The fruits of the Most Holy Eucharist

V. The Lord be with you. R. And with your spirit.

V. Lift up your hearts. R. We lift them up to the Lord.

V. Let us give thanks to the Lord our God. R. It is right and just.

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord. For at the Last Supper with his Apostles, establishing for the ages to come the saving memorial of the Cross, he offered himself to you as the unblemished Lamb, the acceptable gift of perfect praise. Nourishing your faithful by this sacred mystery, you make them holy, so that the human race, bounded by one world, may be enlightened by one
faith and united by one bond of charity. And so, we approach

the table of this wondrous Sacrament, so that, bathed in the

sweetness of your grace, we may pass over to the heavenly

realities here fore-shadowed. Therefore, all creatures of heav-

en and earth sing a new song in adoration, and we, with all the

host of Angels, cry out, and without end we acclaim:

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