

LAUDA SION

1. Sion, praise the Savior, praise the leader and the shepherd, in hymns and songs.
2. Dare as much as you can: because He is greater than any praise, nor can you praise [Him] enough.
3. A theme of special praise, living and life-giving bread is proposed today.
4. That this was given at table of the sacred dinner, to the group of the twelve brothers, there is no doubt.
5. Let praise be full, let it be sonorous, let it be a joyful, let it be a fitting jubilation of the mind.
6. For a solemn day is celebrated, in which the first institution of this meal is recalled.
7. At this meal of the new King, the new Pasch of the new law ends the old Passover.
8. Newness chases old age away, truth [chases] shadow [away], daylight eliminates night.
9. What Christ performed at the supper, He urged that it be done in His memory.
10. Instructed by the sacred precepts, we consecrate the bread, the wine into the victim of salvation.
11. A dogma is given to Christians: that bread passes into flesh, and wine into blood.
12. What you do not grasp, what you do not see, courageous faith confirms, beyond the order of things.
13. Under the different species, signs only, and not things themselves, extraordinary things lie hidden.
14. Flesh is food, blood is drink: however, Christ entire remains under either species.
15. [Christ] is not severed by the partaker, nor broken, nor divided: He is received entire.
16. One partakes [of Him], a thousand partake: these as much as that one: nor, when partaken of, is He consumed.
17. The good partake, the bad partake: with, however, an unequal share of life and death.
18. It is death to the bad, life to the good: behold how unlike is the result of like partaking.
19. Finally the sacrament having been broken, you should not waver, but remember that under the fragment there is as much as there is covered by the whole.
20. There is no rending of the thing: there is only a breaking of the sign, through which neither the status nor the stature of the signified is diminished.
21. Behold the Bread of Angels, become the food of the pilgrims: truly the bread of the sons, which cannot be thrown to the dogs.
22. It is pre-signified in types, when Isaac is brought to be sacrificed, the Paschal lamb is chosen, manna is given to the fathers.
23. Good shepherd, true bread, Jesus, have mercy on us: feed us, protect us, make us see good things in the land of the living.
24. You Who know and can do all things, You who feed us mortals here, make us there your table companions, coheirs and comrades of the holy citizens.