Pentecost Sunday



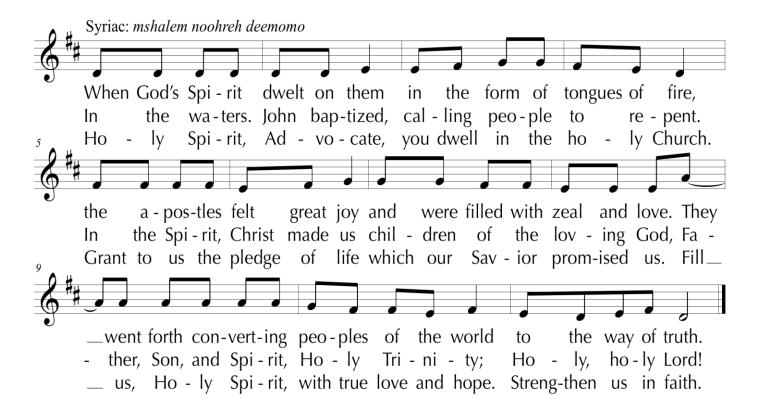
Saint Anthony Maronite Catholic Church Lawrence, MA Published Liturgical Year 2019

LIGHTING HYMN

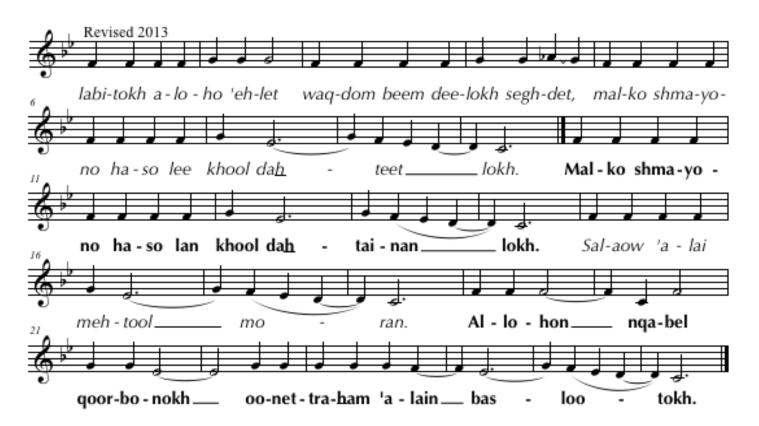


ENTRANCE HYMN

For the 11AM service, the second verse may be sung in Arabic



ENTRANCE DIALOGUE



Cel: I have entered your house, O God, and have worshiped before your throne. O King of heaven, forgive all my sins.

O King of heaven, forgive all our sins.

Cel: Pray to the Lord for me.

May the Lord accept your offering and have mercy on us through your prayer.

DOXOLOGY

Cel: Glory � be to the Father and to the Son and to the Holy Spirit, now and forever.

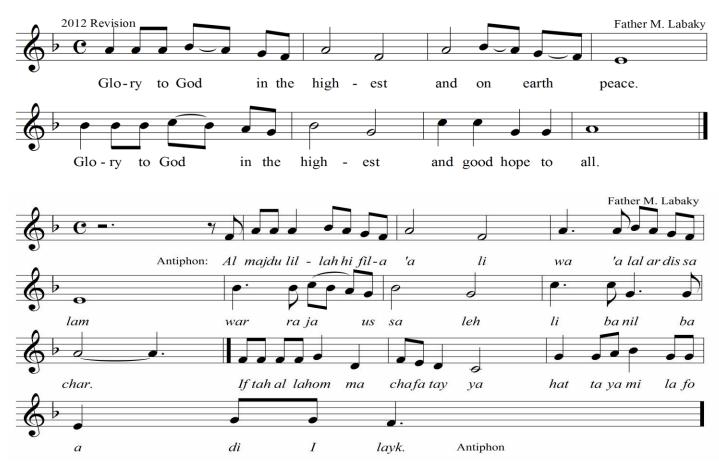
Amen.

OPENING PRAYER

Cel: O Holy Father, at the end of time, you sent us your only Son. He gave us life through his death and resurrection and filled us with the Holy Spirit, the Spirit of adoption, through whom we call you "Our Father". On this feast of Pentecost, in which we commemorate the descent of your Holy Spirit upon his disciples, in the Upper Room, make us worthy to celebrate you with joy and holiness and fill us with your Holy Spirit. We thank you, O Father, now and forever.

