

Holy Hour
Friday, June 4, 2020
Most Holy Body and Blood of Christ

Adóro te devóte, latens Déitas,
Quae sub his figúris vere látitas:
Tibi se cor meum totum súbjicit,
Quia te contéplans totum déficit.

O memoriále mortis Dómini,
Panis vivus vitam praestans hómini,
Praesta meae menti de te vívere,
Et te illi semper dulce sápere.

Jesu, quem velátum nunc aspício,
Oro fiat illud quod tam sítio:
Ut te reveláta cernens fácie,
Visu sim beátus tuae glóriæ.

On Sunday, June 6, we will celebrate the Solemnity of the Most Holy Body and Blood of Christ. In anticipation of this solemnity, we will pray and reflect on the Most Holy Eucharist during this Holy Hour.

According to section 1324 of the Catechism of the Catholic Church, the Eucharist is “the source and summit of the Christian life.” The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Jesus Christ himself.

Opening Prayer

All: Lord, Jesus Christ, we are here to worship you, present in the Blessed Sacrament of the altar. Through this act of adoration, we want to re-affirm our love for you. May our prayers of thanksgiving tell you how grateful we are for all that you have done for us and for our loved ones. May our presence in some way make amends to you for our past indifference and neglect of you in our daily lives. Give us the ability to see our need of you and of each other. Through this

encounter with you, help us to live together as you want us to live, united by love, by understanding, and by mutual concern. We ask you to bless your chosen ones among us—the poor, the sick, and the lonely. Finally, Savior of us all, help us to use these minutes here with you as a time of rededication. Make our love for you and for all the driving force of our lives so that others may see you through us. Amen.

Silence

Scripture Reading 1

John 6:51-58

Jesus said to the Jews who were present:
“I am the living bread that came down from heaven;
whoever eats this bread will live forever;
and the bread that I will give is my flesh for the life of the world.”

The Jews quarreled among themselves, saying,
“How can this man give us (his) flesh to eat?”
Jesus said to them,
“Amen, amen, I say to you,
unless you eat the Flesh of the Son of Man and drink his Blood,
you do not have life within you.
Whoever eats my Flesh and drinks my Blood has eternal life,
and I will raise him on the last day.
For my Flesh is true food, and my Blood is true drink.
Whoever eats my Flesh and Drinks my blood remains in me and I in him.
Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me
will have life because of me.
This is the bread that came down from heaven.
Unlike your ancestors who ate and still died,
whoever eats this bread will live forever.”

Silence

Song – Taste and See

Chorus

Taste and see, taste and see
the goodness of the Lord.
O taste and see, taste and see
the goodness of the Lord, of the Lord

Verse

I will bless the Lord at all times.
Praise shall always be on my lips;
my soul shall glory in the Lord
for God has been so good to me.

Verse

Glorify the Lord with me.
Together let us all praise God's name.
I called the Lord who answered me;
from all my troubles I was set free.

Verse

Worship the Lord, all you people.
You'll want for nothing if you ask.
Taste and see that the Lord is good;
in God we need put all our trust.

Scripture Reading 2

26:20, 26-29

Matthew

When it was evening, Jesus reclined at table with the Twelve.
While they were eating, Jesus took bread, said the blessing, broke it,
and giving it to his disciples said,
“Take and eat; this is my body.”
Then he took a cup, gave thanks, and gave it to them, saying,
“Drink from it, all of you,
for this is my blood of the covenant,

which will be shed on behalf of many for the forgiveness of sins.
I tell you, from now on
I shall not drink this fruit of the vine
until the day when I drink it with you new
in the kingdom of my Father.”

