

Those Who Eat My Flesh

Bob Hurd

Choral arrangement by Craig S. Kingsbury

Keyboard accompaniment by Rick Modlin

Refrain based on John 6:56

OSTINATO REFRAIN (♩ = ca. 76)

Soprano Alto
Those who eat my flesh, those who drink my

Tenor Bass

VERSE

Cantor(s)

1. Come to me, all who are bur - dened,
 2. Take my yoke up - on you —
 3. For my yoke is eas - y, —
 4. A - bide in me
 5. I do not work for food that per - ish - es
 6. — er comes to me
 7. I am the bread from heav - en; —
 8. Those who eat my flesh

Keyboard

C C/B Am Am/C G/B Am

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Note: Play Ostinato Refrain as an Intro.

SALES

blood, a - bide in me and I in them, they a -

- 1. and I will give you rest,
 - 2. and I will learn from me,
 - 3. and my burden light,
 - 4. as I abide in you,
 - 5. but for the food that endures
 - 6. I will never hunger,
 - 7. whoever eats this bread
 - 8. and drink my blood,
- and I will give you
 - for I am humble of
 - and my burden
 - and you will bear much
 - for eternal
 - I will never
 - will have eternal
 - I will abide in

Esus4 E Am/G F Gsus4 G

bide in me and I in them

D.C. Last time *rit.*

D.C. Last time *rit.*

- 1. rest. (Matt. 11:28)
- 2. heart. (Matt. 11:29)
- 3. light. (Matt. 11:30)
- 4. fruit. (John 15:4)
- 5. life. (John 6:27)
- 6. thirst. (John 6:35)
- 7. life. (John 6:51a, 54a)
- 8. me. (John 6:56)

Am Am/G Fmaj7 G C F/C G/C

D.C. Last time C F/C G/C C

rit.

Those Who Eat My Flesh

(Guitar/Vocal)

Refrain based on John 6:56

Bob Hurd

OSTINATO REFRAIN (♩ = ca. 76)

C C/B Am Am/G Dm7 G/B Am

Melody

Those ___ who eat my flesh ___ those who drink my

VERSES

Cantor(s)

1. Come to me, all who are bur - dened, ___
 2. I will take my yoke up - on you ___
 3. and my yoke is eas - y, ___
 4. and I will A - bid - e in ___ me ___
 5. and you will drink for food that per - ish - es
 6. and I will give ___ who - ev - er comes to me ___
 7. and I am the bread from heav - en; ___
 8. and those who eat my flesh ___

Esus4 E Am A G F Gsus4 G

blood, ___ a - bide in me and I in them, ___ they a -

1. and I will give you ___ rest, ___ and I will give ___ you
 2. and ___ learn from ___ me ___ for I am hum - ble of
 3. and my bur - den ___ my ___ and my bur - den
 4. as I a - bide in ___ you, ___ and you will bear ___ much
 5. but for the food that en - dures ___ and ___ for e - ter - nal
 6. and I will ___ nev - er ___ hung - er, ___ and I will ___ nev - er
 7. who - ev - er eats this ___ bread ___ will have e - ter - nal
 8. and ___ drink my ___ blood ___ and ___ a - bide ___ in

Am Am/G Fmaj7 G C G/C

bide in me and I in ___ em.

Last time
 C F/C G/C C
rit.

Last time
 D.C. *rit.*

1. rest. (Matt. 11:28)
2. heart. (Matt. 11:29)
3. light. (Matt. 11:30)
4. fruit. (John 15:4)
5. life. (John 6:27)
6. thirst. (John 6:35)
7. life. (John 6:51a, 54a)
8. me. (John 6:56)

Note: Play Ostinato Refrain as an Intro.