GREETING AND HYMN OF THE ANGELS

Cel: Peace ***** be with the Church and her children.



HOOSOYO

PROEMION

Please stand.

To the glory and honor of the Most 💠 Holy Trinity.

Cel: May we be worthy to praise, glorify, and honor the hidden Father, who is the one God; the adored Son, who is the Savior; and the life-giving Holy Spirit, who spoke through the prophets and apostles and overshadowed the disciples in the Upper Room in Jerusalem. To the good One, are due glory and honor, on this feast and all the days of our lives, now and forever.

Amen.

SEDRO (May be sung in Arabic – English Translation)

Cel: O Christ our Lord, when you ascended in glory to your heavenly Father, you imposed your blessed hands on the heads of your holy apostles. You showered your blessings upon them, telling them to stay in Jerusalem and wait for the promise of the Father. On the fiftieth day, as they were gathered in one place, a voice from heaven was heard; the Spirit descended in the likeness of tongues of fire and overshadowed them. Thus, the simple started to speak the language of the wise, and fishermen began to teach the learned.

O Lord, we shout to you, as we stand in awe before this great mystery: We have seen God in our midst on earth. Today, the Spirit appears in the likeness of tongues of fire, which devoured the thorns of rebellion. Today, the people of Galilee praise the Lord with fine melodies, as they were filled by the Holy Spirit.

Today, the Lord Savior established his holy Church, replacing the old vineyard which only produced sour grapes.

We implore you, O Holy Spirit: descend upon us as you did upon the disciples and fill us with your gifts. Adorn your Church with the most exalted favors, so that she may be your people, your one flock. Shower the dew of our mercies upon our faithful departed who sleep hoping in new life. We glorify and thank you, O Holy Spirit, together with the Father and the Son, now and forever.

Amen.

QOLO

Syriac: bo'ooto dmor afrem 1
On this day, the Spi - rit dwelt in the form of tongues of fire,
Ga - thered in the Up - per Room on the feast of Pen - te - cost, Praise the Fa - ther, who ful - filled what was prom-ised by the Son.
rest - ing on the heads of those who had ga - thered deep in prayer. the dis - ci - ples prayed in hope, wait - ing for the Ad - vo - cate.
³ Praise the Son, who gran - ted life, send-ing forth the Pa - ra - clete.
The a - pos-tles, filled with strength, went to preach through-out the world:
Sud - den - ly the Spi - rit came, rest - ing on each one of them, Praise the Spi - rit, who was sent to make the a - pos-tles wise.
"Christ, in his di - vin - i - ty, rose in glo - ry from the dead." and to - ge - ther they pro - claimed: "Glo - ry to the Tri - ni ty!" Ho - ly Tri - ni - ty, one Lord, may your mer - cy rest on us.

ETRO

Cel: O Sanctifier of saints and teacher of the simple, you descended upon the apostles and granted them the power of being your witnesses. Sanctify the incense we now offer

you. Grant that we may walk according to your gifts, in order to bear your name and announce your salvation, so that the whole world may believe in you and find life, now and forever.

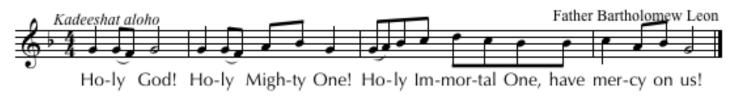
Amen.

TRISAGION

The congregation stands and the Trisagion is then sung three times.



Holy God! Holy Mighty One! Holy Immortal One, have mercy on us!



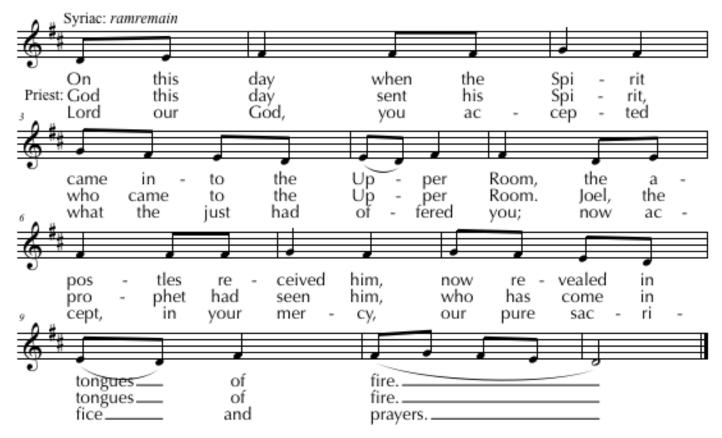
Cel: Holy and immortal Lord, sanctify our minds and purify our consciences, that we may praise you with purity, and listen to your Holy Scriptures. To you be glory, forever.

