

Holy Hour Honoring The Eucharist

Acclamation

Leader: O Sacrament Most Holy, O Sacrament Divine;

All: *All praise and all thanksgiving be every moment thine.*

Greeting

Leader: The grace of the Lord Jesus Christ,
the love of God, and the communion
of the Holy spirit be with all of you.

All: *And also with you.*

Invitatory Psalm

Psalm 67 A call to praise God

Leader: Let the nations praise you, O God; let all the peoples praise you.

All: *Let the nations praise you, O God, let all the peoples praise you.*

Leader: May God be gracious to us and bless us
And make his face to shine upon us, that your way may be known
upon earth, your saving power among all nations.

All: *Let the nations praise you, O God, let all the peoples praise you.*

Leader: Let the nations be glad and sing for joy, for you judge the peoples
with equity and guide the nations upon earth.

All: *Let the nations praise you, O God, let all the peoples praise you.*

Leader: The earth has yielded its increase; God our God, has blessed us.
May God continue to bless us; let all the ends of the earth revere
him.

All: *Let the nations praise you, O God, let all the peoples praise you.*

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and will be forever. Amen.

All: *Let the nations praise you, O God, let all the peoples praise you.*

Opening Prayer

Leader: Let us pray:

We thank you, Lord, and we bless you for your gift of love in the Eucharist.

*All: May your love inspire us to love one another. For this we praise you, our Lord and Savior.
Amen.*

Liturgy of the Word

Reader 1: A reading from the First Letter of St. Paul to the Corinthians. (1 Cor 11:23-26):

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

Reader 1: The Word of the Lord.

All: Thanks be to God

(Music) Pause for a moment. Read the scriptures a second time.

Meditation Reflections

Leader: The following meditations are, in part, from a Holy Hour with Paul by Father Ernest Falardeau, SSS.

Reader 2: Bread broken and blood poured out are the sign of Christ's love.

Pause

Reader 2: The bread and the cup are a sign of Christ's care.

Pause

Reader 1 St. Ignatius of Antioch said, "I no longer take pleasure in

perishable food or in the delights of this world. I want only God's bread, which is the Flesh of Jesus Christ, formed of the seed of David, and for drink I crave His Blood which is love that cannot perish."

(Music) Pause

Leader: The Fifth Luminous Mystery – the institution of the Eucharist.

All: Pray one decade of the Rosary

All: Our Lord, Jesus Christ, the food from Heaven, find a home in us that you may be the wellspring of wisdom and courage to do as you did and follow you wherever you lead us. Amen.

Reader 2: We have to remember Jesus and his love as we break bread together. We cannot be selfish as we remember his selfless act of self-giving. We cannot be self-centered as we fulfill the Lord's command to 'love one another as I have loved you.'

(Music) Pause

Reader 1: In celebrating the Eucharist we proclaim the death and rising of the Lord until he comes. The Paschal Mystery of the Lord is our mystery as well, our death and rising. The Eucharist is our proclamation.

Short Pause

Reader 1: It is our memorial.

Short Pause

Reader 1: It is our celebration.

Short Pause

Reader 1: Hence the need to 'have this mind in you which was in Christ Jesus.' 'though he was the son of God,' he did not cling to that title or reality. But he humbled himself taking on human nature.

And accepting the Father's will, he obediently died on a cross so that we might be saved.

All: *Our Lord, Jesus Christ, the food from Heaven, find a home in us that you may be the wellspring of wisdom and courage to do as you did and follow you wherever you lead us. Amen.*

Reader 2: Story of the Three Trees.

(Music) Pause

Leader: The Fourth Sorrowful mystery – The Carrying of the heavy cross.

All: Pray one decade of the rosary.

All: *Our Lord, Jesus Christ, the food from Heaven, find a home in us that you may be the wellspring of wisdom and courage to do as you did and follow you wherever you lead us. Amen.*

(Music) Pause for a moment.

Leader: A Reading from the Holy Gospel according to John.
Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end. The devil had already induced Judas, son of Simon the Iscariot, to hand him over. So, during supper, fully aware that the Father had put everything into his power and that he had come from God and was returning to God, he rose from supper and took off his outer garments. He took a towel and tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist. He came to Simon Peter, who said to him, "Master, are you going to wash my feet?" Jesus answered and said to him, "What I am doing, you do not understand now, but you will understand later." Peter said to him, "You will never wash my feet." Jesus answered him, "Unless I wash you, you will have no inheritance with me." Simon Peter said to him, "Master,

then not only my feet, but my hands and head as well.” Jesus said to him, “Whoever has bathed has no need except to have his feet washed, for he is clean all over; so you are clean, but not all.”¹¹ For he knew who would betray him; for this reason, he said, “Not all of you are clean.”

So when he had washed their feet [and] put his garments back on and reclined at table again, he said to them, “Do you realize what I have done for you? You call me ‘teacher’ and ‘master,’ and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another’s feet. I have given you a model to follow, so that as I have done for you, you should also do.

Leader: The Gospel of the Lord

All: *Praise to you Lord Jesus Christ*

Short Pause

Reader 1 If you knew you were going to die in under a week, wouldn’t you prioritize and take care of the really important things? In John’s gospel, that means for Jesus, taking time to wash his disciples’ feet.

Besides being an example of service to us, it’s also about letting Jesus put his hands on our own feet. Not all of us want that. One reason may be that we are embarrassed about our own feet. A deeper reason we don’t want Jesus handling our feet is because to allow Jesus to touch our feet is to allow him to touch our will. It is to allow him to remove all that prevents us from using our feet to follow him.

(Pause)

Prayerful entreaty

Leader: Our Lord, Jesus Christ, the food from Heaven.

All: Find a home in us.

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Benediction

O Saving Victim, open wide
The gate of heav'n to us below,
Our foes press on from ev'ry side:
You aid supply, your strength bestow.

To your great name be endless praise,
Immortal Godhead, One in Three;
Grant us, for endless length of days,
In our true native land to be.

Leader: You have given them bread from heaven

All: Having within it all Sweetness

Leader: Let us pray.

Lord Jesus Christ,

You gave us the Eucharist

as the memorial of your suffering and death.

May our worship of this sacrament of your body and blood

Help us to experience the salvation you won for us

And the peace of the kingdom

Where you live with the Father and the Holy Spirit, one God, for
ever and ever.

All: Amen

Actual Benediction

Divine Praises

Leader:
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
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 St. Joseph
 Her most chaste spouse.
*Blessed be God in his angels
 and in his saints.*

All:
*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 by his most Precious Blood.
Blessed be Jesus in the most
 Holy Sacrament of the Altar
Blessed be the Holy Spirit, the
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 St. Joseph,
 Her most chaste spouse.
Blessed be God in his angels
 and in his saints.*

Reposition

Song: Holy God we praise they name
 Lord of all, we bow before thee;
 All on earth they scepter claim,
 All in heaven above adore thee.
 Infinite thy vast domain,
 Everlasting is they reign!