

The following Holy Hour is a model on the ritual book *Holy Communion and Worship of the Eucharist Outside of Mass*, which should be followed in all respects. A recently published resource of the USCCB Committee on the Liturgy entitled, *Thirty-One Questions on Adoration of the Blessed Sacrament*, may also be helpful. Whenever possible, the celebration of the Mass should open the period of exposition of the Blessed Sacrament.

For Masses celebrated on September 9, celebrate the Memorial of St. Peter Claver with additional prayers from the Common of Holy Men and Women: For Those Who Practiced Works of Mercy.

For Eucharistic Exposition in a monstrance, 4 to 6 candles should be lit at the altar, and incense is used. An altar cloth and corporal should be on the altar. Charcoal should be prepared in the thurible. The Lectionary should be prepared at the ambo and a script with the order and prayers for Eucharistic Exposition should be on hand for the celebrant. An accompanist, cantor, lector and three servers assist in the celebration of the liturgy. For the celebration of the Holy Hour, a good number of faithful are expected to participate in the liturgy.

Opening the Period of Exposition

When Mass is celebrated to begin the period of Eucharistic Exposition, the end of the Communion Rite is modified and the Concluding Rites of Mass are omitted as described here:

- Following the reception of Holy Communion and when the vessels have been set aside, the monstrance is placed on the corporal.
- The deacon or the priest celebrant (or another priest) places the Blessed Sacrament, which has been consecrated at the Mass, in the luna and then places the Blessed Sacrament in the monstrance.
- From the chair, and after a period of silent prayer, the priest celebrant stands and prays the Prayer After Communion.
- The celebrant then goes to the altar, places incense in the thurible, kneels, and incenses the Eucharist.
- A suitable song may be sung, e.g., *O Salutaris Hostia (O Saving Victim)*. The prayer given below is then prayed and the Holy Hour begins.

If Mass does not begin the period of Eucharistic Exposition:

- The ministers (priest and/or deacon) process to the sanctuary led by the Cross and candles accompanied by singing.
- Suitable choices are: *O God Of Every Nation (Aurelia – see below)*, *O God Our Help in Ages Past, Juntos Como Hermanos* by C. Gabarain OCP # 530 FyC III
- The Blessed Sacrament is placed in a monstrance on the altar,
- The presiding minister then kneels before the altar and incenses the Blessed Sacrament.

The opening song is concluded and a period of silent prayer follows.

After a period of silence, all stand and from the chair the presiding priest or deacon says:

Prayer *(Option A)*

(Roman Missal, Mass for Peace and Justice)

Let us pray.

After a brief period of silence, the priest or deacon celebrant says the following prayer:

Bestow on us, we pray, O Lord, the spirit of charity,
so that, sustained by the Body and Blood of your Only Begotten Son,
we may be effective in nurturing among all
the peace that he has left us.
Who lives and reigns for ever and ever.

All: Amen

(Option B)

(Roman Missal, For Promoting Harmony)

Let us pray.

After a brief period of silence, the priest or deacon celebrant says the following prayer:

We have received, O Lord, the Sacrament of unity;
grant us, we pray,
that, living in your house in holy accord,
we may possess the peace we hand on
and preserve the peace we have received.
Through Christ our Lord.

All: Amen

(Option C)

(Roman Missal, The Most Sacred Heart of Jesus)

Let us pray.

After a brief period of silence, the priest or deacon celebrant says the following prayer:

May this sacrament of charity, O Lord,
make us fervent with the fire of holy love,
so that, drawn always to your Son,
we may learn to see him in our neighbor.
Through Christ our Lord.

All: Amen

A period of silence follows

After a period of silent prayer, the Liturgy of the Word begins.

Liturgy of the Word

One or more of the following Scriptures readings are then read. Other choices may be made from Lectionary – Masses for Various Needs, #14. For Peace and Justice or #16 In Time of War or Civil Disturbance. It is essential that a period of silence follow each reading.

Reading

James 3:13-18, (Lec #888.3)

The fruit of righteousness is sown in peace for those who cultivate peace.

A reading from the Letter of Saint James

Beloved:

Who among you is wise and understanding?

Let him show his works by a good life

in the humility that comes from wisdom.

But if you have bitter jealousy and selfish ambition in your hearts,

do not boast and be false to the truth.

Wisdom of this kind does not come down from above

but is earthly, unspiritual, demonic.

For where jealousy and selfish ambition exist,

there is disorder and every foul practice.

