



2024
HOLY HOUR GUIDE
DIOCESE OF GREEN BAY



Eucharistic Holy Hour Guide *for* Parishes 2024

“THE WORD WAS MADE FLESH
AND MAKES HIS DWELLING AMONG US”

The Solemn exposition of the Holy Eucharist offers the opportunity to the people of God for prayerful reflection on their call to a deeper devotion to the Holy Eucharist and a more faithful living of the Christian Life. It provides them with an opportunity to become more aware of Christ's presence in his people and invites them to a spiritual communion with him.

Holy Hour Structure	2
Preparing for the Holy Hour	3
Order of the Eucharistic Holy Hour	4
Monthly Readings Appendix	13

HOLY HOUR STRUCTURE

This Eucharistic Holy Hour is structured to bring your parish community together to adore Christ present in the Blessed Sacrament and in the Word which is proclaimed. This liturgy mixes opportunities of proclamation of Scripture, reflections, and sacred silence to help facilitate a powerful encounter with Christ. As will be mentioned further in this text, the ordinary minister for The Eucharistic Holy Hour is first the priest and then the deacon. If the priest or deacon is not available or able to lead this liturgy, then a designated and trained lay minister may lead. The Holy Hour is structured in the following way:

00:00:00 – Welcome

00:02:00 – Opening Procession

00:03:00 – Exposition of the Blessed Sacrament/Incensation*

00:05:00 – Introductory Rites

00:07:00 – Sacred Silence

00:15:00 – Readings from the Gospel for the upcoming Sunday

Optional short reflection, Sacred Silence

00:30:00 – Prescribed Reading/Reflection, Sacred Silence

00:45:00 – Litany of the Eucharist

00:55:00 – Tantum Ergo/Incensation*

00:56:00 – Prayer

00:57:00 – Benediction*

00:58:00 – Divine Praises

00:59:00 – Reposition

00:60:00 – Recession (Holy God We Praise Thy Name *or another appropriate hymn*)

* (When a priest or deacon presides)

The eucharistic sacrifice is the source and culmination of the whole Christian life. Therefore devotion, both private and public, toward the Eucharist even outside Mass that conforms to the norms laid down by lawful authority is strongly encouraged.

PREPARING FOR THE HOLY HOUR

Who may minister at the Eucharistic Holy Hour?

The Parish Priest or Deacon is the ordinary minister for the Eucharistic Holy Hour. Parish Priests and Deacons are especially encouraged to lead the monthly Holy Hour and to be present with the community in prayer so as to increase Eucharistic devotion and connection to the real presence of Christ in the Eucharist.

If this is not possible, a lay minister may preside (i.e., Pastoral Leader, Extraordinary Minister of Holy Communion, or Pastoral Associate). If a lay minister presides, the incensation at the Exposition and the Benediction are omitted.

What is needed for Solemn Exposition of the Holy Eucharist?

All parishes should have available the following liturgical items:

- Cope/Humeral Veil (Priest/Deacon only)
- Alb (Lay Leaders)
- Incense/Thurible (Priest/Deacon only)
- Corporal
- Monstrance
- 4 or 6 Candles at the Altar
- Copy of the Order for Service
- Prayers and songs for recitation by the faithful
(available in most Missalettes or the provided Participant Guide)

Is there a specific timeframe for the Eucharistic Holy Hour?

The Holy Hour may take place at any reasonable time during the day or evening. If the parish already has hours of exposition, this monthly Holy Hour is to take place distinctly in a location and time that would allow large numbers of the faithful to attend. The monthly Holy Hour is to follow the specially prescribed format for this service.

Can we join with another parish in their Eucharistic Holy Hour?

Each parish should host their own Eucharistic Holy Hour. Where two or more parishes are linked, it is desirable to have the Holy Hour at each individual parish. Where there is one parish with multiple worship sites, a specific site should be selected for the Holy Hour, perhaps on a rotating basis.

ORDER OF EUCHARISTIC HOLY HOUR

Welcome/Introduction to Prayer

The presiding minister or another designated minister approaches the ambo and greets the assembled faithful with these or similar words:

Good Morning/Afternoon/Evening:

Welcome to our Monthly Holy Hour of Exposition and Adoration of the Blessed Sacrament.