Amen.

The congregation is now seated.

SERVICE OF THE WORD

MAZMOORO



SCRIPTURE READING

Lector: A reading from the Acts of the Apostles. Your blessing, Father.

Cel: Glory to the Lord of Paul and the apostles! May the mercy of God descend upon the reader and the listeners, and upon this parish and her children, forever.

The appointed Scripture Reading of the Day, Acts 2:1-21, is proclaimed by the lector.

Cantor: Praise be to God, always!

The congregation now stands.

FETGOMO (Gospel Acclamation)



"I will pour out my spirit up<u>on</u> you and your sons and daughters shall <u>pro</u>phesy." Acts 2:17

GOSPEL

Deacon/Cantor: Before the proclamation of the Gospel of our Savior, announcing life for our souls, we offer this incense, and ask for your mercy, O Lord.

The celebrant burns incense.

Cel: Peace 💠 be with you.

And with your Spirit.

From the Gospel of our Lord Jesus Christ according to Saint John, who proclaimed life to the world. Let us listen to the proclamation of life and salvation for our souls.

The celebrant incenses the Book of Gospels three times. Meanwhile, the deacon proclaims:

Deacon/Cantor: Remain silent, O listeners, for the Holy Gospel is about to be proclaimed to you. Listen, and give glory and thanks to the Word of the living God.

The celebrant begins the gospel, John 14:15-20, using the appropriate words. At the conclusion of the gospel, he sings or says:

Cel: This is the Truth, ***** Peace be with you!

KOROZOUTO (Acclamation of Praise)



Homily

Profession of Faith

We believe \diamond in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

We believe in one Lord Jesus Christ, the only-begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

We believe in one, holy, catholic, and apostolic Church. We confess one Baptism for the forgiveness of sins and we look forward to the resurrection of the dead and the \clubsuit life of the world to come.

Access to the Altar

Cel: I will go to the altar of God, to God who gives joy to my youth. Through the abundance of your goodness I will enter your house and worship in your holy temple.

Guide me, O Lord, in your fear, and instruct me in your justice.

Ee-tel-wot ma-deb-<u>h</u>ed a-lo-ho wal-wot a-lo-ho dam-<u>h</u>a-deh tal-yoot. weh-nob sooghod tai-boo-tokh eh-'ool-lel bai-tokh wes-ghood-deb hai-yek-lod qood-shokh.

Bdeh-<u>h</u>el-tokh mor-yo da-ba-rain wab-za-dee-qoo-tokh a-leh-fain.

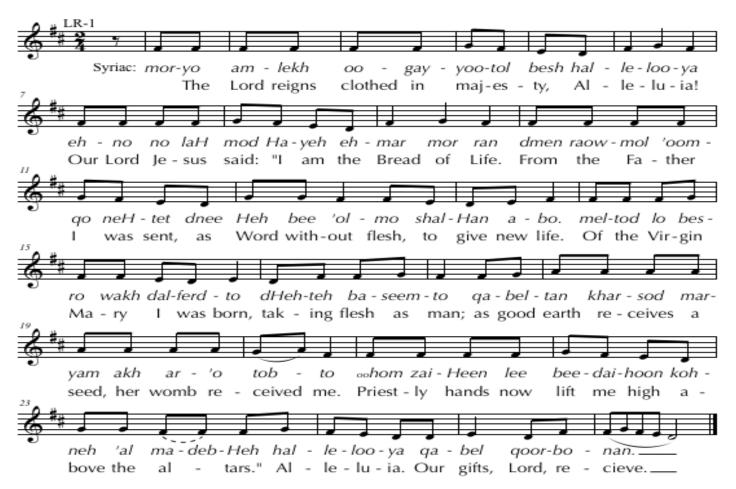
Cel: Pray to the Lord for me.

