


ARCHDIOCESE OF CHICAGO

A large, artistic watercolor illustration of a person's head in profile, facing right. The colors are vibrant and layered, including shades of teal, pink, orange, yellow, and blue. The texture is soft and painterly.

HOLY HOUR IN THANKSGIVING TO GOD FOR THE GIFT OF HUMAN LIFE

Tuesday, January 22, 2019

The following Holy Hour is a model based on the ritual book Holy Communion and Worship of the Eucharist Outside of Mass, which should be followed in all respects. The Scripture passages below are from the suggestions of the United States Conference of Catholic Bishops' Holy Hour for Life, Marriage and Religious Liberty. Additional options are provided at usccb.org/about/pro-life-activities/prayers/holy-hour-for-life-marriage-and-religious-liberty.cfm and in the new Lectionary for Mass Supplement section for the Mass for Giving Thanks to God for the Gift of Human Life. The Ordo description for January 22 lists additional sections, which may be used in Masses and thus may be used for this holy hour as well, or you may select from the readings for the day. This holy hour may be used throughout the year by substituting the Mass Readings of the day. A resource by the USCCB Committee on Divine Worship entitled Thirty-One Questions on Adoration of the Blessed Sacrament may also be helpful in planning.

After all have assembled, a priest or deacon, wearing cope and humeral veil, brings the Blessed Sacrament to the Altar in a monstrance, a song may be sung. He may be accompanied by altar servers with candles.

Procession

The Blessed Sacrament is placed on the altar. The priest or deacon then kneels before the altar and incenses the Blessed Sacrament.

Opening Song

*O SALUTARIS Hostia
Quae caeli pandis ostium.
Bella premunt hostilia;
Da robur, fer auxilium.*

*Uni trinoque Domino
Sit sempiterna gloria:
Qui vitam sine termino,
Nobis donet in patria. Amen.*

O SAVING Victim opening wide
The gate of heaven to all below.
Our foes press on from every side;
Thine aid supply, Thy strength bestow.

To Thy great name be endless praise
Immortal Godhead, One in Three;
Oh, grant us endless length of days,
In our true native land with Thee. Amen.

The priest or deacon then goes to the chair, where he prays:

Opening Prayer

Priest or Deacon:

Heavenly Father,
in this great sacrament
we come into the presence of Jesus Christ, your Son.
Out of love for you, Father, and for us,
in his perfect obedience to your will that all men and women be saved,
Jesus freely chose to suffer and die for our sins,
revealing the immeasurable value of every human life.
Grant that we may freely choose to die to our self-interest
and obey your holy will by defending the lives of the innocent
and defending the faith and freedom you have bestowed on us, your
children.
We ask this through Christ our Lord.

LITURGY OF THE WORD

First Reading

Deuteronomy 30:15-20

Lector, Priest, or Decon:

A reading from the Book of Deuteronomy

Moses said to the people:

“Today I have set before you

life and prosperity, death and doom.

If you obey the commandments of the LORD, your God,
which I enjoin on you today,

loving him, and walking in his ways,

and keeping his commandments, statutes and decrees,

you will live and grow numerous,

and the LORD, your God,

will bless you in the land you are entering to occupy.

If, however, you turn away your hearts and will not listen,

but are led astray and adore and serve other gods,

I tell you now that you will certainly perish;

you will not have a long life

on the land that you are crossing the Jordan to enter and occupy.

I call heaven and earth today to witness against you:

I have set before you life and death,

the blessing and the curse.

Choose life, then,

that you and your descendants may live, by loving the LORD, your God,

heeding his voice, and holding fast to him.

For that will mean life for you,

a long life for you to live on the land that the LORD swore

he would give to your fathers Abraham, Isaac and Jacob.”

The word of the Lord.

All: Thanks be to God.

Responsorial Psalm

Psalm 8:2-3AB, 4-5, 6-7

Lector, Priest, or Deacon: You have given your Son rule over the works of your hands.

O LORD, our LORD,
how glorious is your name over all the earth!
You have exalted your majesty above the heavens.
Out of the mouths of babes and sucklings
you have fashioned praise because of your foes.

R. You have given your Son rule over the works of your hands.

When I behold your heavens, the work of your fingers,
the moon and the stars which you set in place?
What is man that you should be mindful of him,
or the son of man that you should care for him?

R. You have given your Son rule over the works of your hands.

You have made him little less than the angels,
and crowned him with glory and honor.
You have given him rule over the works of your hands,
putting all things under his feet.

R. You have given your Son rule over the works of your hands.

Gospel Acclamation

R. Alleluia, alleluia.

A lamp to my feet is your word,
a light to my path.

R. Alleluia, alleluia.

Gospel

Matthew 5:38-48

Priest or Deacon: A reading from the holy Gospel according to Matthew.

Jesus said to his disciples:

“You have heard that it was said,
(An eye for an eye and a tooth for a tooth).
But I say to you, offer no resistance to one who is evil.
When someone strikes you on your right cheek,
turn the other one to him as well.
If anyone wants to go to law with you over your tunic,

hand him your cloak as well.
Should anyone press you into service for one mile,
go with him for two miles.
Give to the one who asks of you,
and do not turn your back on one who wants to borrow.”

