

**The Most Holy
Body and Blood of Christ
Sacred Heart of Jesus**



June 7, 2026 — 10am & 5pm

Processional Hymn

Our God Is Here

Breaking Bread #301

Penitential Act

Glory to God

Opening Prayer

Breaking Bread #854

Breaking Bread #855

First Reading

Responsorial Psalm

Breaking Bread p.168

Second Reading

Sequence (10am only)

Laud, O Zion

Worship Aid p.2

Gospel Acclamation

Gospel

Breaking Bread #856

Homily

Universal Prayer

Presentation and Preparation of the Gifts

I Am the Bread of Life

Breaking Bread #355

Holy

The Mystery of Faith

Amen

Lamb of God

Breaking Bread #858

Breaking Bread #860

Breaking Bread #862

Breaking Bread #863

Communion

See What You Are

Anima Christi

Worship Aid p.3

Worship Aid p.4

Final Blessing and Dismissal

Recessional Hymn

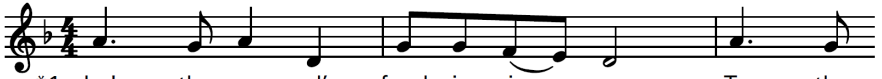
Alleluia! Sing to Jesus

Breaking Bread #730

LAUD, O ZION

Randall DeBruyn

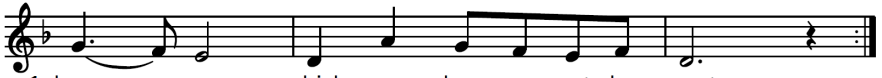
Verses 1, 2



*1. Lo! the an - gel's food is giv - en To the
2. Truth the an - cient types ful - fill - ing, I - saac

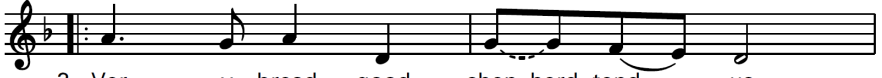


1. pil - grim who has striv - en; See the chil - dren's bread from
2. bound, a vic - tim will - ing, Pas - chal lamb, its life - blood



1. heav - en, which on dogs may not be spent.
2. spill - ing, man - na to the fa - thers sent.

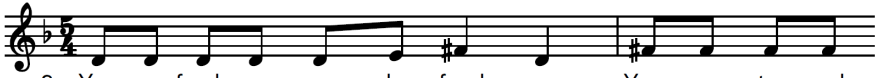
Verses 3, 4



3. Ver - y bread, good shep - herd, tend us,
4. You who all things can ___ and know,



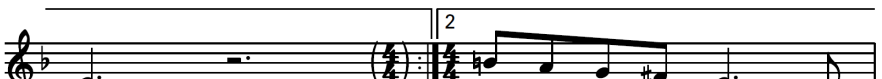
3. Je - su, of your love be - friend us,
4. Who on earth such food ___ be - stow,



3. You re - fresh us, you de - fend us, Your e - ter - nal
4. Grant us with your saints, though low - est, Where the heav'n - ly



3. good - ness send us In the land of life to see.
4. feast you show,



3. 4. Fel - low heirs and guests to



4. be. A - men. Al - le - lu - ia.

*The shorter form of this sequence is given here. The long form is available in the octavo, *Laud, O Zion*, edition 11500, by Randall DeBruyn. Text: Sequence for the Solemnity of the Most Holy Body and Blood of Christ (*Lauda Zion*); fr. *The Roman Missal*, © 1964, National Catholic Welfare Conference, Inc. (now USCCB). All rights reserved. Used with permission. Music © 2000, 2001, Randall DeBruyn. Published by OCP Publications. All rights reserved.

Reprinted with permission under ONE LICENSE, License #5-924668. All rights reserved.

See What You Are

Words & Music by David Kauffman
Choral & Keyboard Arr. by William Gokelman

REFRAIN



See what you are, be-come what you eat, we are the bo-dy of



Christ.____ Blessed and then bro-ken, shared by us all so that



we be - come_ Christ's pre - sence,____ to God's peo - ple.____

VERSES

1. Take and eat, take and eat, this is the bread of life,
take and drink, take and drink; this is the cup of salvation.
2. Grain from the field, fruit from the vine, become our gifts to you.
Now comes this meal, into our lives, so we become gift to others.
3. Here is our prayer, Lord hear our prayer, as we share in this meal
may all that you are, become in us, so that your love lives forever.

Copyright © 2010 GFTSMusic Publishing Company, Inc (BMI)
www.goodforthesoulmusic.com

Administered by Music Services, Inc. www.musicservices.org 615-794-9015

All rights reserved.

Reprinted with permission under ONE LICENSE, License #S-924668. All rights reserved.



Anima Christi

Marco Frisina

Refrain

Anima Christi, sanctifica me.
Corpus Christi, salva me.
Sanguis Christi, inebria me.
Aqua lateris Christi, lava me.

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Verse 1

Passio Christi, conforta me.
O bone Jesu, exaudi me.
Intra vulnera tua absconde, absconde me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds hide me.

Verse 2

Ne permittas a te me separari.
Ab hoste maligno defende me.
In hora mortis meae voca me, voca me.

Never permit me to be parted from you.

From the evil Enemy defend me.

At the hour of my death call me

Verse 3

Et iube me venire ad te,
Ut cum sanctis tuis laudem te
Per infinita saecula saeculorum. Amen.

And bid me come to you,

That with your Saints I may praise you

For age upon age. Amen.

“Anima Christi,” United States Conference of Catholic Bishops © 2026.

<https://www.usccb.org/prayers/anima-christi>



NORTHWEST SEATTLE
CATHOLIC OF
SACRED HEART OF JESUS + OUR LADY OF FATIMA + ST. ANNE