

HOLY HOUR FOR LIFE May 2018

The following is an outline of resources and prayers that may be of help to you in the planning of your Holy Hour. Punctuate each element of the entire prayer with silence – and include several sustained moments of silence of 3-4 minutes.

Choose Ministers of the Word who can read clearly and at a calm, reflective pace. Avoid any kind of haste – it will hinder recollection. Some extra scripture texts, reflections and hymn suggestions are included at the end of this text. The production of a hymn/prayer sheet for participants will be of great help. No need to include the whole text – just the words of hymns where appropriate, one line responses and prayers that all will say together.

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Opening Song:

Accompanying the entrance procession of the Blessed Sacrament, Exposition, Incensation.

All sing: **O Sacrament Most Holy (Arr. Ian Callanan)**
O Sacrament most holy,
O Sacrament divine,
all praise and all thanksgiving
be every moment thine.

1. I am the bread of life, come down from heav'n come down to bring life.
All who eat this bread, will never hunger again.

2. I am the resurrection, the life for all who follow my way.
All who believe in me, will never die but live.

3. I am the light of the world, a light that shines through darkened nights.
All who bear this light bring hope to the nations of earth.

4. I am the living truth, the Son of God who raises you up.
All who share this food will live as the children of God.

Opening Preamble

Presider: Here in your adorable presence O Lord,
we give you thanks for the gift of life.
Be with those who are overwhelmed by
the responsibility of caring for that gift
Be with those who are able to celebrate that gift with joy and hope.
Whatever their situation
may we embody your compassion and love for them.
May they have the support of family, friends and community
in all the challenges they face.

Song: Come Adore This Wondrous Presence (Ronan McDonagh)

Come adore this wondrous presence,
bow to Christ the source of grace.
Here is kept the ancient promise
of God's earthly dwelling place.
Sight is blind before God's glory,
faith alone may see his face.

Glory be to God the Father,
Praise to his eternal Son.
Adoration to the Spirit,
Bond of love, in Godhead one.
Blest be God by all creation,
Joyously while ages run, Amen.

[These words can also be sung to the tune of the Tantum Ergo]

Scripture Reading from the prophet Isaiah 46:3

Listen to me, O house of Jacob,
all the remnant of the house of Israel,
who have been borne by me from your birth,
carried from the womb;
even to your old age I am he,
even when you turn grey I will carry you.
I have made, and I will bear;
I will carry and will save.

+ TIME FOR SILENT PRAYER +

Prayer for the Child in the Womb

All pray: Lord Jesus, you are the source and lover of life.
Reawaken in us respect for every human life.
Help us to see in each child the marvellous work of our Creator.
Open our hearts to welcome every child as a unique and wonderful gift.
Guide the work of doctors, nurses and midwives.
May the life of a mother and her baby in the womb
be equally cherished and respected.
Help those who make our laws to uphold the uniqueness
and sacredness of every human life,
from the first moment of conception to natural death.
Give us wisdom and generosity to build a society that cares for all.
Together with Mary, your Mother,
in whose womb you took on our human nature,
Help us to choose life in every decision we take.
We ask this in the joyful hope of eternal life with you,
and in the communion of the Blessed Trinity. Amen.

Chant

Bless the Lord (Taizé)

All sing: Bless the Lord my soul and bless God's holy name,
Bless the Lord, my soul, who leads me into life.

LITANY 1

Jesus Christ is the same today as He was in days past and He will be forever.
Because his love towards us is ever faithful and unchanging we pray:

Jesus I believe in you *All: Jesus I believe in you.*

Jesus, lover of all humankind, (R)
Jesus, Beloved Son of the Father (R)
Jesus, gentle Son of Mary, (R)
Jesus who called us his sisters and brothers (R)
Jesus who showed us that God is very near (R)
Jesus, Holy One of God, (R)
Jesus who laid your hands on the sick with compassion (R)
Jesus, healer of our souls (R)
Jesus, friend of sinners (R)
Jesus, you desire that we have life and have it to the full (R)
Jesus, you want our joy to be complete, (R)
Jesus, in your love is true safety, (R)
Jesus, you have the words that bring our souls to life (R)
Jesus, who helped the married couple at Cana ...
Jesus, who calmed the storm,
Jesus, who fed the hungry,
Jesus, who transformed lives with forgiveness
Jesus, Bread of Life
Jesus, who loved us and gave yourself for us on the cross
Jesus, who gave Mary to be our mother
Jesus, who put an end to death
Jesus, whose love has overcome evil
Jesus who walked with the sad disciples on the road
Jesus who gave them new hope
Jesus who showed yourself in the breaking of bread
Jesus who breathed peace upon your disciples,
Jesus, Risen Lord
Jesus, present with us now.