We gather in the presence of Christ, truly present Body and Blood, Soul, and Divinity, in the Blessed Sacrament, along with parishes across our Diocese as we journey as ‘Disciples on the Way’.

This year during our monthly Holy Hours we pray especially for an increased understanding and belief in the power of God’s Word and how in the Word we have a life-long encounter with the Lord.

At this time, please kneel or prayerfully be seated as we expose the Blessed Sacrament.

Exposition & Incensation

The presiding minister enters the sanctuary, goes to the Tabernacle, genuflects, removes the Blessed Sacrament, brings it to the Altar, and places it in the monstrance turned towards the faithful.

The presiding minister then kneels before the altar and incenses the Holy Eucharist. As he begins the incensation, the hymn *O Salutaris Hostia* begins.



1. O sav - ing Vic - tim, o - pen wide The gate of
2. To your great name be end - less praise, Im - mor - tal
1. *O sa - lu - tá - ris Hó - sti - a, Quae cae - li*
2. *U - ni tri - nó - que Dó - mi - no Sit sem - pi -*



1. heav'n to us be - low, Our foes press on from
2. God - head, One in Three; Grant us, for end - less
1. *pan - dis ó - sti - um: Bel - la pre - munt ho -*
2. *tér - na gló - ri - a, Qui vi - tam si - ne*



1. ev - 'ry side; Your aid sup - ply, your strength be - stow.
2. length of days, In our true na - tive land to be.
1. *stí - lí - a, Da ro - bur fer au - xí - lí - um.*
2. *tér - mi - no No - bis do - net in pá - tri - a.*

Text: LM; *O Salutaris*; St. Thomas Aquinas, 1227–1274; tr. by Edward Caswall, 1814–1878, alt.
Music: attr. to Abbé Dieudonne Duguet, 1794–1849.

Greeting

Presider

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

℟: And with your spirit

Opening Prayer

Let us pray

(brief pause)

Almighty and eternal God, in Christ your Son you have shown your glory to the world.

Guide the work of your Church:

help it proclaim your name, to persevere in faith

and to bring salvation to people

everywhere. We ask this through Christ our Lord.

℟: Amen

00:15:00 - Gospel Reading w/Reflection

At the 15-minute point, the presiding minister and/or a designated reader should present the Reading from the Gospel for the upcoming Sunday from the Lectionary for the Mass or the Book of the Gospels. If the presider is a priest or deacon, a short reflection may be given.

Sacred Silence

There should be a period of silence after the Gospel Reading until the second reading/reflection.

00:30:00 - Reading II

The second reading/reflection is taken from various resources.

Sacred Silence

There should be another period of silence after the reading/selection.

00:45:00 - Litany of the Holy Eucharist

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

R./Lord, have mercy.

R./Christ, have mercy.

R./Lord, have mercy.

Jesus, the Most High

Jesus, the holy One

Jesus, Word of God

Jesus, only Son of the Father

Jesus, Son of Mary

Jesus, crucified for us

Jesus, risen from the dead

Jesus, reigning in glory

Jesus, coming in glory

Jesus, our Lord

Jesus, our hope

Jesus, our peace

Jesus, our Savior

Jesus, our salvation

Jesus, our resurrection

Jesus, Judge of all

Jesus, Lord of the Church

Jesus, Lord of creation

Jesus, Lover of all

Jesus, life of the world

Jesus, freedom for the imprisoned

Jesus, joy of the sorrowing

Jesus, giver of the Spirit

Jesus, giver of good gifts

Jesus, source of new life

Jesus, Lord of life

R./have mercy on us.

Jesus, eternal high priest
Jesus, priest and victim
Jesus, true Shepherd
Jesus, true Light
Jesus, bread of heaven
Jesus, bread of life
Jesus, bread of thanksgiving
Jesus, life-giving bread
Jesus, holy manna
Jesus, new covenant
Jesus, food for everlasting life
Jesus, food for our journey
Jesus, holy banquet
Jesus, true sacrifice
Jesus, perfect sacrifice
Jesus, eternal sacrifice
Jesus, divine Victim
Jesus, Mediator of the new covenant
Jesus, mystery of the altar
Jesus, medicine of immortality
Jesus, pledge of eternal glory

Jesus, Lamb of God, you take away the sins of the world
Jesus, Bearer of our sins, you take away the sins of the world
Jesus, Redeemer of the world, you take away the sins of the world

Christ, hear us.