May the Lord accept your offering and have mercy on us through your prayer.

Sa-laow 'a-lai meh-tool mo-ran.

A-lo-hon qa-bel qoor-bo-nokh ^{oo}-net-ra-<u>h</u>am 'a-lain bas-loo-tokh.

TRANSFER OF THE OFFERINGS



ACCEPTANCE OF THE OFFERINGS

Cel: Almighty Lord and God, you accepted the offerings of our ancestors. Now accept these offerings that your children have brought to you out of their love for you and for your holy name. Shower your spiritual blessings upon them and, in place of their earthly gifts, grant them life and your kingdom.

Amen.

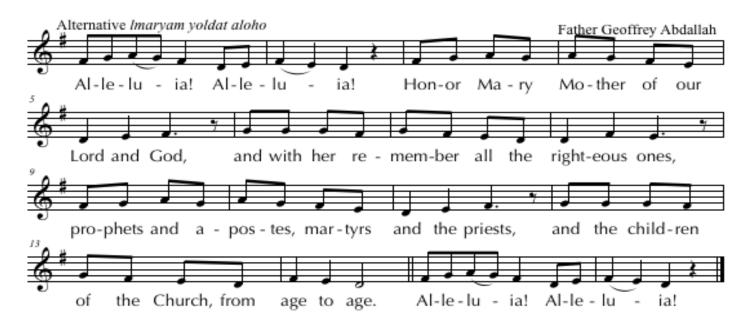
COMMEMORATIONS

Cel: As we remember our Lord God and Savior Jesus Christ, and his plan of salvation for us, we recall upon this offering all those who have pleased God from Adam to this day, especially Mary, the blessed Mother of God, Saint Maron, Saint Rafka, (Saint N.) and all the saints.

Remember, O God, the children of the holy Church: our fathers and mothers, and our brothers and sisters, both the living and the departed, especially those for whom this sacrifice is offered (especially N.). Remember also all those who share with us today in this offering.

Amen.

INCENSATION OF THE OFFERINGS



Anaphora of the Twelve Apostles

Rite of Peace

DOXOLOGY

Cel: Glory ***** be to the Father, and to the Son, and to the Holy Spirit, now and forever.

Amen.

PRAYER FOR PEACE

Cel: Merciful and Holy Lord and Father; through your only-begotten Son, you have prepared this spiritual banquet for us. Accept the offering of this bloodless sacrifice and grant us the gift of your Holy Spirit. Make us worthy to give one another the greeting of peace with pure hearts and divine love, that we may raise glory and thanks to you, and to your only Son, and to your Holy Spirit, now and forever.

Amen.

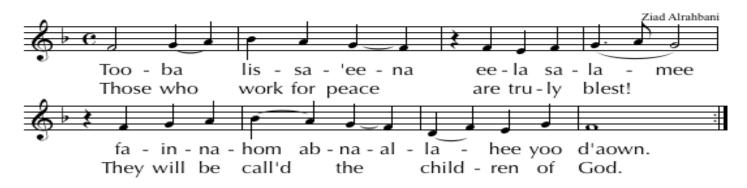
EXCHANGE OF PEACE

Cel: Peace to you, O Altar of God. Peace to the Holy Mysteries placed upon you. Peace to you, server of the Holy Spirit.

DIACONAL PROCLAMATION

Deacon: Let us give the greeting of peace to our neighbor with love and faith that are pleasing to God.

The greeting of peace is exchanged with joined hands.



PRAYER FOR THE IMPOSITION OF THE HAND

Cel: O Lord, may your peace and security, and your true love and divine mercy, be with us and among us all the days of our lives, that we may raise glory and thanks to you, now and forever.

Amen.

PRAYER OF THE VEIL

Cel: O Lord, we bow before you and ask you to look upon us with mercy. Make us worthy to approach your holy altar with pure hearts and holy souls and bodies, that we may raise glory and thanks to you, now and forever.

Amen.

Eucharistic Prayer

DIALOGUE

Cel: The love of God the Father \diamond , and the grace of the only-begotten Son \diamond , and the communion and indwelling of the Holy Spirit \diamond be with you, my brothers and sisters, forever.

And with your Spirit.

Cel: Let us lift up our thoughts, our minds, and our hearts.

