

HOLY HOUR
The Solemnity of the Most Holy Body and Blood of Christ

*It is pleasant to spend time with him, to lie close to his breast like the Beloved Disciple (cf: Jn 13:25) and to feel the infinite love present in his heart. If in our time Christians must be distinguished above all by the "art of prayer", how can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament? How often, dear brothers and sisters, have I experienced this and drawn strength, consolation and support!
(Pope St. John Paul II Ecclesia de Eucharistia 25)*

The Priest or Deacon exposes the Blessed Sacrament in a ciborium or monstrance, placed on the table of the altar which is covered with a cloth, and incenses it. The following hymn, or another, may now be sung.

Hymn

O Salutaris Hostia
quae caeli pandis ostium:
bella permunt hostilia
da robur, fer auxilium

O Saving victim,
opening wide
the gate of heaven
to man below:
our foes press on
from every side,
thine aid supply
thy strength bestow.

Uni trinoque Domino
sit sempiterna Gloria:
qui vitam sine termino
nobis donet patria. Amen.

To thy great name
be endless praise,
immortal Godhead,
one in three:
O grant us endless
length of days
in our true native land
with thee. Amen.

FIRST READING

A reading from the book of Proverbs

Eat my bread, drink the wine I have prepared for you.

Wisdom has built herself a house,
she has erected her seven pillars,
she has slaughtered her beasts, prepared her wine,
she has laid her table.

She has despatched her maid servants
and proclaimed from the city's heights:
'Who is ignorant? Let him step this way.'
To the fool he says,
'Come and eat my bread,
drink the wine I have prepared!
Leave your folly and you will live,
walk in the ways of perception.'

The word of the Lord.

Responsorial Psalm

Ps 147:12-15, 19-20. R. JN 6:58

R. Anyone who eats this bread will live for ever.

O Praise the Lord, Jerusalem!
Sion, praise your God!
He has strengthened the bars of your gates,
he has blessed the children within you. **R.**

He established peace on your borders,
he feeds you with finest wheat.
He sends out his word to the earth
and swiftly runs his command. **R.**

He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees. **R.**

SECOND READING

A reading from the first letter of St. Paul to the Corinthians **11:23-26**

Every time you eat this bread and drink this cup, you are proclaiming the Lord's death.

This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, 'This is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said, 'This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.' Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death.

The word of the Lord.

Gospel Acclamation

R. Alleluia, alleluia!

He who eats my flesh and drinks my blood
lives in me, and I live in him, says the Lord.

R. Alleluia!

A reading from the holy Gospel according to Luke

24:13-16, 28-35

They recognised him at the breaking of bread.

Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him.

When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. 'It is nearly evening,' they said, 'and the day is almost over.' So he went to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the Scriptures to us?'

They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, 'Yes, it is true. The Lord has risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they recognised him at the breaking of the bread.

The Gospel of the Lord.

Reflection (see accompanying text)

Hymn

Silent Prayer & Adoration

Silent prayer before the Eucharistic Lord. During this time, it may be appropriate to sing a Eucharistic Hymn.

The Divine Praises

The Divine Praises conclude the time of adoration.

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 spouse most chaste
Blessed be God in his angels and saints

BENEDICTION

As the time of exposition and adoration draws to an end, the Priest or Deacon goes to the altar, genuflects, then kneels before the Blessed Sacrament and incenses it. The following, or another, is sung:

Eucharistic Song

Tantum ergo sacramentum
veneremur cernui,
et antiquum documentum
novo cedat ritui;
praestet fides supplementum
sensum defectui

Therefore we,
before him bending,
this great Sacrament revere.
Types and shadows
have their ending
for the newer rite is here.
faith, our outward
Sense befriending,
Makes the inward vision clear.

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

Glory let us give, and blessing
to the Father and the Son,
honour, might
and praise addressing
while eternal ages run;
ever, too, his love confessing
who from both,
with both is one. Amen.

Collect

Let us pray.

Lord our God,
teach us to cherish in our hearts
the paschal mystery of your Son
by which you redeemed the world.
Watch over the gifts of grace
your love has given us
and bring them to fulfilment
in the glory of heaven.
We ask this through Christ our Lord. **R.** Amen.

REPOSITION

The Blessed Sacrament is now reposed in the tabernacle by the Priest or Deacon who gave the blessing, or by another Priest or Deacon; if the place of reservation is apart from the altar, he may go there in procession. The following may now be sung, or another acclamation said or sung:

Antiphon

Adoremus in aeternum
sanctissimum Sacramentum

Let us adore for ever the most
holy Sacrament

Psalm

Laudate Dominum
omnes gentes,
laudate eum omnes populi.
Quoniam confirmata est super
nos misericordia eius
et veritas Domini manet
in aeternum.

O praise the Lord,
all you nations,
acclaim him all you peoples!
Strong is his love for us;
he is faithful for ever.

Gloria Patri et Filio
et Spiritui Sancto
sicut erat in principio
et nunc et
semper et in saecula saeculorum
Amen.

Glory be to the Father
and to the Son
and to the Holy Spirit
as it was in the beginning,
is now and ever shall be,
World without end. Amen.

Antiphon

Adoremus in aeternum
sanctissimum Sacramentum

Let us adore for ever the most
holy Sacrament

The time of prayer may conclude with an anthem or Hymn to Our Lady.

Salve, Regina, mater misericordiae; vita, dulcedo, et spes nostra, salve. As te clamamus, exsules filii Evae. Ad te suspiramus, gementes et flentes in hac lacrimarum valle. Eia, ergo, advocate nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exilium ostende. O Clemens, O pia, O dulcis Virgo Maria.

V. Ora pro nobis sancta Deo Genetrix.

R. Ut digni efficiamur promissionibus Christi.

Oremus

Omnipotens sempiterne Deus, qui gloriosae Virginis Mariae corpus et animam, ut dignum Filii tui habitaculum effici mereretur, Spiritu Sancto cooperante, praeparasti: da, ut cuius commemoratione laetemur, eius pia intercessione, ab instantibus malis et a morte perpetua liberemur. Per eundem Christum Dominum nostrum. R. Amen.

V. Divinum auxilium maneat semper nobiscum.

R. Amen.

Hail, holy Queen, mother of mercy, hail, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn, then, O most gracious advocate, thine eyes of mercy towards us, and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us O holy Mother of God.

R. That we may be made worth of the promises of Christ.

Let us pray.

Almighty and everlasting God, by the cooperation of the Holy Spirit you prepared the body and soul of Mary, glorious Virgin and Mother, to be the worthy habitation of your Son; grant that by her gracious intercession, in whose commemoration we rejoice, we may be delivered from present evils and from everlasting death. Through the same Christ our Lord. R. Amen.

V. May the divine assistance remain with us always.

R. Amen.

