



Archdiocese
of Toronto

EUCCHARISTIC TRIDUUM

IN PREPARATION
FOR THE CELEBRATION
OF THE SOLEMNITY OF
THE MOST HOLY BODY
AND BLOOD OF CHRIST IN
THE ARCHDIOCESE OF
TORONTO

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Come, let us adore Christ the Lord.
– The bread of life.

OPENING PRAYER

Let us pray.

Lord Jesus Christ,
you gave us the Eucharist
as the memorial of your suffering and death.
May our worship of this sacrament of your Body and Blood
help us to experience the salvation you won for us
and the peace of the kingdom
where you live and reign with the Father and the Holy Spirit,
God, for ever and ever. Amen.

WORD OF GOD

Matthew 26.26 – 29

A reading from the holy Gospel according to Matthew.

Now as they were eating, Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, “Take, eat; this is my body.” And he took a cup, and when he had given thanks he gave it to them, saying, “Drink of it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you I shall not drink again of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.”

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

COMMENTARY – REFLECTION (optional)

Pope Leo XIV, excerpt from: *Holy Mass, Procession to Saint Mary Major and Eucharistic Blessing on the Solemnity of the Most Holy Body and Blood of Christ: Homily of His Holiness Pope Leo XIV (22 June 2025)*

Dear friends, Christ is God's answer to our human hunger, because his Body is the bread of eternal life: Take this and eat of it, all of you! Jesus' invitation reflects our daily experience: in order to remain alive, we need to nourish ourselves with life, drawing it from plants and animals. Yet eating something dead reminds us that we too, no matter how much we eat, will one day die. On the other hand, when we partake of Jesus, the living and true Bread, we live for him. By offering himself completely, the crucified and risen Lord delivers himself into our hands, and we realize that we were made to partake of God. Our hungry nature bears the mark of a need that is satisfied by the grace of the Eucharist. As Saint Augustine writes, Christ is truly "*panis qui reficit, et non deficit; panis qui sumi potest, consumi non potest*" (*Serm. 130, 2*): he is bread that restores and does not run short; bread that can be eaten but not exhausted. The Eucharist, in fact, is the true, real, and substantial presence of the Saviour (cf. *Catechism of the Catholic Church*, 1413), who transforms bread into himself in order to transform us into himself. Living and life-giving, the *Corpus Domini* makes us, the Church herself, the Body of the Lord.

For this reason, echoing the Apostle Paul (cf. *1 Cor 10:17*), the Second Vatican Council teaches that "in the sacrament of the Eucharistic bread, the unity of believers, who form one body in Christ, is both expressed and achieved. All are called to this union with Christ, who is the light of the world, from whom we come, through whom we live, and towards whom we direct our lives" (Dogmatic Constitution *Lumen Gentium*, 3). The procession that we are about to undertake is a sign of that journey. Together, as shepherds and flock, we will feed on the Blessed Sacrament, adore him and carry him through the streets. In doing so, we will present him before the eyes, the consciences and the hearts of the people. To the hearts of those who believe, so that they may believe more firmly; to the hearts of those who do not believe, so that they may reflect on the hunger present within them and the bread that alone can satisfy it.

Strengthened by the food that God gives us, let us bring Jesus to the hearts of all, because Jesus involves everyone in his work of salvation by calling each of us to sit at his table. Blessed are those who are called, for they become witnesses of this love!

LITANY OF THE MOST BLESSED SACRAMENT

Lord, have mercy,
Christ, have mercy,
Lord, have mercy,

*Lord, have mercy.
Christ, have mercy.
Lord, have mercy.*

God the Father of Heaven,
God the Son, Redeemer of the world,
God, the Holy Spirit,
Holy Trinity, One God,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Living Bread, who from heaven descended,
Hidden God and Savior,
Grain of the elect,
Holy Sacrifice,
Living Sacrifice,
Sacrifice pleasing to God,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Food of angels,
Hidden manna,
Spotless oblation,
Perpetual sacrifice,
Lamb without spot,
Purest Feast,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Our food and guest,
Cup of blessing,
Offeror and offering,
Mystery of faith,
Sacrament of holiness,
Bond of love,
Memory of God's wonders,
Supersubstantial Bread,
Bloodless sacrifice,
Most Holy and most august Mystery,
Divine medicine of immortality,
Most powerful aid of grace,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Most high and venerable Sacrament,
Most holy of all sacrifices,
Word made flesh, living in us,
Heavenly antidote, by which we are preserved
from sin,
Most holy Commemoration of the Passion of
Our Lord,

*have mercy on us.
have mercy on us.
have mercy on us.

have mercy on us.

have mercy on us.*

Most stupendous of all miracles,
Gift transcending all abundance,
Most high memorial of divine love,
Infinite Divine Treasure of God,
Awesome and life-giving Sacrament,
Refreshment of holy souls,
Sweetest banquet at which the Angels serve,

have mercy on us.

have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.