Song Sweet Heart of Jesus

Sweet Heart of Jesus, fount of love and mercy,
Today we come thy blessings to implore;
Oh touch our hearts so cold and so ungrateful,
And make them Lord, thine own for evermore.

*Sweet Heart of Jesus! We implore,
Oh, make us love thee, more and more.*

Sweet Heart of Jesus, make us pure and gentle
and teach us how to do thy blessed will;
To follow close the print of thy dear footsteps,
And when we fall, sweet heart oh, love us still.

Sweet Heart of Jesus, bless all hearts that love thee,
And may thine own heart ever blessed be.
Bless us dear Lord, and bless the friends we cherish,
And keep us true to Mary and to thee.

+ TIME FOR SILENT PRAYER +

Scripture Reading: from the prophet Jeremiah 1:4-5

The word of the Lord came to me saying,
"Before I formed you in the womb I knew you,
and before you were born I consecrated you."

LITANY 2

We pray together, "Open our eyes, Lord"	<i>Open our eyes, Lord</i>
To the mystery of your purpose	<i>Open our eyes, Lord</i>
To the closeness of your presence...	<i>Open our eyes, Lord</i>
To the depth of your wisdom...	<i>Open our eyes, Lord</i>
To the wonder of the world we live in...	<i>Open our eyes, Lord</i>
To the depths of your Word ...	<i>Open our eyes, Lord</i>
To the life you offer us...	<i>Open our eyes, Lord</i>
To your presence in the Eucharist...	<i>Open our eyes, Lord</i>
To your presence within us...	<i>Open our eyes, Lord</i>
To your presence among us...	<i>Open our eyes, Lord</i>
To your presence in our neighbour...	<i>Open our eyes, Lord</i>
To your presence in those who need help...	<i>Open our eyes, Lord</i>
To your presence in the broken ones...	<i>Open our eyes, Lord</i>
To your call to serve...	<i>Open our eyes, Lord</i>

Scripture reading: from the letter of St James 3:17

The wisdom that comes down from above
is essentially something pure:
It also makes for peace,
and is kindly and considerate;
it is full of compassion and shows itself
by doing good; nor is there any trace
of partiality or hypocrisy in it.

+ TIME FOR SILENT PRAYER +

LITANY 3

We pray together, "Be with them Lord."

Be with them Lord

For all who have lost hope

Be with them, Lord

For all who suffer

Be with them, Lord

For all who are sick and in pain

Be with them, Lord

For all who are struggling

Be with them, Lord

For all who have been badly hurt in life

Be with them, Lord

For all who are grieving

Be with them, Lord

For all who are depressed

Be with them, Lord

For all who feel rejected

Be with them, Lord

For all who feel unloved

Be with them, Lord

For all who are oppressed

Be with them, Lord

For all who are anxious

Be with them, Lord

For those who serve in your name

Be with them Lord

For those who care for the needy

Be with them Lord

For those who look after the dying

Be with them Lord

For those who are carers in the home

Be with them Lord

For those who visit the sick

Be with them Lord

For those who listen in your name

Be with them Lord

For Missionaries throughout the world

Be with them Lord

For those who work for justice and peace

Be with them Lord

For those who feed the hungry

Be with them Lord

For parents and families

Be with them Lord

For all who bear witness to your love

Be with them Lord

Scripture Reading **from the letter of Paul to the Colossians 4: 12-15**

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

[Intercessions - can also be used on a rotation basis in the Prayer of the Faithful over the coming weeks.]

Let us pray for our community: that we will see in each child the marvellous work of our Creator.

Let us pray for our community: that we will open our hearts to welcome every child as a unique and wonderful gift.

Let us pray for doctors, nurses and midwives: that they will equally cherish and respect the life of a mother and her baby in the womb

Let us pray for those who make our laws: that they will uphold the uniqueness and sacredness of every human life, from the first moment of conception to natural death.

Let us pray for the gift of wisdom: so that with generosity we will build a society that cares for all.

The Lord's Prayer

'Tantum Ergo'

All sing: Tantum ergo sacramentum veneremur cernui
et antiquum documentum novo cedat ritui
praestet fides supplementum sensuum defectui

Genitori, genitoque laus et jubilatio,
salus, honor, virtus quoque sit et benedictio
procedenti ab utroque compar sit laudatio. Amen.

Divine Praises

All say: Blessed be God.

Blessed be his holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most precious blood.

Blessed be Jesus in the most holy sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and immaculate conception.