Composer Notes

Some critics have recently argued that it is inappropriate for the assembly to sing the words of Christ, saying that such texts give worshippers the false idea that they are God or Christ. This argument, however, flies in the face of both tradition and the very nature of liturgical proclamation. The most authoritative resource for liturgical song — the *Roman Gradual* — frequently includes the words of Jesus in the Communion antiphon. This refrain is one such example, and is recommended by the *Roman Gradual* both for the Most Holy Body and Blood of Christ and as a general Communion song throughout the Church year. Liturgical proclamation requires that humans proclaim the Word, including God’s words and Christ’s words. Furthermore, the Church teaches that it is Christ himself “who speaks when the Sacred Scriptures are read in the Church” (*Introduction to the Lectionary*, 46). For this same reason we can say that Christ is speaking when the Scriptures are *sung* in the Church.

The ostinato of “Those Who Eat This Bread” requires some care, since the refrain and verses are sung simultaneously. Begin by singing the refrain several times (without the verses) until the assembly is comfortable with it, and then add the verses. To assist in comprehension, make sure the cantors are clearly heard, and include the text of the verses in the worship resource.

Uses: This song may be used throughout the year for Communion. In addition, it complements the readings of these Sundays and celebrations:

Ordinary Time — Ord. Time 18 (A) [Feeding the Five Thousand]
 Ord. Time 17–21 (B) [Jesus, the Bread of Life]
 Most Holy Body and Blood of Christ

Ritual Masses — First Communion

Holy Week — Holy Thursday

—Bob Hurd

S
A
M
E

Those Who Eat My Flesh

Bob Hurd

OBOE

Arranged by Rick Modlin

(♩ = ca. 76)
*INTRO/[1]

The musical score consists of four staves of music in 4/4 time. The first staff begins with a tempo marking of quarter note = ca. 76 and an annotation '*INTRO/[1]'. The second staff starts with a boxed numeral '2'. The third staff starts with a boxed numeral '3'. The fourth staff starts with a boxed numeral '4' and ends with a boxed annotation 'Last Time rit.'. A large, vertical watermark 'SAMSAW' is superimposed over the center of the page, partially obscuring the musical notation.

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*Numerals indicate the beginning of the ostinato. Players should choose sections at will throughout the piece. Section 1 is also suggested for the Introduction. 8 verses total.

SAMSAW

Those Who Eat My Flesh

7

CELLO

Bob Hurd
Arranged by Rick Modlin

INTRO (♩ = ca. 76)

1

2

3

4

Last Time
rit.

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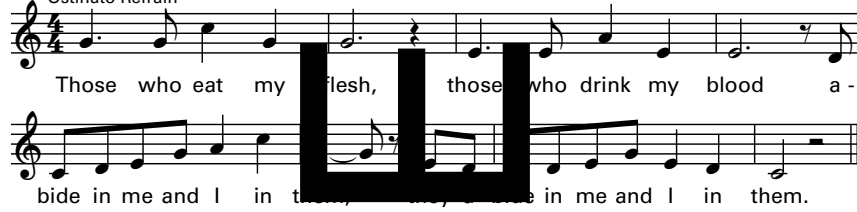
*Numerals indicate the beginning of the ostinato. Players should choose sections at will throughout the piece. 8 verses total.

Assembly Edition

THOSE WHO EAT MY FLESH

Bob Hurd

Ostinato Refrain



Those who eat my flesh, those who drink my blood a -
 abide in me and I in them, those who eat my flesh and drink my blood
 abide in me and I in them.

Verses

- | | |
|--|---|
| 1. Come to me, all who are burdened,
and I will give you rest,
and I will give you rest. | 5. Do not work for food that perishes
but for the food that endures
for eternal life. |
| 2. Take my yoke upon you
and learn from me,
for I am humble of heart. | 6. Whoever comes to me
will not have hunger,
nor will he be thirsty. |
| 3. For my yoke is easy,
and my burden light,
and my burden light. | 7. I am the bread from heaven;
whoever eats this bread
will have eternal life. |
| 4. Abide in me
as I abide in you,
and you will bear much fruit. | 8. Those who eat my flesh
and drink my blood
abide in me. |

Text: Based on Matthew 11:28-30, John 6:27, 35, 51a, 54a, 56: 15:4. Text and music © 2008, Bob Hurd.
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