

thou my best thought in the day and night,  
waking or sleeping, thy presence my light.

Be thou my wisdom, be thou my true Word,  
I ever with thee and thou with me, Lord;  
thou my great Father, and I thy true son;  
thou in me dwelling, and I with thee one.

Be thou my breast-plate, my sword for the fight;  
be thou my armour and be thou my might,  
thou my soul's shelter and thou my high tower,  
raise thou me heavenward, O Power of my power.

Riches I heed not, nor man's empty praise,  
thou mine inheritance, through all my days;  
thou and thou only, the first in my heart,  
high King of heaven, my treasure thou art.

High King of heaven, when battle is done,  
grant heaven's joy to me, O bright Heaven's sun,  
Christ of my own heart, whatever befall,  
still be my vision, O Ruler of all.

**Communion: O Bread of Heaven** St. Aphonsus Liguori, 1696-1787; tr. Fr. Edmund  
Vaughan, C.S.S.R., 1863.

O Bread of Heaven, beneath this veil  
thou dost my very God conceal;  
my Jesus, dearest treasure, hail;  
I love thee and adoring kneel:  
each loving soul by thee is fed  
with thine own self in form of bread.

O food of life, thou who dost give  
the pledge of immortality;  
I live; no, 'tis not I that live,  
God gives me life, God lives in me:  
he feeds my soul, he guides my ways,  
and every grief with joy repays.

O bond of love, that dost unite