

O God, our help in ages past, our hope for years to come,
our shelter from the stormy blast, and our eternal home.

Beneath the shadow of thy throne, thy saints have dwelt secure;
sufficient is thine arm alone, and our defence is sure.

Before the hills in order stood, or earth received her frame,
from everlasting thou art God, to endless years the same.

A thousand ages in thy sight are like an evening gone;
short as the watch that ends the night before the rising sun.

Time, like an ever-rolling stream, bears all its sons away;
they fly forgotten, as a dream dies at the opening day.

O God, our help in ages past, our hope for years to come,
be thou our guard while troubles last, and our eternal home.

Communion: Nada te Turbe – Te Deum (10am Mass)

Soul of my Saviour (11.30 Mass)

Soul of my Saviour, sanctify my breast,
Body of Christ, be thou my saving guest;
Blood of my Saviour, bathe me in thy tide;
wash me with water flowing from thy side.

Strength and protection may thy Passion be,
O Blessed Jesus, hear and answer me;
deep in thy wounds, Lord, hide and shelter me;
so shall I never, never part from thee.

Guard and defend me from the foe malign;
in death's dread moments make me only thine;
call me and bid me come to thee on high.