True propitiatory Sacrifice for the living
and the dead,
Viaticum of those dying in the Lord,
Pledge of future glory,

have mercy on us.
have mercy on us.
have mercy on us.

Be merciful,
From the unworthy reception of
Your Body and Blood,
From the concupiscence of the flesh,
From the concupiscence of the eyes,
From pride,
From every occasion of sin,

deliver us, O Lord.

deliver us, O Lord.
deliver us, O Lord.
deliver us, O Lord.
deliver us, O Lord.
deliver us, O Lord.

Through that desire, with which You desired to eat
the Passover with Your disciples,
Through that profound humility with which You
washed Your disciples' feet,
Through that most ardent love, with which You
instituted this Divine Sacrament,
Through Your most precious Blood, which You have
left for us upon the altar,
Through those five wounds of Your most holy Body,
which You have given up for us,

deliver us, O Lord.

deliver us, O Lord.

deliver us, O Lord.

deliver us, O Lord.

deliver us, O Lord.

We Sinners,
That You would deem worthy to preserve and
increase the faith, reverence, and devotion in us
towards this admirable Sacrament,
That You would deem worthy to lead us through the
true confession of our sins to a frequent reception of
the Eucharist,
That You would deem worthy to free us
from every heresy, falsehood,
and blindness of the heart,
That You would deem worthy to
impart to us the heavenly and precious

we beseech You, hear us.

we beseech You, hear us.

we beseech You, hear us.

we beseech You, hear us.

fruits of this most Holy Sacrament,
That You would deem worthy to
protect and strengthen us in our hour of
death with this heavenly viaticum,
Jesus Son of God,

Christ, hear us,
Christ, graciously hear us,

Lamb of God, who take away the
sins of the world,
Lamb of God, who take away the
sins of the world,
Lamb of God, who take away the
sins of the world,

we beseech You, hear us.

*we beseech You, hear us.
we beseech You, hear us.*

*Christ, hear us.
Christ, graciously hear us.*

spare us, O Lord.

graciously hear us, O Lord.

have mercy on us, O Lord.

Let us pray.

O God, who under a marvelous Sacrament
has left us a memorial of Your Passion,
grant us, so to venerate the sacred mysteries of Your Body and Blood,
that we may ever perceive within us the fruit of Your redemption,
Who lives and reigns forever and ever. Amen.

ANIMA CHRISTI

Soul of Christ, sanctify me.
Body of Christ, heal me.
Blood of Christ, drench me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
In your wounds shelter me.
From turning away keep me.
From the evil one protect me.
At the hour of my death call me.
Into your presence lead me,
to praise you with all your saints
for ever and ever. Amen.

CLOSING PRAYER

Grant, almighty God,
that, just as we are renewed
by the Supper of your Son in this present age,
so we may enjoy his banquet for all eternity.
Who lives and reigns for ever and ever. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

You have given them Bread from Heaven.
– Having all sweetness within it.

OPENING PRAYER

Remember your mercies, O Lord,
and with your eternal protection sanctify your servants,
for whom Christ your Son,
by the shedding of his Blood,
established the Paschal Mystery.
Who lives and reigns for ever and ever. Amen.

WORD OF GOD

Luke 24.28 – 35

A reading from the holy Gospel according to Luke.

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, “Stay with us, because it is almost evening and the day is now nearly over.” So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, “Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?” That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, “The Lord has risen indeed, and he has appeared to Simon!” Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

COMMENTARY – REFLECTION (optional)

Pope Francis, excerpt from: *Holy Mass, Procession to Saint Mary Major and Eucharistic Blessing on the Solemnity of the Most Holy Body and Blood of Christ: Homily of His Holiness Pope Francis* (26 May 2016)

“Do this in remembrance of me” (1 Cor 11 :24-25).

Twice the Apostle Paul, writing to the community in Corinth, recalls this command of Jesus in his account of the institution of the Eucharist. It is the oldest testimony we have to the words of Christ at the Last Supper.

“Do this”. That is, take bread, give thanks and break it; take the chalice, give thanks, and share it. Jesus gives the command to repeat this action by which he instituted the memorial of his own Pasch, and in so doing gives us his Body and his Blood. This action reaches us today: it is the “doing” of the Eucharist which always has Jesus as its subject, but which is made real through our poor hands anointed by the Holy Spirit.

