

# O Sacrament Most Holy Hymn

## Introduction

"O Sacrament Most Holy" is a cherished refrain that first appeared in *Raccolta*, an Italian prayer book from the 19th century. While its authorship and the origin of its English translation remain unknown, this hymn has become especially popular in Ireland. It is often associated with the tune FULDA and has also been included in various hymns and musical settings.

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## Lyrics

O Sacrament most holy,  
O Sacrament divine,  
All praise and all thanksgiving  
Be every moment thine.

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## Notes

- This hymn is sometimes used as the refrain in "O Jesus We Adore Thee" or "O Lord I Am Not Worthy," composed by Irvin Udulutsch, OFM Cap.
  - It has also served as the refrain for a hymn attributed to Fr. Jan Ligeza.
  - Musical settings have been created by composers such as Marinus de Jong, and the Veritas Hymnal attributes its traditional Gaelic tune to ATTRACTA.
  - The meter of the hymn is 7.6.7.6.D, and it is most commonly associated with the melody FULDA, though definitive information about its composer remains unclear.
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Source: <https://www.godsongs.net/2012/05/o-sacrament-most-holy.html> || Watch it on YouTube  
<https://www.youtube.com/watch?v=3W4E8Zlzf0>