We lift them up to the Lord.

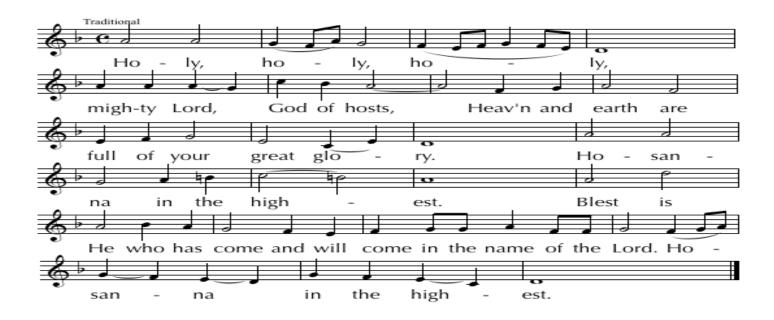
Cel: Let us give thanks to the Lord with reverence and worship him with humility.

It is right and just.

PRAISE AND THANKSGIVING

Cel: Truly it is right and just to glorify and praise you, O God the Father, for you are holy and the giver of life. You are blessed with your only-begotten Son and your living Holy Spirit. You are surrounded by the cherubim and seraphim, who sing with pure voices and heavenly melodies. They cry out, glorify, and proclaim:

Holy, Holy, Holy



Cel: Holy, holy, holy are you, God the Father, full of mercy; holy is your only Son, our Lord Jesus Christ; and holy is your life-giving Spirit. You are holy and the giver of all that is good. For our salvation, your only-begotten Son became flesh of the pure Virgin Mary, and by his divine plan he saved and redeemed us.

INSTITUTION NARRATIVE

Cel: Wa-byow-mo how daq-dom ha-sho-dee-leh ma'-bed ha-yeh en-sa-bel-lah-mo bee-daow qa-dee-sho-to. Ou-ba-rek oo-qa-desh waq-so oo-ya-bel-tal-mee-daow kad omar. Sab a-khool meh-neh kool-khoon: Ho-no den ee-tow fagh-ro deel dah-lo-fai-koon wahlof sa-gee-yeh meh-teq-seh oo-meh-tee-heb lhoo-so-yod haow-beh wal-ha-yeh dal-'o-lam 'olmeen.

And on the day before his life-giving passion, He took bread in his holy hands. He blessed, sanctified \diamond , and broke it, and gave it to his disciples, saying: Take this, all of you, and eat of it, for this is my body which is broken and given for you and for many for the forgiveness of sins and for eternal life.



Cel: Ho-kha-no 'al ko-so dam-zeegh wo men ham-ro ou-men ma-yo ba-reh * ou-qa- desh ooya-bel-tel mee-daow kad o-mar: Sab esh-taow meh-neh kool-khoon: Ho-no den ee-taow dmo deel dee-ya-tee-qee hda-to dah-lo-fai-koon wah-lof sa-gee-yeh meh-teh-shed oo-meh-tee heb. Ihoo-so-yod haow-beh wal-ha-yeh Dal-'o-lam 'ol-meen. In a similar way, over the chalice of wine mixed with water, he blessed and sanctified it , and gave it to his disciples, saying: Take this, all of you, and drink from it, for this is my blood of the new covenant, which will be poured out and given for you and for many for the forgiveness of sins and for eternal life.



ANAMNESIS

- Cel: Whenever you eat this bread and drink this cup, you do so in memory of me until I come again.
- We remember your death, O Lord. We profess your resurrection. We await your second coming. We implore your mercy and compassion. We ask for the forgiveness of sins. May your mercy rest upon us.
- Cel: O Lord, Lover of all people, we remember your plan of salvation, and we ask you to have mercy on your worshippers, and to save your inheritance when you appear at the end of time to reward all people justly according to their deeds. For this your Church implores you and, through you and with you, implores your Father, saying:

Have mercy on us, Almighty Father. Have mercy on us.

The Celebrant crosses his hands over his chest and prays:

Cel: O Lord, as we, your sinful children, receive your graces, we thank you for them and because of them.

We praise you. We bless you. We adore you. We glorify you. We profess our faith in you, and we ask you: Have compassion on us, O God, have mercy on us, and hear us.

