing, *those who fear* him.
The rich suffer want and go **hungry**, *
but those who seek the LORD *lack no blessing*.
6. Come, children, and **hear** me, *
that I may teach you the fear *of the LORD*.
Who is it that desires **life** *
and longs to see *prosperous days*?
7. Guard your tongue from evil, *
and your lips from *speaking deceit*.
Turn aside from evil and do **good**. *
Seek after peace, *and pursue* it.
8. 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*.