Blessed be her glorious assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Concluding Prayer Lord our God, in this great sacrament,
we come into the presence of Jesus Christ, your Son,
born of the Virgin Mary and crucified for our salvation.
May we who declare our faith
in this fountain of love and mercy
drink from it the water of everlasting life.
Through Christ our Lord. **Amen.**

BENEDICTION

DEPOSITION OF THE BLESSED SACRAMENT

Concluding Song: Make me a channel of your Peace

(Sebastian Temple)

Make me a channel of your peace
Where there is hatred, let me bring your love,
Where there is injury, your pardon, Lord,
And where there's doubt, true faith in you.

Make me a channel of your peace,
Where there's despair in life, let me bring hope,
Where there is darkness, only light,
And where there's sadness, ever joy.

O Master grant that I may never seek
So much to be consoled as to console;
To be understood as to understand,
To be loved, as to love with all my soul.

Make me a channel of your peace,
It is in pardoning that we are pardoned.
In giving of ourselves that we receive,
And in dying that we're born to eternal life.

Further prayers and texts that may be used:

Prayer

All pray together: God of love and tenderness,
we turn to you today as we reflect on the gift of life
and on our calling to give thanks for, appreciate
and protect that precious grace at all stages.
Together with Mary, in whose womb
Christ Jesus took on our human nature,
help us to choose life in every decision we take.
Through Christ, our Lord, **Amen.**

Scripture: From the Gospel according to Matthew (11:28-29)

Jesus said:

“Come to me, all you that are weary and are carrying heavy burdens,
and I will give you rest.

Take my yoke upon you, and learn from me;
for I am gentle and humble in heart,
and you will find rest for your souls.”

From the Psalms – to be read together or by one voice slowly.

Psalm 139(138)

O Lord, you search me and you know me,
you know my resting and my rising,
all my ways lie open to you.

Before ever a word is on my tongue
you know it, O Lord, through and through.
Behind and before you besiege me,
your hand ever laid upon me.
Too wonderful for me this knowledge,
too high, beyond my reach.

O where can I go from your spirit,
or where can I flee from your face?
If I climb the heavens, you are there.
If I lie in the grave, you are there.

If I take the wings of the dawn
and dwell at the sea's furthest end,
even there your hand would lead me,
your right hand would hold me fast.

If I say: "Let the darkness hide me
and the light around me be night,"
even darkness is not dark for you
and the night is as clear as the day.

For it was you who created my being,
knit me together in my mother's womb.
I thank you for the wonder of my being,
for the wonders of all your creation.

Already you knew my soul
my body held no secret from you
when I was being fashioned in secret
and moulded in the depths of the earth.

Your eyes saw all my actions,
they were all of them written in your book;
every one of my days was decreed
before one of them came into being.

To me, how mysterious your thoughts,
the sum of them not to be numbered!
If I count them, they are more than the sand;
to finish, I must be eternal, like you.

O search me, God, and know my heart.
O test me and know my thoughts.
See that I follow not the wrong path
and lead me in the path of life eternal.

from Psalm 62

In God alone be at rest, my soul;
for my hope comes from him.
He alone is my rock, my stronghold,
my fortress; I stand firm.

In God is my safety and glory,
the rock of my strength.
Take refuge in God, all you people.
Trust him at all times.
Pour out your hearts before him
for God is our refuge.

Scripture Reading Psalm 22

Yes, it was you who took me from the womb,
entrusted me to my mother's breast.
To you I was committed from my birth,
from my mother's womb you have been my God.
O Lord, do not leave me alone,
my strength, make haste to help me!

Reflection:

Pope Francis wrote:

“Humanity is precious and sacred to the Lord. Henceforth, to serve human life is to serve God. All life, from life in the mother’s womb to that of the elderly, the suffering and the sick, and to that of the troublesome and even repellent, is to be welcomed, loved and helped.”

Homily of 1st January 2018.

Prayer to Mary, Mother of the Life Within

O Mary, Mother of the Life Within, all life we entrust to you;
The life of every expectant mother and the child within her womb:
The life of every human body, the life of every human soul;
The life of every newborn child and the life of all grown old.
You held the Lord to your own heart and drew him so close in.
So draw us now in all our needs, O Mother of the Life Within. Amen

Other possible hymns:

Deus meus adiuva me (Trad. Adapted Ó Tuama)

Ag Críost an síol (Ó Riada)

Healer of my soul (John Michael Talbot)

Bí ' Íosa im chroíse (Trad.)

Like the deer (Joseph Walshe)

The Lord is my shepherd (Thomas Egan)

Be still and know that I am God (Anon. arr John Rombaut)

Christ be with me (John O'Keefe)

The king of love my shepherd is (Psalm 23, adapted HW Baker, AG Petti)

Sweet Sacrament Divine (Francis Stanfield)

Laudate omnes gentes (Taizé)

Ubi caritas (Taizé)