

# MY FLESH IS FOOD INDEED

John 6:55-56

Richard Proulx

(♩ = 69-72)  
Cantor  
*mp*

My — flesh is food in - deed and my blood is drink in - deed,

Organ  
*mp* Man. II  
no Ped.

5

says — the — Lord. — My — flesh is food in - deed and my

All  
*mf*

Man. I  
*mf*  
Ped.

11

blood is drink in - deed, says — the — Lord. —

The musical score is written in 2/4 time with a key signature of one flat (Bb). It consists of three systems of music. The first system (measures 1-4) features a Cantor part and an Organ part (Man. II) with a dynamic marking of *mp* and a tempo of 69-72. The lyrics are "My — flesh is food in - deed and my blood is drink in - deed,". The second system (measures 5-8) continues the Cantor part with a dynamic marking of *mf* and the Organ part (Man. I) with a dynamic marking of *mf*. The lyrics are "says — the — Lord. — My — flesh is food in - deed and my". The third system (measures 9-12) continues the Cantor part with a dynamic marking of *mf* and the Organ part (Man. I) with a dynamic marking of *mf*. The lyrics are "blood is drink in - deed, says — the — Lord. —".

Soprano/Alto *mp* 17  
Those who eat my flesh and drink my blood dwell

Tenor/Bass *mp*  
Those who eat my flesh and drink my

*mp* \*Man. II  
no Ped.

21  
in me and I in them, I dwell

blood dwell in me and I in them, I

*cresc.*

26 *dim.* in them. My flesh is food in -

dwell in them.

All *mf*  
Man. I  
*mf*  
Ped.

\*Organ optional during verse.

32

- deed and my blood is drink in - deed, says \_\_\_\_\_ the Lord.

## BLEST ARE THOSE WHO ARE CALLED

Psalm 117:1; Revelation 19:9

Richard Proulx

*Moderately* (♩ = ca. 76)

Cantor  
*mp*

Blest are those who are called to the sup-per of the

Organ  
*mp* Man. II  
no Ped.

4

Lamb. Blest are those who are called to the sup-per of the Lamb.

9

All *mf*

— Blest are those who are called to the sup - per of the

Man. I

*mf*

Ped.

13

Lamb. Blest are those who are called to the sup - per of the Lamb.

18

S *f* *mf*

A Praise the Lord, praise the Lord, all you na - tions; laud

T *f* *mf*

B Praise the Lord, praise the Lord, all you na - tions; laud

optional accompaniment *f* *mf*

24

him, all you peo - ples, for

him, all you peo - ples, for

*f*

29

his lov - ing kind - ness towards us and the

his lov - ing kind - ness towards us is great,

*dim.* *p* *mp*

34

faith - ful - ness of the Lord

Lord en -

and the Lord en -

*mf* *dim.*

39 *rit. e dim.* en - dures for ev - er - more. *p*

- dures for ev - er - more.

- dures for ev - more. *rit. e dim.* *p*

44 *a tempo* *All mf*

Blest are those who are called to the sup - per of the

*Man. I*

*a tempo mf*

Ped.

48

Lamb. Blest are those who are called to the sup - per of the Lamb.

# BE KNOWN TO US

Based on Luke 24:35

Richard Proulx

(♩ = ca. 80)

Cantor  
*mp*

Be known to us, Lord Je - sus, in the break - ing of the

Organ  
*mp*  
(Man. II)

4

bread. Be known to us, Lord Je - sus, in the break - ing of the bread. — Be

All  
*mf*

Man. I  
*mf*

Ped.

9

known to us, Lord Je - sus, in the break - ing of the bread. Be

13

known to us, Lord Je - sus, in the break - ing of the bread.

Soprano 17 *mp* *cresc.*  
 Alto  
 Tenor  
 Bass *mp* *cresc.*

The bread which we break, al - le - lu - ia, is the com - mun - ion of the

*mp* *cresc.*  
 (for rehearsal only) *cresc.*

20 *f* al - le - lu - ia, — al - le - lu - ia. — All *f*  
 Bod - y of Christ, — al - le - lu - ia. Be  
 al - le - lu - ia, — al - le - lu - ia. *f*  
 al - le - lu - ia. *f*

Man. I  
 (Man. II) *f*  
 Ped.



24

known to us, Lord Je - sus, in the break - ing of the bread. Be

28

known to us, Lord Je - sus, in the break - ing of the bread. One

*rall.*

SATB  
*mp*

*mp*  
(for rehearsal only)

\*possible ending

32

though man - y, though -  
bod - y are we, al - le - lu - ia, for man - y,  
though man - y,  
through man - y,

*cresc.*

35 man-y we share — one bread, al - le - lu - ia, — al - le - lu - ia. —

we share — one bread, — al - le - lu -

we share — one bread, — al - le - lu - ia, — al - le -

we — share — one bread, al - le - lu -

*cresc.*

*cresc.*

*f*

39

*f*

*All*

ia. Be known to us, Lord Je - sus, in the break - ing of the

lu - ia. ia.

*f*

Man. I

(Man. II)

*f*

Ped.

*rall.*  
in the break - ing of bread.

bread. Be known to us, Lord Je - sus, in the break - ing of the bread. in the break - ing of bread.

in the break - ing of the bread. *rall.*

Richard Proulx

**MY FLESH IS FOOD INDEED**

My flesh is food in - deed and my blood is drink in - deed, says the Lord.

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Richard Proulx

**BLEST ARE THOSE WHO ARE CALLED**

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Be known to us, Lord Je - sus, in the break - ing of the bread. Be known to us, Lord Je - sus, in the break - ing of the bread.

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