R./ Christ, hear us.

Christ, graciously hear us.

R./ Christ, graciously hear us.

Lord Jesus, hear our prayer.

R./ Lord Jesus, hear our prayer.

Let us pray.

**Lord our God,
in this great sacrament
we come into the presence of Jesus Christ, your Son,
born of the Virgin Mary and crucified for our salvation.
May we who declare our faith in this fountain of love
and mercy drink from it the water of everlasting life.**

Lord's Prayer

Presider

**Remember us Lord when you come into your kingdom
and teach us to pray:**

R: Our Father...

00:55:00 - Benediction

If incense is used, the Priest or Deacon kneels before the altar and again incenses the Holy Eucharist.

Meanwhile, Tantum Ergo/Down in Adoration Falling is to be sung in either English or Latin.

Presider

**Together we will now sing Tantum Ergo/Down in Adoration
Falling found (*insert location in missalette/hymnal*).**



1. Down in ad - o - ra - tion fall - ing, This great sac - ra - ment we hail;
2. To the ev - er - last - ing Fa - ther, And the Son who made us free,
1. *Tan - tum er - go Sa - cra - mén - tum Ve - ne - ré - mur cér - nu - i;*
2. *Ge - ni - tó - ri, Ge - ni - tó - que Laus et ju - bi - lá - ti - o,*



1. O - ver an - cient forms of wor - ship New - er rites of grace pre - vail;
2. And the Spir - it, God pro - ceed - ing From them each e - ter - nal - ly,
1. *Et an - tí - quum do - cu - mén - tum No - vo ce - dat rí - tu - i;*
2. *Sa - lus, ho - nor, vir - tus quo - que Sit et be - ne - dí - cti - o:*



1. Faith will tell us Christ is pres - ent, When our hu - man sens - es fail.
2. Be sal - va - tion, hon - or, bless - ing, Might and end - less maj - es - ty.
1. *Prae - stet fi - des sup - ple - mén - tum Sén - su - um de - fé - ctu - i.*
2. *Pro - ce - dén - ti ab u - tró - que Com - par sit lau - dá - ti - o.*

Text: 87 87 87; *Tantum ergo*; St. Thomas Aquinas, 1227–1274; *Liber Hymnarius*, 1983; tr. by Edward Caswall, 1814–1878.
Music: John F. Wade, 1711–1786.

Prayer

Presider

You have given them Bread from heaven

℟: Having within it all Sweetness

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,
God for ever and ever. ℟: Amen.**

Eucharistic Blessing (Priest/Deacon ONLY)

The presiding minister, if a Priest or Deacon, dons the humeral veil and goes to the altar and the Blessed Sacrament. He genuflects, takes the monstrance, and makes the sign of the cross with it over the people in silence. He then replaces the monstrance on the altar, genuflects, and returns to the front of the Altar to kneel.

A lay presiding minister may NOT minister the blessing with the Eucharist or conduct a blessing/ritual action in its place. The Order of the Holy Hour should move, instead, from the preceding prayer directly to the Divine Praises.

Divine Praises

The presiding minister then leads the faithful in the recitation of the Divine Praises:

Presider

R: 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.

Reposition

The presiding minister then genuflects, removes the Blessed Sacrament from the monstrance, places it in the tabernacle, and genuflects again. Once the tabernacle is closed, all stand.

Presider

Please stand as we conclude this Holy Hour with the singing of *Holy God, We Praise Thy Name* (or another appropriate hymn), found (insert location in missalette/hymnal).

Hymn of Praise

During the song, the presiding minister, accompanied by other ministers if present, go before the Altar, genuflect to the Tabernacle (or if the Tabernacle is not located in the Sanctuary, profoundly bow to the Altar) before exiting the Sanctuary.

