Eucharistic Holy Hour Guide for Parishes
Extraordinary Jubilee Year of Mercy
December 2015 – November 2016

“Disciples on the Way”
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(DISTRIBUTED SEPARATELY BY QUARTER)
INTRODUCTION

“In my pastoral letter of 2011, Green Bay Parishes: Called to be Holy, Fully Engaged, Fully Alive, I explained that since the world “has become very secularized and is losing sight of God, it is incredibly important for all of us who are members of the church to help to satisfy the great hunger for holiness and for meaning in life through spirituality... We need to make space for Christ in our minds and in our hearts which are often too cluttered. We need to make space for the gift which is Jesus Christ himself for ‘Jesus Christ is the same yesterday, today and forever’ (Hebrews 13:8)” – Bishop Ricken, Disciples on the Way

In union with all parishes within the Diocese of Green Bay, in accordance with the expectations of Bishop Ricken within “Teach My People to Pray”, all parish sites are to provide the faithful with an opportunity for a Eucharistic Holy Hour which follows the protocol and intentions provided in this Guide each month. Through this effort, we join as brothers and sisters in Christ within the Diocesan community as the Church of Green Bay in order to grow in prayer and holiness together. In doing so, we actively seek to open our hearts to ongoing conversion towards Christ in order to more passionately respond to the present call of the New Evangelization to truly know, love, and share Jesus with others.

Parish leadership should take time to carefully determine the best time and day for implementation within each unique parish environment in order to inspire active participation from the local community.

2015-2016 THEMES: WORKS OF MERCY

“It is my burning desire that, during this Jubilee, the Christian people may reflect on the corporal and spiritual works of mercy. It will be a way to reawaken our conscience, too often grown dull in the face of poverty. And let us enter more deeply into the heart of the Gospel where the poor have a special experience of God’s mercy. Jesus introduces us to these works of mercy in his preaching so that we can know whether or not we are living as his disciples. Let us rediscover these corporal works of mercy: to feed the hungry, give drink to the thirsty, clothe the naked, welcome the stranger, heal the sick, visit the imprisoned, and bury the dead. And let us not forget the spiritual works of mercy: to counsel the doubtful, instruct the ignorant, admonish sinners, comfort the afflicted, forgive offences, bear patiently those who do us ill, and pray for the living and the dead.” – Pope Francis, Misericordiae Vultus, 15

In response to the Jubilee Year of Mercy (December 2015 – November 2016), this year’s Eucharistic Holy Hours will be based upon the Corporal and Spiritual Works of Mercy.
MONTHLY THEMES

December .................................................................................. Welcome the Stranger (C)
January ........................................................................................ Clothe the Naked (C)
February ...................................................................................... Care for the Sick (C)
March ................................ Forgive Offences (S); Bear Patiently Those Who Do Us Ill (S)
April ............................................................................................... Counsel the Doubtful (S)
May ................................................................................................ Comfort the Afflicted (S)
June ............................................................................................... Visit the Imprisoned (C)
July ................................................................................................. Admonish Sinners (S)
August ............................................................................................. Give Drink to the Thirsty (C)
September ..................................................................................... Instruct the Ignorant (S)
October ............................................................................................ Feed the Hungry (C)
November ............... Bury the Dead (C); Pray for the Living and the Dead (S)

(An Appendix Insert [starting at pg. 22] will be distributed quarterly for readings/intercessions)

HOLY HOUR STRUCTURE

Welcome / Introduction
Entrance of the Ministers and Chant (*O Salutaris Hostia / O Saving Victim*)
Exposition & [First Incensation]*
Greeting
Opening Prayer
Reading I / Sacred Silence
Reading II / Sacred Silence
Litany of the Holy Eucharist / Sacred Silence
Reading III / Sacred Silence
Reflection (Optional)
Intercessions
Lord’s Prayer
Chant (*Tantum Ergo/ Down In Adoration Falling*) & [Second Incensation]*
[Benediction]*
Divine Praises Reposition
Recessional (*Holy God We Praise Thy Name* or other hymn of praise)