But the wisdom from above is first of all pure,

then peaceable, gentle, compliant,

full of mercy and good fruits,

without inconstancy or insincerity.

And the fruit of righteousness is sown in peace

for those who cultivate peace.

The word of the Lord.

All: Thanks be to God

A period of silence follows

Responsorial Psalm

Psalm 85: 9 and 10, 11-12, 13-14 (Lec#889.2)

See below for metrical setting.

R (9b) The Lord speaks of peace to his people.

I will hear what God proclaims;
the LORD—for he proclaims peace.
Near indeed is his salvation to those who fear him,
glory dwelling in our land.

R The Lord speaks of peace to his people.

Kindness and truth shall meet;
justice and peace shall kiss.
Truth shall spring out of the earth,
and justice shall look down from heaven.

R The Lord speaks of peace to his people.

The LORD himself will give his benefits;
our land shall yield its increase.
Justice shall walk before him,
and salvation, along the way of his steps.

R The Lord speaks of peace to his people.

A period of silence follows

Gospel Acclamation

John 14:27 (Lec#890.2)

R Alleluia, alleluia.
Peace I leave with you, says the Lord, my peace I give to you.

R Alleluia, alleluia

My peace I give to you.

+ A reading from the holy Gospel according to Saint John

Jesus said to his disciple, Jude:

“Whoever loves me will keep my word,
and my Father will love him,
and we will come to him and make our dwelling with him.
Whoever does not love me does not keep my words;
yet the word you hear is not mine
but that of the Father who sent me.

“I have told you this while I am with you.
The Advocate, the Holy Spirit—
that the Father will send in my name—
he will teach you everything
and remind you all that I told you.
Peace I leave with you; my peace I give to you.
Not as the world gives do I give it to you.
Do not let your hearts be troubled or afraid.
You heard me tell you,
'I am going away and I will come back to you.'
If you loved me,
you would rejoice that I am going to the Father;
for the Father is greater than I.
And now I have told you this before it happens,
so that when it happens you may believe.”

The Gospel of the Lord.

*A homily may be given, or a portion of the January 1, 2016 Angelus address by Pope Francis may be read
(text below) or silent reflection may be observed.*

"Overcome Indifference and Win Peace" (Pope Francis)

Peace, which God the Father wants to sow in the world, must be cultivated by us. Not only this, but it must also be "won." This leads to a real struggle, a spiritual battle that takes place in our hearts. Because the enemy of peace is not only war, but also indifference, which makes us think only of ourselves and creates barriers, suspicions, fears and closure. These things are enemies of peace. We have, thanks be to God, a great deal of information; but at times we are so overwhelmed by facts that we become distracted by reality, from the brother and sister who need us. Let us...open our hearts and call attention to neighbors, to those who are near. This is the way to win peace.

A period of silence follows if not previously observed.

Intercessions

Standing at the chair, the presiding minister invites the people to stand and pray:

Presiding Minister: God is the Father of all peoples and wills all to be gathered into one family free from division and strife. Trusting in His providence, we place our petition for peace before him as we pray:

All: Lord, hear our prayer.

Deacon or other Minister: For an end to the violence perpetrated by harsh words, deadly weapons, or cold indifference. May our homes, our nation, and countries around the world become havens of peace, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or other Minister: For the grace to see every human being as a child of God, regardless of race, language or culture, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or other Minister: For the wisdom to receive the stories and experiences of those different from ourselves and to respond with respect, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or other Minister: For our faith community, that we may celebrate and welcome the diverse faces of Christ in our worship, our ministries, and our leaders, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or other Minister: For healing and justice for all those who have experienced violence and racism, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or other Minister: For those who defend the innocent and protect the common good, may the Lord guide them and protect them, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or other Minister: For those who have died, especially those who have died in war and conflict, may the Lord accept them into his loving presence, we pray to the Lord:

All: Lord, hear our prayer.

Presiding Minister:

God of Compassion,
bring healing to those suffering from the violence,
bring comfort to those mourning the dead,
convert the hearts of those who take up arms,
And protect those committed to peace.

God of Hope,
Inspire leaders to choose peace over violence
and to seek reconciliation rather than conflict.

Ignite the Church around the world with compassion for all people,
and give us hope for a future of peace built on justice for all.

We ask this through Jesus Christ, Prince of Peace and Light of the World,

All: Amen.

All are seated for a period of silent prayer.