1. Ho - ly God, we praise thy name! Lord of all, we
2. Hark! the loud ce - les - tial hymn An - gel choirs a -
3. Ho - ly Fa - ther, Ho - ly Son, Ho - ly Spir - it,

bow be - fore thee; All on earth thy scep - ter claim,
bove are rais - ing; Cher - u - bim and Ser - a - phim
Three we name thee, While in es - sence on - ly One,

All in heav'n a - bove a - dore thee;
In un - ceas - ing cho - rus prais - ing,
Un - di - vid - ed God we claim thee,

In - fin - ite thy vast do - main,
Fill the heav'ns with sweet ac - cord:
And a - dor - ing bend the knee,

Ev - er - last - - - ing is thy reign.
Ho - ly, ho - - - ly, ho - - - ly Lord!
While we own the mys - - - ter - y.

Text: *Grosser Gott, wir loben dich*: ascr. to Ignaz Franz, 1719-1790; tr. by Clarence Walworth. 1820-1900
Tune: GROSSER GOTT, 7 8 7 8 77; *Katholisches Gesangbuch*, Vienna, c. 1774

APPENDIX

MONTHLY READINGS

JANUARY

Selection I:

Readings from the Gospel for the upcoming Sunday

January 1 - 7	The Epiphany of the Lord	Matthew 2:1-12	(20)
January 8 - 14	2 nd Sunday in Ordinary Time	John 1:35-42	(65)
January 15 - 21	3 rd Sunday in Ordinary Time	Mark 1:14-20	(68)
January 22 - 28	4 th Sunday in Ordinary Time	Mark 1:21-28	(71)

Selection II:

We hear from Bishop Ricken

The importance of Eucharistic Adoration is shown in the fact that the Church has a ritual that governs it called the Rite of Eucharistic Exposition and Benediction. This is an extension of adoration of the Blessed Sacrament which occurs in every Mass: "Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb."

Many people wonder what to do in Adoration. The word of God gives us the answer. In the psalms we are urged to "be still and know that I am God." What is important is that you are here. Give yourself the gift of peace and quiet with the King of Peace in Eucharistic Adoration. St. Catherine Labouré reminds us that silence is a masterful teacher, for it is in the stillness that God speaks. She said, "Whenever I go to the chapel, I put myself in the presence of our good Lord, and I say to him, 'Lord, I am here. Tell me what you would have me to do.' ... And then, I tell God everything that is in my heart. I tell him about my pains and my joys, and then I listen. If you listen, God will also speak to you, for with the good Lord, you have to both speak and listen. God always speaks to you when you approach him plainly and simply."

Find a church that keeps its doors unlocked and make occasional (or regular) visits to the tabernacle, where the Eucharist is reserved and Jesus remains truly present. If you hold any position in the Church — if you are a priest, deacon, teacher, catechist, lector, cantor — I strongly recommend that you consider taking up the practice of a daily Holy Hour before the tabernacle. What you're doing is so important, you need the grace that comes only from sustained and disciplined, intensely Eucharistic prayer.

Encountering Jesus in the Eucharist – Disciples Called to Worship

FEBRUARY

Selection I:

Readings from the Gospel for the upcoming Sunday

January 29 – February 4

5th Sunday in Ordinary Time Mark 1:29-39 (74)

February 5 – 11 6th Sunday in Ordinary Time Mark 1:40-45 (77)

February 12 - 18 1st Sunday of Lent Mark 1:12-15 (23)

February 19 - 25 2nd Sunday of Lent Mark 9:2-10 (26)

Selection II:

When in prayer, we ask our Lord to tell us why he willed, in his eternal Wisdom, to establish this ineffable sacrament, what does he reply? *As the Living Father has sent me and I live by the Father, so he that eats me, the same shall live by me.*

It is as if he said: my desire is to communicate my divine life to you. I hold my being, my life, all from my Father, and because I hold all from him, I live only for him: I desire with an intense desire that you, likewise, holding all from me, live only for me.

It is therefore not only in order that we may adore him, and offer him to his Father as infinite satisfaction, that Christ renders himself present on the altar; it is not only to visit us that he comes, but it is why we may eat him and the food of our souls, and that eating him, we may have life, the life of grace here below, the life of glory hereafter.