*Priest or Deacon only
PREPARING FOR THE HOLY HOUR

Who may minister at the Eucharistic Holy Hour?
The Parish’s Pastor, Administrator, Sacramental Minister, or Deacon is the ordinary minister for the Eucharistic Holy Hour. Deacons are especially encouraged to lead the monthly Holy Hour. The extraordinary minister of the Holy Hour is the Pastoral Leader. If this is not possible, a lay minister may preside, preferably an Instituted Acolyte, a commissioned 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 (if needed)
• 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)

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 there are two or more Parishes that 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.
How can we best communicate the Holy Hour to our Parishioners?
Consider communicating the Holy Hour via:

- Parish Bulletin / Bulletin Insert
- Diocesan Posters (Given to each parish to fill in with times/locations)
- Social Media / Website
- Announcements
- Invitations through Religious Education / Catholic Schools
- Announcements at other Parish events
- Personal Invitation

Do we need designated music ministers for the Holy Hour?
While it is highly desirable to find music ministers to assist with the music of the Holy Hour, it is not necessary to have designated ministers to do so. If there are no music ministers available, the presiding minister or designated person should be prepared to lead *Tantum Ergo/ Down In Adoration Falling* and *O Salutaris Hostia/ O Saving Victim*.

Who do we contact with questions regarding the Holy Hour?
Questions regarding the Eucharistic Holy Hour can be directed to:

Michael Poradek
Divine Worship Director
Diocese of Green Bay
mporadek@gbdioc.org
920-272-8342, or toll free 877-500-3580 (ext. 8342)
ORDER OF EUCHARISTIC HOLY HOUR

WELCOME / INTRODUCTION TO PRAYER

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

Good Morning/Afternoon/Evening:

Welcome to (insert parish name) and our Monthly Holy Hour of Exposition and Adoration of the Blessed Sacrament as our Diocese celebrates, in union with the Universal Church, the Extraordinary Jubilee Year of Mercy.

We gather in the presence of Christ, truly present Body and Blood, Soul and Divinity, in the Blessed Sacrament, to reflect upon the corporal and spiritual works of mercy. We also gather as our Diocese journeys in our six year journey, ‘Disciples on the Way’, to pray for the work of the New Evangelization, the proclaiming of the Christ’s Gospel of joy to all, within our parish, our diocese, and our world. We recognize that through prayer and the strengthening of our personal relationship and communication with Jesus Christ, we may come to know better the Lord ourselves, in order to share His merciful love with our family, friends, and with those we meet as intentional ‘disciples on the way’.

During this Holy Hour, after exposing the Blessed Sacrament we will spend time in silence and reflection on three passages related to this month’s theme of:

December ................................................................. Welcome the Stranger (C)
January ................................................................. Clothe the Naked (C)
February ................................................................. Care for the Sick (C)
March ................................................................. Forgive Offences (S); Bear Patiently Those Who Do Us Ill (S)
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As you reflect on the words from Sacred Scripture, from the Saints, Popes, and others writings of our Church, please allow the Holy Spirit to direct your mind and heart in listening to the call of Jesus Christ as we form our lives of prayer and discipleship. Jesus teaches us to pray as we look upon Him and He gazes at us.

We will then offer our petitions, especially for the intentions of our Holy Father Pope Francis, our Bishop David Ricken, and those of our own local and diocesan community, before closing in prayer together.

At this time, please kneel as we expose the Blessed Sacrament and sing together *O Salutaris Hostia / O Saving Victim*, found (insert location in missalette/hymnal). Please kneel or prayerfully be seated as we enter into this time of prayer and encounter with our Lord.
ENTRANCE OF THE MINISTERS & CHANT

The presiding minister, accompanied by other ministers if present, enter the Sanctuary and genuflect to the Tabernacle (or if the Tabernacle is not located in the Sanctuary profoundly bow to the Altar) before either going to their assigned seats or kneeling before the Altar.

