20th Sunday in Ordinary Time B

Antiphon by Andrew R. Motyka (2010)

He who eats my flesh and drinks my blood, abides in me, and I in him, says the Lord.

Andrew R. Motyka - communionantiphons.org

Mode VI

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Psalm 119: 1, 2, 11, 49, 50, 72, 103, 105, 162

1. Blessed are those whose way is blameless,
   Who walk in the law of the LORD!

2. Blessed are those who keep his decrees!
   With all their hearts they seek him.

3. I treasure your word in my heart,
   Lest I sin against you.

4. Remember your word to your servant,
   By which you made me hope.

5. This is my comfort in sorrow:
   That your promise gives me life.

6. The law from your mouth means more to me
   Than large quantities of silver and gold.

7. How sweet is your promise to my tongue,
   More than honey in the mouth.

8. Your word is a lamp for my feet,
   And a light for my path.

9. I rejoice at your promise,
   Like one who finds a great treasure.

Dox. Glory to the Father, and to the Son, and to the Holy Spirit,
   As it was in the beginning, is now,
   And will be forever. Amen.