Blessed Columba Marmion

MARCH

Selection I:

Readings from the Gospel for the upcoming Sunday

February 26 – March 3

3 rd Sunday of Lent	John 2:13-25	(29)
--------------------------------	--------------	------

March 4 – 10	4 th Sunday of Lent	John 3:14-21	(32)
--------------	--------------------------------	--------------	------

March 11 - 17	5 th Sunday of Lent	John 12:20-33	(35)
---------------	--------------------------------	---------------	------

March 18 - 24	Palm Sunday	Mark 14:1-15:47	(38)
---------------	-------------	-----------------	------

March 25 – 31	Easter Sunday	John 20:1-9	(42)
---------------	---------------	-------------	------

Selection II:

We hear from Saint Pope John Paul II

"Rabbi, where are you staying?" Each day the Church responds: Christ is present in the Eucharist, in the sacrament of His death and resurrection. In and through the Eucharist, you acknowledge the dwelling-place of the Living God in human history. For the Eucharist is the Sacrament of the Love which conquers death. It is the Sacrament of the Covenant, pure Gift of Love for the reconciliation of all humanity. It is the gift of the Real Presence of Jesus The Redeemer, in the bread, which is His Body given up for us, in the wine, which is His Blood poured out for all. Thanks to the Eucharist, constantly renewed among all peoples of the world, Christ continues to build His church: He brings us together in praise and thanksgiving for salvation, in the communion which only infinite love can forge.

World Youth Day homily on Sunday, August 24, 1997, in Paris, France

APRIL

Selection I:

Readings from the Gospel for the upcoming Sunday

April 1 – 7	2 nd Sunday of Easter <i>Divine Mercy Sunday</i>	John 20:19-31	(44)
April 8 – 14	3 rd Sunday of Easter	Luke 24:35-48	(47)
April 15 – 21	4 th Sunday of Easter	John 10:11-18	(50)
April 22 – 28	5 th Sunday of Easter	John 15:1-8	(53)

Selection II:

We hear from Pope Francis

Indeed, the Eucharist is God's response to the deepest hunger of the human heart, the hunger for authentic life, for in the Eucharist, Christ himself is truly in our midst, to nourish, console and sustain us on our journey. Sadly nowadays, there are those among the Catholic faithful who believe that the Eucharist is more a symbol than the reality of the Lord's presence and love. It is more than a symbol; it is the real and loving presence of the Lord. It is my hope, then, [that the Eucharistic Congress] will inspire Catholics throughout the country to discover anew the sense of wonder and awe at the Lord's great gift of himself and to spend time with him in the celebration of the Holy Mass and in personal prayer and adoration before the Blessed Sacrament. I believe that we have lost the sense of adoration in our day. We must rediscover the sense of adoration in silence. It is a form of prayer that we have lost. Too few people know what it is. It is up to the Bishops to catechize the faithful about praying through adoration. The Eucharist requires it of us. In this regard, I cannot fail to mention the need for fostering vocations to the priesthood, for as Saint John Paul II said, "There can be no Eucharist without the priesthood" We need priests to celebrate the Holy Eucharist.

Greeting to the Organizing Committee of the National Eucharistic Congress

MAY

Selection I:

Readings from the Gospel for the upcoming Sunday

April 29 - May 5	6 th Sunday of Easter	John 15:9-17	(56)
May 6 - 12	Ascension Sunday	Mark 16:15-20	(58)
May 13 - 19	Pentecost Sunday	John 15:26-27; 16:12-15	(63)
May 20 - 26	Trinity Sunday	Matthew 28:16-20	(165)

Selection II:

We hear from Pope Benedict XVI

In the Eucharist, the Son of God comes to meet us and desires to become one with us; eucharistic adoration is simply the natural consequence of the eucharistic celebration, which is itself the Church's supreme act of adoration. Receiving the Eucharist means adoring him whom we receive. Only in this way do we become one with him, and are given, as it were, a foretaste of the beauty of the heavenly liturgy. The act of adoration outside Mass prolongs and intensifies all that takes place during the liturgical celebration itself. Indeed, "only in adoration can a profound and genuine reception mature. And it is precisely this personal encounter with the Lord that then strengthens the social mission contained in the Eucharist, which seeks to break down not only the walls that separate the Lord and ourselves, but also and especially the walls that separate us from one another."

