

Blessing Cup

Text based on 1 Corinthians 11:16;
Luke 22:17–20; John 6:55, 54

John Foley, S.J.

INTRO *Allegro* (♩ = 58)

Keyboard

D/A A7sus4 A7 D

REFRAIN

1st time: unison
2nd time: Soprano & Baritone, melody; Alto, harmony
3rd time: unison
4th time: SAB

Soprano *f*

Alto

Baritone *f*

This — bless-ing cup — which we bless, it is a shar - ing

A7 D G D F

f

8vb 8vb 8vb 8vb

in — the blood of Christ. — And this bread we break is a com -

C G D

8vb 8vb

rit. last time **Fine**

mun - ion with the bod - y of the Lord.

rit. last time **Fine**

rit. last time **Fine**

VERSES

1. Solo or Women on melody
2. Solo with choir humming, or SAB
3. SAB

mf

1. "This is my bod - y which shall be giv - en up for
 2. "Take of this bless - ing, my blood which shall be shed for
 3. "My flesh is real food; my blood, it is real drink for

mf

mf

D.S.

1. you." } Thus says the Lord.
 2. you." }
 3. you." }

D.S.

f

Blessing Cup

(Guitar/Vocal)

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INTRO *Allegro* (♩ = 58)

REFRAIN

(Keyboard)

This ___ bless - ing cup ___

___ which we bless, it is a shar - ing in the blood of

Christ. ___ And this bread we break is a com - mun - ion ___

___ with the bod - y of the Lord. ___

Fine

VERSES

1. "This is my bod - y which shall be giv - en
2. "Take of this bless - ing, my blood which shall be
3. "My flesh is real food; my blood, it is real

1. up for you." } Thus says the Lord.
2. shed for you." }
3. drink for you." }

Composer's Notes

Blessing Cup is a broad Communion piece in the tradition of *One Bread, One Body*. The pace of this hymn reflects the motion of people as they walk to receive the Cup of Blessing and the Bread of Life. The verses, deliberately short, are adapted quotations from Jesus' own words about the Eucharist. *Blessing Cup* will be most useful for Communion, but is also appropriate for Holy Thursday, the Solemnity of the Most Holy Body and Blood of Christ, and other eucharistic feasts. The verses are best done by cantor or choir, and organ, piano or contemporary ensemble are equally appropriate for accompaniment. Trumpets will add solemnity on special feasts.


—*John Foley, S.J.*
Saint Louis University

Assembly Edition

BLESSING CUP

John Foley, S.J.

Refrain



This blessing cup which we bless, it is a sharing
in the blood of Christ. And this bread we break is a com-
mun-ion with the bod-y of the Lord.

Verses



1. "This is my bod - y which shall be giv - en
2. "Take of this bless - ing, my blood which shall be
3. "My flesh is real food; my blood, it is real

to Refrain



1. up for you." } Thus says the Lord.
2. shed for you." }
3. drink for you." }

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