After a period of silent prayer all stand and pray:

Litany of Peace

Musicians may use a setting of the Mass Kyrie for the peoples' response with the cantor chanting the invocations.

Lord, have mercy.

R Lord, have mercy.

Christ, have mercy.

R Christ, have mercy.

Lord, have mercy.

R Lord, have mercy.

The Lord look upon you kindly and give you peace. **Nm 6:26**

R Lord, grant us peace.

May the Lord bless his people with peace. **Ps 29:11**

R Lord, grant us peace.

Turn from evil and do good; seek peace and pursue it. **Ps 34:15**

R Lord, grant us peace.

I will listen for the word of God; surely the Lord will proclaim peace. **Ps 85:9**

R Lord, grant us peace.

Love and truth will meet; justice and peace will kiss. **Ps 85:11**

R Lord, grant us peace.

Too long did I live among those who hated peace. **Ps 120:6**

R Lord, grant us peace.

When I spoke of peace, they were for war. **Ps 120:7**

R Lord, grant us peace.

For family and friends I say, "May peace be yours." **Ps 122:8**

R Lord, grant us peace.

There is a time to love, and a time to hate; a time of war, and a time of peace. **Eccl 3:8**

R Lord, grant us peace.

O Lord, you mete out peace to us, for it is you who have accomplished all we have done. **Is 26:12**

R Lord, grant us peace.

Justice will bring about peace; right will produce calm and security. **Is 32:17**

R Lord, grant us peace.

From Bethlehem will come one whose origins are from of old, he shall be peace. **Cf. Mi 5:1,4**

R Lord, grant us peace.

Glory to God in the highest and peace to his people on earth. **Lk 2:14**

R Lord, grant us peace.

The Lord says, "Into whatever household you enter, first say, 'Peace to this household.'" **Lk 10:5**

R Lord, grant us peace.

The Lord says, "Peace I leave with you; my peace I give to you." **Jn 14:27**

R Lord, grant us peace.

The Lord says, "Not as the world gives it do I give it to you.

Do not let your hearts be troubled or afraid." **Jn 14:27**

R Lord, grant us peace.

The Lord says, "I have told you these things that you might have peace in me." **Jn 16:33**

R Lord, grant us peace.

And Jesus said to his disciples,

"Peace be with you. As the Father has sent me, so I send you." **Jn 20:21**

R Lord, grant us peace.

The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. **Gal 5:22-23**

R Lord, grant us peace.

Let the peace of Christ control your hearts, the peace into which you were called in one body. **Col 3:15**

R Lord, grant us peace.

Lamb of God, you take away the sins of the world.

R. Have mercy on us.

Lamb of God, you take away the sins of the world.

R Have mercy on us.

Lamb of God, you take away the sins of the world.

R Grant us peace.

The Lord's Prayer

The presiding minister then sings or says in these or similar words:

Now let us offer together the prayer our Lord Jesus Christ taught us:

All: Our Father...

Benediction

At the conclusion of the Lord's Prayer, the presiding priest or deacon goes to the altar, genuflects, and then kneels. As he kneels, Tantum ergo or another suitable Eucharistic song is sung and he incenses the Blessed Sacrament. After the hymn is finished, he rises and sings or says:

Let us pray.

(Collect for the Preservation of Peace and Justice)

After a brief period of silence, the presiding minister continues:

O God of peace, who are peace itself
and whom a spirit of discord cannot grasp,
nor a violent mind receive,
grant that those who are one in heart
may persevere in what is good
and that those in conflict
may forget evil and so be healed.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. Amen.

After the prayer, the presiding priest or deacon puts on the humeral veil, genuflects, and takes the monstrance. He makes the sign of the cross with the monstrance over those gathered, in silence.

Reposition

After the blessing the Blessed Sacrament is removed from the monstrance and brought to the place of reservation. Meanwhile, the presiding minister may lead those assembled in the Divine Praises. Each acclamation is repeated by all together.

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.

After the Divine Praises are finished, the hymn is sung, the presiding priest or deacon and the servers bow to the altar and depart. Hymn suggestions: Lord, Whose Love in Humble Service (Beach Spring), Prayer of St. Francis.

Other Resources

Alternative Intercessions

Standing at the chair, the presiding minister invites the people to stand and pray:

Presiding Minister: God is the Father of all peoples and wills all to be gathered into one family free from division and strife. Trusting in His providence, we place our petition for peace before him as we pray:

All: Lord, hear our prayer.