EPICLESIS

Deacon: How awesome is this moment, my beloved, for the living Holy Spirit descends and rests upon this offering for our sanctification. Let us stand with reverence as we pray.

Cel: Have mercy on us, O Lord, have mercy on us. Send us your life-giving Spirit from heaven to hover over this offering, to make it the life-giving body and blood, and also to pardon and sanctify us.

The celebrant, kneeling on both knees, extends his hands and sings in Syriac:

Cel: 'A-neen mor-yo. 'A-neen mor-yo. 'A-neen mor-yo. oo-nee-the mor roo-hokh ha-yo oo-qa-

Hear us, O Lord. Hear us, O Lord. Hear us, O Lord. And may your living Holy Spirit come and rest upon us and upon this offering.



Cel: That by his descent he make this bread 💠 the Body of Christ our God.



Cel: And make the mixture in this chalice 💠 the Blood of Christ our God.



Cel: May these Holy Mysteries be for the forgiveness of sins, the healing of souls and bodies, and the strengthening of consciences, so that none of your faithful be condemned. Rather, make us worthy to live by your Spirit and lead a pure life, and we raise glory to you, now and forever.



INTERCESSIONS

Cel: We offer you, O Lord, this divine sacrifice for your Church, especially for our fathers and shepherds: Francis, the Pope of Rome, Bechara Peter, our Patriarch of Antioch, Nasrallah, our retired Patriarch, Gregory, our Bishop, and all the bishops of the true faith. With blameless lives and in purity and holiness may they guide your Church and present to you a faithful people who honor your name. We pray to you, O Lord.



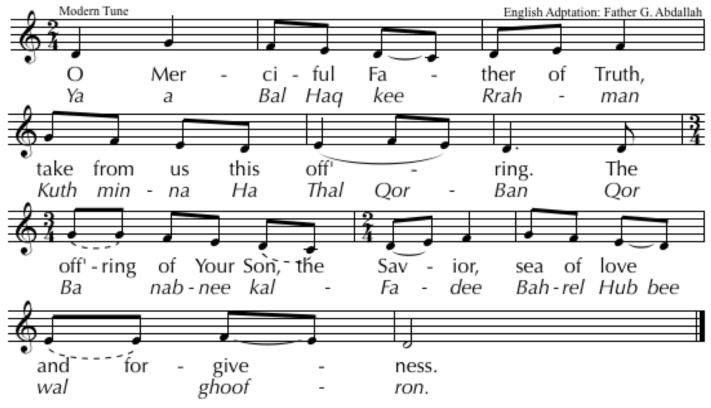
To each intercession we respond:



- Deacon: Remember, O Lord, the faithful departed who have left us and gone to their rest hoping in you, (especially N.,) and all inscribed in the Book of Life awaiting that lifegiving voice calling them to life. Accept the offerings we present to you on their behalf, and have mercy on them in your kingdom. Through our Lord Jesus, who is without sin, we hope to find mercy and forgiveness for our sins and for theirs.
- Grant rest, O God, to the departed, and forgive the sins we have committed, with or without full knowledge.
- Cel: Grant us pardon, O God, and forgive us and the departed so that your blessed name may be glorified in us and in all things, with the name of our Lord Jesus Christ, and that of your living Holy Spirit, now and forever.
 As it was, is now, and shall be forever. Amen.

Communion Rite





All recite together:

O Lord, you are the pleasing Oblation who offered yourself for us. You are the forgiving

Sacrifice who offered yourself to your Father. You are the High Priest, who offered yourself as the Lamb. Through your mercy, may our prayer rise like incense which we offer to your Father through you. To you be glory, forever.

LORD'S PRAYER

Cel: Compassionate Lord, may we, your lowly servants, be made worthy to pray in purity and holiness and to call upon you, saying:

With extended hands:

Our Father...but deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

Cel: Yes, O Lord, Lover of all people, deliver us from the Evil One and from his deceitful ways, and do not forsake us lest temptation overcome us, for yours is the kingdom, with your only Son, and your Holy Spirit, now and forever.

Amen.

PENITENTIAL RITE

Cel: Peace 💠 be with you.

And with your Spirit.

Deacon: Bow your heads before the God of mercy, before his forgiving altar, and before the Body and Blood of our Savior, who gives life to those who partake of him, and receive the blessing from the Lord.