_O Salutaris Hostia / O Saving Victim_ is to be sung in either Latin or English:

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**O Saving Victim**

1. O saving Victim, open wide The gate of heav'n to us below, Our foes press on from every side; Your aid supply, your strength bestow.

2. To your great name be endless praise, Immortal Godhead, One in Three; O grant us endless length of days, When our true native land we see.

1. O salutaris Hostia, Quae caeli pandis ostium: Bella premunt honora, Qui vitem sine

2. Uni in trinoque Domino Sit semper. ter na glo ri a, Qui vi tam si ne.

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Text: LM; _O Salutaris_; St. Thomas Aquinas, OP, 1227-1275; tr. by Edward Caswall, 1814-1878, alt.
Music: DUGUET; attr. to Abbe Dieudonne Duguet, 1794-1849
EXPOSITION & INCENSATION

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

If a Priest or Deacon, kneel before the altar and incense the Holy Eucharist. Musical accompaniment should continue, if possible, until the incensation is concluded.

If the Pastoral Leader or a Lay Minister, go directly to the Greeting and Opening Prayer

GREETING

OPTION A:

PRESIDER: (Priest/Deacon Only): 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

or

OPTION B:

PRESIDER: Praised be the God and Father of our Lord Jesus Christ, who in his great mercy gave us new birth into a living hope by resurrection of Jesus Christ from the dead. Blessed be God for ever

℟: Blessed be God for ever.
OPENING PRAYER

OPTION A:

PRESIDER: Let us pray [that the Church of Jesus Christ may remain faithful to its mission.]

(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.

or

OPTION B:

PRESIDER: Let us pray [that Christ, the Bread of Life, will satisfy our human hungers.]

(brief pause)

Father in heaven, you have made us for yourself; our hearts are restless until they rest in you. Fulfill this longing through Jesus, the Bread of Life, so that we may witness to him who alone satisfies the hungers of the human family. By the power of your Spirit lead us to the heavenly banquet where we may feast on the vision of your glory for ever and ever.

℟: Amen.
**READING I**

During this time, the presiding minister and/or a designated reader should present the first Reading from Sacred Scripture, quotes, and other material throughout the time of adoration found starting on Page 22 for the corresponding month. Only these selections should be utilized.

**SACRED SILENCE**

There should be approximately 8 minutes of silence after the reading/selection.

**READING II**

The second reading is then read for the corresponding month (Page 22 on).

After the Reading, the minister should kneel before the Blessed Sacrament to lead the Litany of the Holy Eucharist.

**SACRED SILENCE**

There should be approximately 4 minutes of silence after the reading/selection.
THE LITANY OF THE MOST HOLY EUCHARIST

PRESIDER: Together let us pray the Litany of the Holy Eucharist. (pause)

Lord, have mercy
Christ, have mercy
Lord, have mercy

Please respond ‘Have Mercy on Us’:

Jesus, the Most High, have mercy on us
Jesus, the holy One, have mercy on us
Jesus, Word of God, have mercy on us
Jesus, only Son of the Father, have mercy on us
Jesus, Son of Mary, have mercy on us
Jesus, crucified for us, have mercy on us
Jesus, risen from the dead, have mercy on us
Jesus, reigning in glory, have mercy on us
Jesus, coming in glory, have mercy on us
Jesus, our Lord, have mercy on us
Jesus, our hope, have mercy on us
Jesus, our peace, have mercy on us
Jesus, our Savior, have mercy on us
Jesus, our salvation, have mercy on us
Jesus, our resurrection, have mercy on us
Jesus, Judge of all, have mercy on us
Jesus, Lord of the Church, have mercy on us
Jesus, Lord of creation, have mercy on us
Jesus, Lover of all, have mercy on us
Jesus, life of the world, have mercy on us
Jesus, freedom for the imprisoned, have mercy on us
Jesus, joy of the sorrowing, have mercy on us
Jesus, giver of the Spirit, have mercy on us
Jesus, giver of good gifts, have mercy on us
Jesus, source of new life, have mercy on us
Jesus, Lord of life, have mercy on us
Jesus, eternal high priest, have mercy on us
Jesus, priest and victim, have mercy on us
Jesus, true Shepherd, have mercy on us
Jesus, true Light have mercy on us
Jesus, bread of heaven have mercy on us
Jesus, bread of life have mercy on us
Jesus, bread of thanksgiving have mercy on us
Jesus, life-giving bread have mercy on us
Jesus, holy manna have mercy on us
Jesus, new covenant have mercy on us
Jesus, food for everlasting life have mercy on us
Jesus, food for our journey have mercy on us
Jesus, holy banquet have mercy on us
Jesus, true sacrifice have mercy on us
Jesus, perfect sacrifice have mercy on us
Jesus, eternal sacrifice have mercy on us
Jesus, divine Victim have mercy on us
Jesus, Mediator of the new covenant have mercy on us
Jesus, mystery of the altar have mercy on us
Jesus, medicine of immortality have mercy on us
Jesus, pledge of eternal glory have mercy on us