Silence

Song – Remembrance

Verse

I take the bread of life
Broken for all my sin
Your body crucified
To make me whole again

Verse

I will recall the cup
Poured out in sacrifice
To trade this sinner's end
For Your new covenant

Chorus

Hallelujah
I'll live my life in remembrance,
Hallelujah
Your promise I won't forget

Verse

I'll walk salvation's road
With fear and trembling
Your way borne as my own
As Christ is formed in me

Chorus

If ever I should lose my way
If ever I deny Your grace
Remind me of the price You paid
Hallelujah
I'll live in remembrance

Bridge

You've been so, so good to me
You've been so, so good to me
Oh to think where I would be
If not for You
If not for You

As far as heights reach from the depths
As far as east is from the west
So far Your grace has carried me

Until I see You face to face
Until at last I've won my race
Remind me You're not finished yet

Hallelujah
Hallelujah
Hallelujah
I'll live in remembrance

Reading 3: Responsorial Psalm (Recited)
16bc, 17-18

Psalm 116:12-13, 15-

(cf. 1 Cor 10:16) Our blessing-cup is a communion with the Blood of Christ.

R. Our blessing-cup is a communion with the Blood of Christ.

How shall I make a return to the LORD
for all the good he has done for me?
The cup of salvation I will take up,
and I will call upon the name of the LORD.

R. Our blessing-cup is a communion with the Blood of Christ.

Precious in the eyes of the LORD
is the death of his faithful ones.

I am your servant, the son of your handmaid;
you have loosed my bonds.

R. Our blessing-cup is a communion with the Blood of Christ.

To you will I offer sacrifice of thanksgiving,
and I will call upon the name of the LORD.

My vows to the LORD I will pay
in the presence of all his people.

R. Our blessing-cup is a communion with the Blood of Christ.

Song – Meditative Instrumental (Our Blessing Cup)

Silence

Scripture Reading 4

10:16-17

1 Corinthians

Brothers and sisters:

The cup of blessing that we bless,
is it not a participation in the blood of Christ?

The bread that we break,
is it not a participation in the body of Christ?

Because the loaf of bread is one,
we, though many, are one body,
for we all partake of the one loaf.

Silence

Song – One Love Released

Chorus

One bread, one body, one cup, one call, one faith, one Spirit present in us all.
One prayer, one blessing, one hope, one peace, one church, one people, one love
released.

Verse

Is not this bread we share, the body of our Lord?
Is not this wine we drink, the blood of Christ outpoured?

Verse

I am the bread of life, eat and you shall live.
To those who share this meal, my strength I'll always give.

Verse

I am the living bread, as manna from the sky.
This bread I give to you, that you may never die.

Verse

No one will come to me, unless our God has led.
And I shall raise them up, raise them from the dead!

Litany of the Most Blessed Sacrament

(Written by St. Peter Julian Eymard, the founder of the Blessed Sacrament
Fathers.)

Lord, have mercy.

R. Lord, have mercy.

Christ, have mercy.

R. Christ, have mercy.

Lord, have mercy.

R. Lord, have mercy.

Christ, hear us.

R. Christ, graciously hear us.

God the Father of Heaven, R. **have mercy on us.**

God the Son, Redeemer of the world, R. **have mercy on us.**

God the Holy Spirit, R. **have mercy on us.**

Holy Trinity, one God, R. **have mercy on us.**

Jesus, Eternal High Priest of the Eucharistic Sacrifice, R. **have mercy on us.**

Jesus, Divine Victim on the Altar for our salvation, R. **have mercy on us.**

Jesus, hidden under the appearance of bread, R. **have mercy on us.**

Jesus, dwelling in the tabernacles of the world, R. **have mercy on us.**

Jesus, really, truly and substantially present in the Blessed Sacrament, R. **have mercy on us.**

Jesus, abiding in Your fullness, Body, Blood, Soul and Divinity, R. **have mercy on us.**

Jesus, Bread of Life, R. **have mercy on us.**

Jesus, Bread of Angels, R. **have mercy on us.**

Jesus, with us always until the end of the world, R. **have mercy on us.**

Sacred Host, summit and source of all worship and Christian life, R. **have mercy on us.**

Sacred Host, sign and cause of the unity of the Church, R. **have mercy on us.**

Sacred Host, adored by countless angels, R. **have mercy on us.**

Sacred Host, spiritual food, R. **have mercy on us.**

Sacred Host, Sacrament of love, R. **have mercy on us.**

Sacred Host, bond of charity, R. **have mercy on us.**

Sacred Host, greatest aid to holiness, R. **have mercy on us.**

Sacred Host, gift and glory of the priesthood, R. **have mercy on us.**

Sacred Host, in which we partake of Christ, R. **have mercy on us.**

Sacred Host, in which the soul is filled with grace, R. **have mercy on us.**

Sacred Host, in which we are given a pledge of future glory, R. **have mercy on us.**

Blessed be Jesus in the Most Holy Sacrament of the Altar.

R. Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

For those who do not believe in Your Eucharistic presence, R. **have mercy, O Lord.**

For those who are indifferent to the Sacrament of Your love, R. **have mercy on us.**

For those who have offended You in the Holy Sacrament of the Altar, R. **have mercy on us.**

That we may show fitting reverence when entering Your holy temple,
R. **we beseech You, hear us.**

That we may make suitable preparation before approaching the Altar,
R. **we beseech You, hear us.**

That we may receive You frequently in Holy Communion with real devotion and true humility, R. **we beseech You, hear us.**

That we may never neglect to thank You for so wonderful a blessing,
R. **we beseech You, hear us.**

That we may cherish time spent in silent prayer before You,
R. **we beseech You, hear us.**

That we may grow in knowledge of this Sacrament of sacraments,
R. **we beseech You, hear us.**

That all priests may have a profound love of the Holy Eucharist,
R. **we beseech You, hear us.**

That they may celebrate the Holy Sacrifice of the Mass in accordance with its sublime dignity,
R. **we beseech You, hear us.**

That we may be comforted and sanctified with Holy Viaticum at the hour of our death,
R. **we beseech You, hear us.**

That we may see You one day face to face in Heaven,

R. we beseech You, hear us.

Lamb of God, You take away the sins of the world, R. **spare us, O Lord.**

Lamb of God, You take away the sins of the world, R. **graciously hear us, O Lord.**

Lamb of God, You take away the sins of the world, R. **have mercy on us, O Lord.**

O Sacrament Most Holy, O Sacrament Divine,
R. **all praise and all thanksgiving be every moment Thine.**

Let us pray,

Most merciful Father,
You continue to draw us to Yourself
through the Eucharistic Mystery.
Grant us fervent faith in this Sacrament of love,
in which Christ the Lord Himself is contained, offered and received.
We make this prayer through the same Christ our Lord.
R. **Amen.**

Intentions

Dear brothers and sisters,
let us pray for our needs and the needs of the world.

For the holy Church of God,
that the Lord may graciously
watch over and care for her,
and lead and guide her in all things,
let us pray to the Lord.
Lord, graciously hear us.

For all of the peoples of the world,
that the Lord may graciously
bring reconciliation and peace,
end the pandemic,
and heal the sick and the suffering,

let us pray to the Lord.
Lord, graciously hear us.

For children and others
who are preparing to receive their First Holy Communion this month:
that the Lord may graciously
help them to grow in the faith,
and always to have a devotion and reverence for the Eucharist,
let us pray to the Lord.
Lord, graciously hear us.

For ourselves and our parish community,
that the Lord may graciously
forgive us our sins
and protect us from all harm,
let us pray to the Lord.
Lord, graciously hear us.

Now, let us pray using the words that Jesus taught us.

Our Father,

Chant - Tantum Ergo

Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et iubilatio,
Salus, honor, virtus quoque
Sit et benedictio:

Procedenti ab utroque
Compar sit laudatio. Amen

Presider: You have given them Bread from heaven.

Response: Having all sweetness within it.

Presider: 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 forever and ever.

Response: Amen

Eucharistic Blessing

Divine Praises

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 St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Reposition of the Blessed Sacrament

Closing Hymn

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

Hark! the loud celestial hymn
Angel choirs above are raising,
Cherubim and seraphim,
In unceasing chorus praising;
Fill the heavens with sweet accord:
Holy, holy, holy, Lord.

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