Breaking: this is the other word explaining the meaning of those words: “Do this in remembrance of me”. Jesus was broken; he is broken for us. And he asks us to give ourselves, to break ourselves, as it were, for others. This “breaking bread” became the icon, the sign for recognizing Christ and Christians. We think of Emmaus: they knew him “in the breaking of the bread” (Lk 24:35). We recall the first community of Jerusalem: “They held steadfastly... to the breaking of the bread” (Acts 2:42). From the outset it is the Eucharist which becomes the centre and pattern of the life of the Church. But we think also of all the saints – famous or anonymous – who have “broken” themselves, their own life, in order to “give something to eat” to their brothers and sisters. How many mothers, how many fathers, together with the slices of bread they provide each day on the tables of their homes, have broken their hearts to let their children grow, and grow well! How many Christians, as responsible citizens, have broken their own lives to defend the dignity of all, especially the poorest, the marginalized and those discriminated! Where do they find the strength to do this? It is in the Eucharist: in the power of the Risen Lord’s love, who today too breaks bread for us and repeats: “Do this in remembrance of me”.

May this action of the Eucharistic procession, which we will carry out shortly, respond to Jesus’ command. An action to commemorate him; an action to give food to the crowds of today; an act to break open our faith and our lives as a sign of Christ’s love for this city and for the whole world.

Let us pray:

Almighty and eternal God,
you have appointed your Only Begotten Son the Redeemer of the world,
and willed to be appeased by his Blood.
Grant, we beg of you, that we may worthily adore this price of our salvation,
and through its power be safeguarded from the evils of the present life,
so that we may rejoice in its fruits forever in heaven.
Through the same Christ our Lord. Amen.

ANIMA CHRISTI

Soul of Christ, sanctify me.
Body of Christ, heal me.
Blood of Christ, drench me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
In your wounds shelter me.
From turning away keep me.
From the evil one protect me.
At the hour of my death call me.
Into your presence lead me,
to praise you with all your saints
for ever and ever. Amen.

CLOSING PRAYER

O God, who by the Precious Blood of your
Only Begotten Son
have redeemed the whole world,
preserve in us the work of your mercy,
so that, ever honouring the mystery of our salvation,
we may merit to obtain its fruits.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

You gave them bread from heaven to be their food,
– And this bread contained all goodness.

OPENING PRAYER

Lord Jesus Christ,
we worship you living among us
in the sacrament of your body and blood.
May we offer to our Father in heaven
a solemn pledge of undivided love.
May we offer to our brothers and sisters
a life poured out in loving service of that kingdom
where you live with the Father and the Holy Spirit,
God for ever and ever. Amen.

WORD OF GOD

John 6.51 – 58

A reading from the holy Gospel according to John.

I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”

The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” So Jesus said to them, “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.”

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

COMMENTARY – REFLECTION (optional)

Pope Benedict XVI, excerpt from: *General Audience* (17 November 2010)

“This morning too I would like to introduce a female figure to you. She is little known but the Church is deeply indebted to her, not only because of the holiness of her life but also because, with her great fervour, she contributed to the institution of one of the most important solemn Liturgies of the year: Corpus Christi.” She is St Juliana de Cornillon, also known as St Juliana of Liège, born around 1191.

Juliana “had a profound sense of Christ’s presence, which she experienced by living the Sacrament of the Eucharist especially intensely and by pausing frequently to meditate upon Jesus’ words: “And lo, I am with you always, to the close of the age” (Mt 28:20). At age 16 she had a vision of “a feast in which believers would be able to adore the Eucharist so as to increase in faith, to advance in the practice of the virtues and to make reparation for offences to the Most Holy Sacrament.” She kept the vision secret for about 20 years and “continued zealously for Eucharistic worship.”

After initial hesitation, her bishop “accepted the proposal of Juliana and her companions and first introduced the Solemnity of Corpus Christi in his diocese. Later other Bishops following his example instituted this Feast in the territories entrusted to their pastoral care.” Years later, in 1264, Pope Urban IV, instituted the Solemnity of Corpus Christi for the universal Church. He said, “Although the Eucharist is celebrated solemnly every day, we deem it fitting that at least once a year it be celebrated with greater honour and a solemn commemoration. “Indeed we grasp the other things we commemorate with our spirit and our mind, but this does not mean that we obtain their real presence. On the contrary, in this sacramental commemoration of Christ, even though in a different form, Jesus Christ is present with us in his own substance. While he was about to ascend into Heaven he said ‘And lo, I am with you always, to the close of the age’ (Matthew 28:20)”.

“The Pontiff made a point of setting an example by celebrating the solemnity of Corpus Christi in Orvieto, the town where he was then residing. Indeed, he ordered that the famous Corporal with the traces of the Eucharistic miracle which had occurred in Bolsena the previous year, 1263, be kept in Orvieto Cathedral — where it still is today.