Deacon or Other Minister: For Christians and all people of good will, may they never lose hope in the possibility of peace, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or Other Minister: For government leaders, may they hear and respond to their peoples' plea for peace and justice, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or Other Minister: For the young everywhere: may they grow in courage to seek the peace God offers the world, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or Other Minister:: For people caught in struggles for dignity and respect, that God may strengthen the resolve of leaders to work for just systems in order to bring about peace and tranquility among people, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or Other Minister: For those who defend the innocent and protect the common good, may the Lord guide them and protect them, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or Other Minister: For those who have died, especially those who have died in war and conflict, may the Lord accept them into his loving presence, we pray to the Lord:

All: Lord, hear our prayer.

Sample Prayers of the Faithful

For an end to the violence perpetrated by harsh words, deadly weapons, or cold indifference. May our homes, our nation, and countries around the world become havens of peace.

For the grace to see every human being as a child of God, regardless of race, language or culture.

For the wisdom to receive the stories and experiences of those different from ourselves and to respond with respect.

For the strength to teach our children how to resolve differences non-violently and respectfully, and the courage to model it in our own behavior.

For our faith community, that we may celebrate and welcome the diverse faces of Christ in our worship, our ministries, and our leaders.

For our faith community, that we may respond boldly to the Holy Spirit's call to act together to end violence and racism.

For healing and justice for all those who have experienced violence and racism.

For the protection of all police and first responders who risk their lives daily to ensure our safety; for fair and just policing that will promote peace and wellbeing in all our neighborhoods.

For our public officials, that they will strive to work for fair education, adequate housing, and equal opportunities for employment for all.

For our parish, that we may cultivate welcome, extend hospitality, and encourage the participation of people of all cultures, ethnicities and backgrounds.

For the courage to have difficult conversations about racism, and for a better appreciation of how our words and actions - or even our silence - can impact our communities.

For solidarity in our global human family, that we may work together to protect those who are most vulnerable and most in need.

Respuesta / Refrain

El Se - ñor a - nun - cia la paz, la paz a su pue - blo.
 The Lord speaks of peace, peace to his peo - ple.

Capo 3: Sol/Si (G/B) Bb/D Re (D) F Si m (Bm) Dm Re/Fa# (D/F#) F/A Sol (G) Bb Mi m7/Si (Em7/B) Gm7/D La (A) C Mi m7 (Em7) Gm7 Re/Fa# (D/F#) F/A Sol (G) Bb La7 (A7) C7 Re (D) F

Re (D) F Fa# m7 (F#m7) Am7 Sol (G) Bb Re (D) F

1. I will hear what the LORD God speaks; he speaks of peace for his people and his faithful.
 2. Merciful love and faithful - ness have met; justice and peace have kissed.
 3. Also the LORD will be - stow his bounty, and our earth shall yield its increase.

Re (D) F Fa# m7 (F#m7) Am7 Sol (G) Bb Re (D) F

1. His salvation is near for those who fear him, and his glory will dwell in our land.
 2. Faithfulness shall spring from the earth, and justice look down from heaven.
 3. Justice will march be - fore him, and guide his steps on the way.

Respuesta / Refrain

El Se - ñor a - nun - cia la paz, la paz a su pue - blo.
 The Lord speaks of peace, peace to his peo - ple.

Capo 3: Sol/Si (G/B) Bb/D Re (D) F Si m (Bm) Dm Re/Fa# (D/F#) F/A Sol (G) Bb Mi m7/Si (Em7/B) Gm7/D La (A) C Mi m7 (Em7) Gm7 Re/Fa# (D/F#) F/A Sol (G) Bb La7 (A7) C7 Re (D) F

Re (D) F Fa# m7 (F#m7) Am7 Sol (G) Bb Re (D) F

1. Voy a escuchar lo que dice el Se - ñor: Dios anuncia la paz a su pueblo y a sus a - migos.
 2. La misericordia y la fidelidad se en - cuentran, la justicia y la paz se besan;
 3. El Señor nos da - rá la lluvia, y nuestra tierra dará su fruto.

Re (D) F Fa# m7 (F#m7) Am7 Sol (G) Bb Re (D) F

1. La salvación está ya cerca de sus fieles, y la gloria habitará en nues - tra tierra.
 2. la fidelidad brota de la tierra, y la justicia mira desde el cielo.
 3. La justicia marchará an - te él, la salvación seguirá sus pasos.