Jesus, Lamb of God, have mercy on us
you take away the sins of the world have mercy on us

Jesus, Bearer of our sins, have mercy on us
you take away the sins of the world have mercy on us

Jesus, Redeemer of the world, have mercy on us
you take away the sins of the world have mercy on us

Christ, hear us
Christ, graciously hear us
Lord Jesus, hear our prayer.
Let us pray.

(brief pause)

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.

℟: Amen.

Following the Litany, the minister should return to their place.

SACRED SILENCE

There should be approximately 4 minutes of silence after the litany.

READING III

The third reading/selection is then read for the corresponding month (Page 22 on).

SACRED SILENCE

There should be approximately 8 minutes of silence after the reading/selection.
REFLECTION (OPTIONAL)

The presiding minister may at this time present a 3-5 minute reflection on the monthly theme and selections.

INTERCESSIONS

PRESIDER: Let us kneel or remain seated.

Deacon, presiding minister, or other minister leads the prepared intentions:
Our hope is in God, who gives us help. Let us call on the Lord as we pray:

℟: Lord, Hear our Prayer. or Ἄ: Strengthen us Lord.

That the Jubilee of Mercy may be a year of grace for the Church so that all, with renewed enthusiasm, may bring good news to the poor, proclaim liberty to captives and the oppressed, and restore sight to the blind; we pray to the Lord...

℟: Lord, Hear our Prayer. or Ἄ: Strengthen us Lord.

For world leaders, that they might find ways to bring an end to war and violence, and promote peace and development for all nations; we pray to the Lord...

℟: Lord, Hear our Prayer. or Ἄ: Strengthen us Lord.

For those who suffer injustice, that they may receive the grace necessary to persevere in Christ and that we courageously respond to their needs; we pray to the Lord...

dae: Lord, Hear our Prayer. or Ἄ: Strengthen us Lord.

That the New Evangelization may be a time of spiritual renewal and personal encounter with Christ for all people, especially within our Diocese; we pray to the Lord...

dae: Lord, Hear our Prayer. or Ἄ: Strengthen us Lord.
Please turn to / insert page 23 (Appendix) for Pope Francis’ and Bishop Ricken’s Monthly Intentions to be inserted at this time.
**LORD’S PRAYER**

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

**แด่:** Our Father...

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

**INCENSATION & CHANT**

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 (found on next page)* is to be sung in either English or Latin (it is appropriate to adjust the accompaniment depending upon the time of the Liturgical Year)
**PRESIDER:** You have given them Bread from heaven

**R:** 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, one God for ever and ever.  

**R:** 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:** The 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**

The presiding minister then genuflects, removes the Blessed Sacrament from the monstrance and 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).

**RECESSIONAL**

The song *Holy God, We Praise Thy Name* (or another appropriate hymn of praise) is then sung.

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.
Remove this page and insert Quarterly Appendix for applicable quarter found in Parish Pages and at http://www.qbdioc.org/disciples-on-the-way.html for intercessions and readings/selections.