Cel: O Lord, bless your faithful people who bow before you. Deliver us from all harm and make us worthy to share in these Divine Mysteries, in purity and holiness, that through them we may be forgiven and made holy, and we raise glory to you, now and forever.

Amen.

Cel: The grace of the most Holy Trinity,

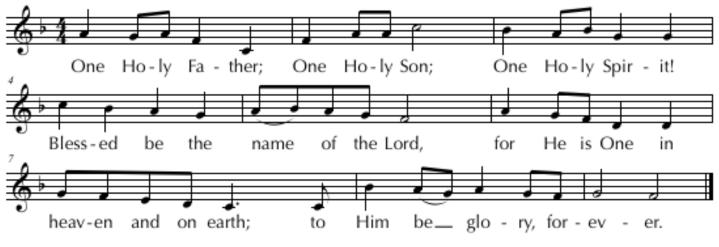
 eternal and consubstantial, be with you, my brothers and sisters, forever.

And with your Spirit.

Deacon: Let each one of us look to God with reverence and humility and ask him for mercy and compassion.

INVITATION TO COMMUNION

Cel: Holy Gifts for the holy, with perfection, purity, and sanctity.



All extend their hands in prayer and say:

Make us worthy, O Lord God, so that our bodies may be sanctified by your holy Body, and our souls purified by your forgiving Blood. May our communion be for the forgiveness of our sins and for new life. O Lord our God, to you be glory, forever.

COMMUNION OF THE CELEBRANT

ADORATION OF THE FATHER

The Rite of Adoration takes place after communion of the Celebrant and before that of the faithful. After receiving communion, the Celebrant covers the Mysteries with the large veil.

Invitation to Kneel

The celebrant faces the congregation and cries in a loud voice:

Cel: Let us kneel before the Lord on the left knee!

The celebrant and congregation KNEEL on the LEFT KNEE.

Diaconal Proclamation

Deacon: Let us kneel and ask the Lord for his mercy. Bend your knee to the exalted Godhead and receive pardon of your faults from the Holy Spirit. In the likeness of tongues of fire he was sent to the Upper Room so that you may receive, by his hovering, happiness of life, confidence, and victory and began to praise you, O giver of all graces. You sanctified, strengthened and sent your apostles to call the human race to your knowledge, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, with whom and in whom we worship, thank, and praise the Holy Trinity, one God, now and forever. **Amen.**

Cel: O Lord our God, Father of mercy, we give you thanks. On Pentecost, you completed the blessed day of the saving resurrection of your Son. You ineffably filled the disciples, who were in Jerusalem expecting the promise of their Lord, with the Holy Spirit. Tongues of fire rested upon each of them. People living in Jerusalem were seized by awe and astonishment and began to praise you, O giver of all graces. You sanctified, strengthened and sent your apostles to call the human race to your knowledge, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, with whom and in whom we worship, thank, and praise the Holy Trinity, one God, now and forever. **Amen**.

Invitation to Stand

The celebrant STANDS UP and cries aloud:

Cel: By the power of God, stand up!

The congregation STANDS.

Prayer

Cel: This is the day of salvation and consolation. The Father poured forth his gift of tongues, renewed by the Spirit. He divided them among the apostles, that they might call the nations back from error. Rejoicing with the disciples of the Son, we adore and praise Christ, so that we may receive the pardon of our faults and glorify him, now and forever. **Amen.**

ADORATION OF THE SON

Invitation to Kneel

The celebrant cries in a loud voice:

Cel: Let us kneel before the Lord on the right knee!

The celebrant and congregation KNEEL on the RIGHT KNEE.

Diaconal Proclamation

Deacon: Let us kneel and ask the Lord for his mercy. With the angels who worship him in fear, we bend our knee and adore the Father of truth; for he is our maker and Lord. Before him, all knees bend, and to him, all tongues give praise. By him, all nations live. Come, let us worship the true Son, sent by the Father of Light. He knelt on our behalf, offered prayer for our sake, and raised us up from our fall from grace. He showed his mercy to us and forgave us. Let us worship the Holy Spirit, the Paraclete, and bend our knee before him. On this day, he was sent from the mysterious depths of the Father and came to us. By his hovering over us, he took away our sins and clothed us with glorious victory.