#66 Sacramentum Caritatis

JUNE

Selection I:

Readings from the Gospel for the upcoming Sunday

May 27 – June 2	Corpus Christi	Mark 14:12-16, 22-26	(168)
June 3 - 9	10 th Sunday Ordinary Time	Mark 3:20-35	(89)
June 10 - 16	11 th Sunday Ordinary Time	Mark 4:26-34	(92)
June 17 – 23	12 th Sunday Ordinary Time	Mark 4:35-41	(95)
June 24-30	13 th Sunday Ordinary Time	Mark 5:21-43	(98)

Selection II:

We hear from Servant of God Luis Maria Martinez

The Holy Spirit and the Eucharist have divine connections; both mysteries are fountains of purity and of life, but not two separated fountains; united by an inexpressible harmony, they form but one and the same fountain. Therefore, although the sacrament of love was instituted on the eve of the Passion, it was not dispensed in the Church until Pentecost. On that day the heavenly fountain, united with that of earth, would pour throughout the world the holy inundation of purity; when the Holy Spirit, the eternal perfecter, would complete all that Jesus established, which like holy seeds, needed to be watered by power from on high in order to germinate...

Someone has said that a single surge of either love or of suffering can save the world; the Holy Spirit and the Eucharist envelop the world in those two waves because the Holy Spirit and the Eucharist come from Calvary and they extend upon the earth the empire of the cross formed with love and suffering.

The Holy Spirit and the Eucharist

JULY

Selection I:

Readings from the Gospel for the upcoming Sunday

July 1-7	14 th Sunday Ordinary Time	Mark 6:1-6a	(101)
July 8 - 14	15 th Sunday Ordinary Time	Mark 6:7-13	(104)
July 15 - 21	16 th Sunday Ordinary Time	Mark 6:30-34	(107)
July 22 - 28	17 th Sunday Ordinary Time	John 6:1-15	(110)

Selection II:

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.

O good Jesus, hear me.
Within your wounds, hide me.
Never let me be separated from you.
From the malignant enemy, defend me.
At the hour of death, call me;
and bid me come to you.
That with your saints I may praise you forever and ever.

Amen.

Anima Christi
St. Ignatius of Loyola

AUGUST

Selection I:

Readings from the Gospel for the upcoming Sunday

July 29 – August 4

18 th Sunday Ordinary Time	John 6:24-35	(113)
---------------------------------------	--------------	-------

August 5 - 11

19 th Sunday Ordinary Time	John 6:41-51	(116)
---------------------------------------	--------------	-------

August 12 - 18

20 th Sunday Ordinary Time	John 6:51-58	(119)
---------------------------------------	--------------	-------

August 19 – 25

21 st Sunday Ordinary Time	John 6:60-69	(122)
---------------------------------------	--------------	-------

Selection II:

When Archbishop Fulton J. Sheen was ordained, he made a promise to make a Holy Hour daily before the Blessed Sacrament. For sixty years of his priesthood, he kept that promise. It was during his Holy Hour that he learned to listen and abandon himself totally to God's call. He always encouraged this practice in others, even non-Catholics. His strong convictions on the benefits of time spent in Eucharistic adoration were a powerful example to religious and laity alike. Of this practice he states:

"I keep up the Holy Hour to grow more and more into His likeness... Looking at the Eucharistic Lord for an hour transforms the heart in a mysterious way as the face of Moses was transformed after his companionship with God on the mountain.

The Holy Hour is not a devotion; it is a sharing in the work of redemption. 'Could you not watch one hour with Me?' Not for an hour of activity did He plead, but for an hour of companionship.

The purpose of the Holy Hour is to encourage deep personal encounter with Christ. The holy and glorious God is constantly inviting us to come to Him, to hold converse with Him and to ask such things as we need and to experience what a blessing there is in fellowship with Him. One of the by-products of the Holy Hour was the sensitiveness to the Eucharistic Presence of Our Divine Lord."

From Treasure in Clay – the Autobiography of Fulton J. Sheen

SEPTEMBER

Selection I:

Readings from the Gospel for the upcoming Sunday

August 26 – September 1

22nd Sunday Ordinary Time Mk 7:1-8,14-15,21-23 (125)

September 2 – 8 23rd Sunday Ordinary Time Mark 7:31-37 (128)

September 9 – 15 24th Sunday Ordinary Time Mark 8:27-35 (131)

September 16 – 22 25th Sunday Ordinary Time Mark 9:30-37 (134)

September 23 – 29 26th Sunday Ordinary Time Mk 9:38-43, 45, 47-48 (137)

Selection II:

We hear from St. Benedicta of the Cross

“For every Catholic there lies ready an immeasurable treasure: the proximity of the Lord in the holy sacrifice and in the most holy sacrament of the altar. Whoever is imbued with a lively faith in Christ present in the tabernacle, whoever knows that a friend waits here constantly—always with the time, patience, and sympathy to listen to complaints, petitions, and problems, with counsel and help in all things—this person cannot remain desolate and forsaken even under the greatest difficulties. He always has a refuge where quietude and peace can again be found.”