Jesus said to his disciples:

“You have heard that it was said,
You shall love your neighbor and hate your enemy.
But I say to you, love your enemies
and pray for those who persecute you,
that you may be children of your heavenly Father,
for he makes his sun rise on the bad and the good,
and causes rain to fall on the just and the unjust.
For if you love those who love you, what recompense will you have?
Do not the tax collectors do the same?
And if you greet your brothers only,
what is unusual about that?
Do not the pagans do the same?
So be perfect, just as your heavenly Father is perfect.”

The Gospel of the Lord.

At the conclusion of the last reading a priest or a deacon may preach a homily, followed by an extended period of silent prayer. Alternatively, prayers, such as a litany of the Chaplet of Divine Mercy, may be prayed, followed by an extended period of silence.

Homily (or devotional prayers)

Period of Silent Reflection and Adoration

Standing at the chair, the priest or deacon invites the people to pray in these words or by another similar invitation:

Intercessions

Priest or Deacon: God is the author of life. In him we place our trust and hope as we pray:

Lector, Priest, or Deacon:

For every woman whose heart is broken by the sin of abortion:
for the courage to accept God's mercy, healing, and peace;
We pray to the Lord:

For our President and all who work with him:
that God might fill their hearts with a love
for the weakest, the littlest, and the most defenseless of our citizens;
We pray to the Lord:

For those called to heal and cure the sick and suffering:
that they may be free to follow their faith,
while fulfilling their professional duties;
We pray to the Lord:

For conscience rights and religious liberty:
that all people of good will may work together
against the increasing threats to these fundamental rights;
We pray to the Lord:

For Catholic families:
that out of love for their children,
parents will learn, live, and pass on to them
Catholic moral teaching on the sanctity of life, sexuality, and marriage;
We pray to the Lord:

For all churches, agencies, employers, healthcare providers and
individuals:
that they may be free from government mandates
that would compel them to compromise their beliefs;
We pray to the Lord.

For those who have grown very old,
and suffer the losses and pains of old age:
that God might give us the grace to love and cherish them;
We pray to the Lord:

For those who work to promote the Gospel of Life
by prayer, by witness and by action:
that God might bless them for their goodness;
We pray to the Lord:

Priest or Deacon: Through the intercession of Mary Immaculate,
the Virgin of Guadalupe, we ask that our voices be heard, as we say
together this prayer for life and liberty:

All:

O God our Creator,
from your provident hand we have received
our right to life, liberty, and the pursuit of happiness.
You have called us as your people and given us
the right and the duty to worship you, the only true God,
and your Son, Jesus Christ.
Through the power and working of your Holy Spirit,
you call us to live out our faith in the midst of the world,
bringing the light and the saving truth of the Gospel
to every corner of society.
We ask you to bless us
in our vigilance for the gift of religious liberty.
Give us the strength of mind and heart
to readily defend our freedoms when they are threatened;
give us courage in making our voices heard
on behalf of the rights of your Church
and the freedom of conscience of all people of faith.
Grant, we pray, O heavenly Father,
a clear and united voice to all your sons and daughters
gathered in your Church
in this decisive hour in the history of our nation,
so that, with every trial withstood
and every danger overcome—
for the sake of our children, our grandchildren,
and all who come after us—
this great land will always be “one nation, under God,
indivisible, with liberty and justice for all.”
Through Christ our Lord. Amen.

Benediction

The 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.

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|------------------------------------|----------------------------------|
| <i>Tantum ergo Sacramentum</i> | Down in adoration falling, |
| <i>Veneremur cernui:</i> | Lo! the sacred Host we hail, |
| <i>Et antiquum documentum</i> | Lo! o'er ancient forms departing |
| <i>Novo cedat ritui:</i> | Newer rites of grace prevail; |
| <i>Praestet fides supplementum</i> | Faith for all defects supplying, |
| <i>Sensuum defectui.</i> | Where the feeble senses fail. |
| | |
| <i>Genitori, Genitoque</i> | To the everlasting Father, |
| <i>Laus et iubilatio,</i> | And the Son Who reigns on high |
| <i>Salus, honor, virtus quoque</i> | With the Holy Spirit proceeding |
| <i>Sit et benedictio:</i> | Forth from each eternally, |
| <i>Procedenti ab utroque</i> | Be salvation, honor, blessing, |
| <i>Compar sit laudatio. Amen.</i> | Might and endless majesty. Amen. |

After the hymn is finished, he rises and sings or says:

Priest or Deacon: You have given them Bread from Heaven.

All: Having all sweetness within it.

Priest or Deacon: Let us pray.

After a brief period of silence, the presider continues:

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.

After the prayer, the 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.

The priest or deacon leads the faithful in the praying of the Divine Praises, or some other acclamation or suitable song.

The Divine Praises

Priest or Deacon:

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. Amen.

After the Divine Praises are finished, the priest or deacon reposes the Blessed Sacrament in the tabernacle and then may intone a closing hymn. As the hymn is sung, the priest or deacon and the servers bow to the altar and leave.

Reposition

Closing Song “Holy God, We Praise Thy Name”

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