Cel: O Lord our God, make us worthy to offer you, in purity and holiness, true and perfect adoration. At this time when the holy gifts of the Paraclete are poured forth, and during all the days of our lives, may we glorify you, O Christ, your blissful Father who sent you for our salvation, and your living and Holy Spirit, now and forever.

Amen.

Invitation to Stand

The celebrant stands up and cries aloud:

Cel: By the power of God, stand up!

The congregation STANDS.

Cel: This is the day when heaven and earth, angels and seraphim, exult with the apostles; for they received the Holy Spirit, the Paraclete. On this day, the saving unction taken away from Adam our father, because of his disobedience, was restored to us. With it, the disciples were anointed, the nations were granted forgiveness, and all races were allotted salvation. We glorify and praise you, O Christ, your Father, and your Holy Spirit, now and forever.

ADORATION OF THE HOLY SPIRIT

Invitation to Kneel

The celebrant cries in aloud voice:

Cel: Let us kneel before the Lord on both knees!

The celebrant and congregation KNEEL on BOTH KNEES.

Diaconal Proclamation

Deacon: Let us kneel and ask the Lord for his mercy. Bow your heads, O mortals, and worship God, the Holy Spirit. He speaks through the prophets; to visionaries, he whispers the secrets of hidden things; and to seers, he reveals the future. Then in the likeness of tongues of fire he descended upon the blessed disciples. To him are due glory and thanksgiving, now and forever. **Amen.**

Cel: O Holy Spirit, the Paraclete, make us worthy to be pure temples for your service and edifices for your honor; for you are the Spirit who perfects and sanctifies our souls in your grace. We will worship you, O Holy Spirit, the Father, and the Son, from whom you proceed, now and forever.

Amen.

Invitation to Stand

The celebrant stands up and cries aloud:

Cel: By the power of our Lord, stand up from the earth!

The congregation STANDS.

Prayer

Cel: Lift up your heads and sign yourselves with the cross of light. Place in your souls the assistance and salvation that comes from the Holy Spirit, whom we worship in true faith with the Father and the Son, now and forever.

BLESSING AND SPRINKLING OF WATER

Prayer of Blessing

The celebrant then blesses the water, singing or saying:

Cel: O Lord God, by the power of your Holy Spirit now bless this water, so that it may turn the power of evil away from us. Grant that those who use it for drinking, washing, or sprinkling may receive the healing of their souls and bodies. We praise you, Father, Son, and Holy Spirit, now and forever.

Amen.

Sprinkling of the Water

The celebrant sprinkles the congregation with the blessed water.

The priest sings the first time, everyone repeats:



Concluding Prayer

Cel: O Lord, in your mercy shower the grace of your Holy Spirit upon us, as you did on your apostles in the Upper Room. Teach us, as you taught them, when you filled them with your divine mysteries and made them able to speak in tongues to convert people to you. Pour forth your Holy Spirit upon your servants who worship you here and everywhere, so that they may receive your heavenly gifts and walk in your spiritual path, now and forever.

COMMUNION OF THE CONGREGATION-COMMUNION HYMNS

BLESSING WITH THE MYSTERIES

After communion, the celebrant blesses the congregation with the mysteries.

- Cel: Again and again we thank you, O Lord, and raise glory to you for giving us your Body to eat, and your living Blood to drink. O Lover of all people, have mercy on us.
- Have mercy on us, O Lord, O compassionate and merciful One, O Lover of all people, have mercy on us.

THANKSGIVING

The Celebrant consumes what remains of the Mysteries and performs the ablutions.

Cel: We thank you, Lord God and Father, and we ask that this divine Communion be for the forgiveness of sins and the glory of your holy name, and that of your only Son and of your Holy Spirit, now and forever.

Amen.

Cel: Peace be 💠 with you.

And with your spirit.

Cel: Lord Jesus, our God and Savior, you became flesh for our sake and by sacrificing yourself you saved us. Deliver us from damnation and make us temples of your holy name, for we are your people and your inheritance. We glorify and honor you, your Father, and your Holy Spirit, now and forever.

Amen.

FINAL BLESSING

Cel: Go in peace, my beloved brothers and sisters, with the nourishment and blessings you have received from the forgiving altar of the Lord. May the blessing of the Most Holy Trinity accompany you: the Father �, and the Son �, and the Holy Spirit �, the one God, to whom be glory, forever.