

gelórum, refectionem animárum sanctárum; panem nostrum quotidiánum, supersubstantiálem, habentem omnem dulcedínem et sapórem, et omne delectaméntum suavitatís. Te, in quem desidérant Angeli prospicere, semper esúriat et cómedat cor meum, et dulcedíne sapóris tui repleántur víscera ánimæ meæ; te semper sítiat fontem vitæ, fontem sapiéntiæ et sciéntiæ, fontem ætérni lúminis, torréntem voluptátis, ubertátem domus Dei. Te semper ámbiat, te quærat, te invéniat, ad te tendat, ad te pervéniat, te meditétur, te loquátur, et ómnia operétur in laudem et glóriam nóminis tui, cum humilitáte et discretióné, cum dilectióné, et delectatióne, cum facilitáte et afféctu, cum perseverántia usque in finem; ut tu sis solus semper spes mea, tota fidúcia mea, divítiæ meæ, delectatió mea, jucúnditas mea, gáudium meum, quies et tranquillitas mea, pax mea, suavitas mea, odor meus, dulcédo mea, cibus meus, reféctio mea, refúgium meum, auxiliúm meum, sapiéntia mea, pórtio mea, posséssio mea, thesáurus meus, in quo fixa et firma et immobiliter semper sit radicáta mens mea et cor meum. Amen.

Thee, the bread of angels, the refreshment of holy souls, our daily and super-substantial bread, having all sweetness and savour and every delight of taste; let my heart ever hunger after and feed upon Thee, upon whom the angels desire to look, and may my inmost soul be filled with the sweetness of Thy savour; may it ever thirst after Thee, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the richness of the house of God; may it ever compass Thee, seek Thee, find Thee, run to Thee, attain to Thee, mediate upon Thee, speak to Thee, and do all things to the praise and glory of Thy name, with humility and discretion, with love and delight, with ease and affection, and with perseverance unto the end; mayest Thou alone be ever my hope, my entire assurance, my riches, my delight, my pleasure, my joy, my rest and tranquillity, my food, my refreshment, my refuge, my help, my wisdom, my portion, my possession and my treasure, in whom may my mind and my heart be fixed and firm and rooted immovably henceforth and forever. Amen.

### The Benedíctus and Magníficat Antiphons

From the Feasts of the Epiphany and the Baptism of Our Lord

**H**ódie cælésti Sponso iuncta est Ecclésia, quóniam in Jordáne lavit Christus eius crímina: currunt cum munéribus Magi ad regáles núptias, et ex aqua factó vino lætántur convívæ, allelúia.

**T**ribus miráculis ornátum diem sanctum cólimus: hódie stella Magos duxit ad præsépium: hódie vinum ex aqua factum est ad núptias: hódie in Jordáne a Joánne Christus baptizári vóluit, ut salváret nos, allelúia.

**T**his day the Church is joined to her heavenly Spouse, for Christ has cleansed away her crimes in the Jordan; with gifts the Magi hasten to the royal nuptials, and the guests are gladdened with wine made from water, alleluia.

**T**he holy day we are keeping is adorned with three mysteries: this day a star led the Magi to the manger; this day wine was made from water at the wedding; this day at the Jordan Christ willed to be baptized by John in order to save us, alleluia.

*These two antiphons show the connection in the liturgy between the Epiphany, Baptism, and the Wedding feast at Cana. These three event, which manifest the divinity of our Lord, are traditionally held to have all occurred on the same day in different years.*