“It is most important that the Holy Eucharist becomes life’s focal point: that the Eucharistic Savior is the center of existence; that every day is received from His hand and laid back therein; that the day’s happenings are deliberated with Him.”

OCTOBER

Selection I:

Readings from the Gospel for the upcoming Sunday

September 30 – October 6

27th Sunday Ordinary Time Mark 10:2-16 (140)

October 7 – 13 28th Sunday Ordinary Time Mark 10:17-30 (143)

October 14 – 20 29th Sunday Ordinary Time Mark 10:35-45 (146)

October 21 – 27 30th Sunday Ordinary Time Mark 10:46-52 (149)

Selection II:

I believe what the Church teaches – that God has given us reason to use and that it can lead us toward a knowledge of him, through analogy; that he has revealed himself in history and continues to do so through the Church, and that he is present (not just symbolically) in the Eucharist on our altars. To believe all this I don't take any leap into the absurd. I find it reasonable to believe, even though these beliefs are beyond reason. It is the center of my existence for me; all the rest of life is expendable.

Flannery O'Connor
The Habit of Being

NOVEMBER

Selection I:

Readings from the Gospel for the upcoming Sunday

October 28 – November 3

31st Sunday Ordinary Time Mark 12:28b-34 (152)

November 4 - 10 32nd Sunday Ordinary Time Mark 12:38-44 (155)

November 11 – 17 33rd Sunday Ordinary Time Mark 13:24-32 (158)

November 18 – 24 Christ the King John 18:33b-37 (161)

Selection II:

For at the Last Supper with his Apostles,
establishing for the ages to come the saving memorial of the Cross,
he offered himself to you as the unblemished Lamb,
the acceptable gift of perfect praise.

Nourishing your faithful by this sacred mystery,
you make them holy, so that the human race,
bounded by one world,
may be enlightened by one faith
and united by one bond of charity.

And so, we approach the table of this wondrous Sacrament,
so that, bathed in the sweetness of your grace,
we may pass over to the heavenly realities here foreshadowed.

Preface for the Eucharist II

DECEMBER

Selection I:

Readings from the Gospel for the upcoming Sunday

November 25 – December 1

1 st Sunday of Advent	Luke 21:25-28, 34-36	(3)
----------------------------------	----------------------	-----

December 2 – 8	2 nd Sunday of Advent	Luke 3:1-6	(6)
----------------	----------------------------------	------------	-----

December 9 – 15	3 rd Sunday of Advent	Luke 3:10-18	(9)
-----------------	----------------------------------	--------------	-----

December 16 - 22	4 th Sunday of Advent	Luke 1:39-45	(12)
------------------	----------------------------------	--------------	------

Selection II:

We hear from Saint John Bosco

What tenderness there is in Jesus' love for man! In his infinite goodness, he established, with each of us, bonds of sublime love! He comes to dwell in our hearts with his Body, Soul, and Divinity. What a marvelous gift! Jesus' love has no limits. With him, we form one single body.

Jesus could have limited his presence only to the celebration of Mass, but no! He wanted to make a permanent dwelling among us. Night and day we awaits us and offers himself to us at all times. Like a most tender mother, he opens his arms to us. He is there generously to give us his gifts. He is there to draw us to him and lead us to paradise with him. Oh! Let us visit him often.

Acknowledgements

Excerpts from the *Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition* © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved. No portion of this text may be reproduced by any means without permission in writing from the copyright owner.

United States Conference of Catholic Bishops Committee on the Liturgy. *Order for the Solemn Exposition of the Holy Eucharist*. Collegeville, MN: The Order of St. Benedict, Inc., 1993.

Diocese of Green Bay; Office of Divine Worship