

# Whoever eats my flesh

John 6:57; Psalms 116(115) and 34(33)

CJ Olding



**Wheatsheaf  
Music**

Singing together, praying together

Capo 1  $\text{♩} = 82$

**Refrain** (D) (A) (G/D) (D) (G) (D/F#) (G) (A<sup>sus4</sup>) (A)  
 E $\flat$  B $\flat$  A $\flat$ /E $\flat$  E $\flat$  A $\flat$  E $\flat$ /G A $\flat$  B $\flat$ <sup>sus4</sup> B $\flat$

Melody  
 Whoev-er eats my flesh, whoev-er drinks my blood will re-

Choir  
 Whoev-er eats my flesh, whoev-er drinks my blood will re-

Keyboard

(D) (G) (A) (Bm<sup>7</sup>) (G) (A) (D<sup>sus4</sup>) (D)  
 E $\flat$  A $\flat$  B $\flat$  Cm<sup>7</sup> A $\flat$  B $\flat$  E $\flat$ <sup>sus4</sup> E $\flat$

main in me and I in them, says the Lord.

main in me and I in them, says the Lord.

# Verses 1-4: Psalm 116(115)

(D) (A) (G/D) (D)  
 Eb Bb Ab/Eb Eb

1. What can I of - fer the Lord for all the  
 2. Pre - cious in - deed to the Lord (7) is the  
 3. Lord, you have saved me from death, my feet from  
 4. I will ful - fill all my vows, and I will

(G) (D/F#) (G) (A<sup>sus4</sup>) (A) (D) (G)  
 Ab Eb/G Ab Bb<sup>sus4</sup> Bb Eb Ab

1. good - ness that God has shown? I shall raise up the cup of sal -  
 2. death of God's faith - ful ones. Tru - ly, Lord, I am your  
 3. stumb - ling, my eyes from tears. I will walk in the land of the  
 4. call on your name, O God in the place where your peo - ple are

(A) (Bm<sup>7</sup>) (G) (A) (D<sup>sus4</sup>) (D)  
 Bb Cm<sup>7</sup> Ab Bb Eb<sup>sus4</sup> Eb

1. va - tion; I will call on your name, O Lord.  
 2. ser - vant, you have freed me from all my bonds.  
 3. liv - ing in the pres - ence of the Lord.  
 4. gath - ered, in your tem - ple, Je - ru - sa - lem.

# Verses 5-9: Psalm 34(33)

(D) Eb (A) Bb (G/D) Ab/Eb (D) Eb

5. I'll bless the Lord with - out ceas - ing; God's name will  
 6. Come, sing with me of God's great - ness; to - geth - er  
 7. Look to the Lord and be rad - iant, so that your

8. God's an - gel camps near his cho - sen, the ones who  
 9. Ho - nour the Lord, you his peo - ple; those who o -

(G) Ab (D/F#) Eb/G (G) Ab (A<sup>sus4</sup>) Bb<sup>sus4</sup> (A) Bb (D) Eb (G) Ab

5. al - ways be on my lips. My whole be - ing gives praise to the  
 6. let us ac - claim God's name. When I called on the Lord, I was  
 7. fac - es will know no shame. When the help - less cry out, God will

8. fear God, to res - cue them. Taste and see that the Lord is all  
 9. bey God have all they need. Ev - en li - ons grow weak and go

(A) Bb (Bm<sup>7</sup>) Cm<sup>7</sup> (G) Ab (A) Bb (D<sup>sus4</sup>) Eb<sup>sus4</sup> (D) Eb

5. Lord God, let the hum - ble ones hear and be glad.\_\_\_\_  
 6. an - swered; God de - liv - ered me from all my fears.\_\_\_\_  
 7. hear them and will save them from all their dis - tress.\_\_\_\_

8. good - ness, blest are they who take re - fuge in God.\_\_\_\_  
 9. hun - gry, but seek God, and you'll want for\_\_ noth - ing.

## Notes

Bishop Philip Egan named 2021-22 as a *Year of the Eucharist* in the Roman Catholic Diocese of Portsmouth, UK. Following on from the *Year of the Word*, it aimed to help the people of the diocese grow in faith so that they might be better equipped to 'bring people closer to Jesus Christ through his Church'.

The *Year of the Eucharist* initially coincided with the worldwide Coronavirus pandemic. Many were unable to attend Mass in person and receive the Blessed Sacrament, due to health or social restrictions. It reminded us how precious the Eucharist is to us as Catholics.

## Performance notes

This chant can be sung in a number of ways, depending upon your musical resources and the liturgical need. The refrain can be sung repeatedly just by itself as a meditation. The verses can be sung between renditions of the refrain, or sung on top of the refrain by a soloist as an ostinato in the style of a Taize chant.

The piece is ideal for use during the Communion procession. The refrain is the Communion Antiphon for the Mass of Corpus Christi (Year B), the first Sunday of the *Year of the Eucharist*. The words of the verses are inspired by psalms that are closely associated with the Eucharist.

At the end of the verse, the cantor may choose the higher or lower note as appropriate.

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## Refrain

Musical notation for the refrain, written in treble clef, 4/4 time, with a tempo marking of quarter note = 82. The key signature has two flats (B-flat and E-flat). The melody consists of two lines of music. The first line contains the lyrics: "Whoev-er eats my flesh, whoev-er drinks my blood will re-". The second line contains the lyrics: "main in me and I in them, says the Lord." The music ends with a double bar line and repeat dots.

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