While a priest was consecrating the bread and the wine he was overcome by strong doubts about the Real Presence of the Body and Blood of Christ in the sacrament of the Eucharist. A few drops of blood began miraculously to ooze from the consecrated Host, thereby confirming what our faith professes.”

“I would like to affirm with joy that today there is a “Eucharistic springtime” in the Church: How many people pause in silence before the Tabernacle to engage in a loving conversation with Jesus! It is comforting to know that many groups of young people have rediscovered the beauty of praying in adoration before the Most Blessed Sacrament.”

“In remembering St Juliana of Cornillon let us also renew our faith in the Real Presence of Christ in the Eucharist. As we are taught by the Compendium of the Catechism of the Catholic Church, “Jesus Christ is present in the Eucharist in a unique and incomparable way. He is present in a true, real and substantial way, with his Body and his Blood, with his Soul and his Divinity. In the Eucharist, therefore, there is present in a sacramental way, that is, under the Eucharistic Species of bread and wine, Christ whole and entire, God and Man” (n. 282).”

LITANY OF THE HOLY EUCHARIST

Lord, have mercy,
Christ, have mercy,
Lord, have mercy,

*Lord, have mercy.
Christ, have mercy.
Lord, have mercy.*

Jesus, the Most High,
Jesus, the holy One,
Jesus, Word of God,
Jesus, only Son of the Father,
Jesus, Son of Mary,
Jesus, crucified for us,
Jesus, risen from the dead,
Jesus, reigning in glory,
Jesus, coming in glory,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, our Lord,
Jesus, our hope,
Jesus, our peace,
Jesus, our Savior,
Jesus, our salvation,
Jesus, our resurrection,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, Judge of all,
Jesus, Lord of the Church,
Jesus, Lord of creation,
Jesus, Lover of all,
Jesus, life of the world,
Jesus, freedom for the imprisoned,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, joy of the sorrowing,
Jesus, giver of the Spirit,
Jesus, giver of good gifts,
Jesus, source of new life,
Jesus, Lord of life,
Jesus, eternal high priest,
Jesus, priest and victim,
Jesus, true Shepherd,
Jesus, true light,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, bread of heaven,
Jesus, bread of life,
Jesus, bread of thanksgiving,
Jesus, life-giving bread,
Jesus, holy manna,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, new covenant,
Jesus, food for everlasting life,
Jesus, food for our journey,
Jesus, holy banquet,
Jesus, true sacrifice,
Jesus, perfect sacrifice,
Jesus, eternal sacrifice,
Jesus, divine Victim,
Jesus, Mediator of the new covenant,
Jesus, mystery of the altar,
Jesus, mystery of faith,
Jesus, medicine of immortality,
Jesus, pledge of eternal glory,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, Lamb of God, you take away
the sins of the world:
Jesus, Bearer of our sins, you take
away the sins of the world:
Jesus, Redeemer of the world, you
take away the sins of the world:

*have mercy on us.
have mercy on us.
have mercy on us.*

Christ, hear us,
Christ, graciously hear us,
Lord Jesus, hear our prayer,

*Christ, hear us.
Christ, graciously hear us.
Lord Jesus, hear our prayer.*

ANIMA CHRISTI

Soul of Christ, sanctify me.
Body of Christ, heal me.
Blood of Christ, drench me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
In your wounds shelter me.
From turning away keep me.
From the evil one protect me.
At the hour of my death call me.
Into your presence lead me,
to praise you with all your saints
for ever and ever. Amen.

CLOSING PRAYER

O God, who have accomplished the work of human redemption through the Paschal Mystery of your Only Begotten Son,
graciously grant that we, who confidently proclaim,
under sacramental signs, the Death and Resurrection of Christ,
may experience continued increase of your saving grace.

Through our Lord Jesus Christ, Your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

ACKNOWLEDGEMENTS

Excerpts from the English translation of *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *Holy Communion & Worship of the Eucharist Outside Mass* © 1974, ICEL; excerpts from the English translation of *The Roman Missal* © 2010, ICEL. All rights reserved. © Concacan Inc., 2011 for the Canadian Edition. All rights reserved.

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Excerpt from Benedict XVI. *General Audience*, November 17, 2010. © Libreria Editrice Vaticana, 2010.

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“Litany of the Most Blessed Sacrament.” Decree Prot. N. 1050/11/L. Congregation for Divine Worship and the Discipline of the Sacraments. May 30, 2013. Translation by Archdiocese of Toronto.

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Excerpt from the homily of Francis. *Mass, Procession to Saint Mary Major and Eucharistic Blessing on the Solemnity of the Most Holy Body and Blood of Christ*. Sunday, May 26, 2016. © Libreria Editrice Vaticana, 2016.

