

EUCHARISTIC HOLY HOUR GUIDE

2026

Therefore, O Lord, we humbly implore you:
by the same Spirit graciously make holy
these gifts we have brought to you for consecration,
that they may become the Body and Blood
of your Son our Lord Jesus Christ,
at whose command we celebrate these mysteries.



Diocese of
Green Bay

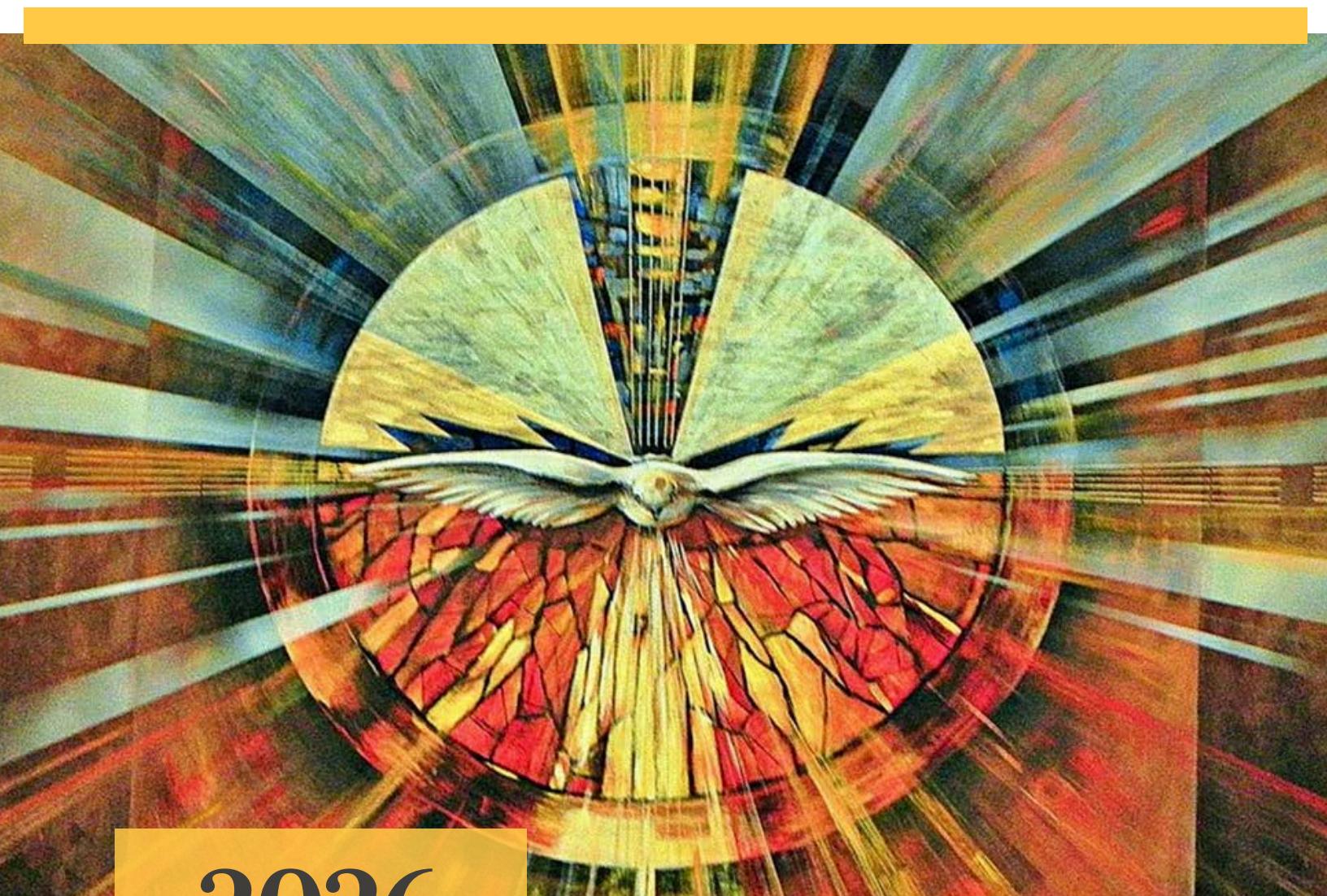


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The Solemn exposition of the Holy Eucharist offers the opportunity to the people of God for prayerful reflection on their call to a deeper devotion to the Holy Eucharist and a more faithful living of the Christian Life. It provides them with an opportunity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

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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 Holy Spirit
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 the 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 its 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 THE EUCHARISTIC HOLY HOUR

Welcome/Introduction to Prayer

The presiding minister or another designated minister 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 learning to see with the eyes of faith, to hear the promptings of the Holy Spirit, and to be renewed in the love that sustains us.

This year, during our monthly Holy Hours we pray especially for an increased commitment to SHARE JESUS with others, the same Jesus whom we have discovered personally, followed in our daily lives, worshipped every Sunday in community, and throughout each moment of our day, we now go out and share with everyone we meet.

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 salutaris Hostia
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.

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

1. O Victim bringing saving grace,
who open wide the gate of heav'n:
our foes assail and press us hard;
give us your strength, bring us your
aid.

2. To you be everlasting praise
and glory, One and Triune Lord,
who grant us life that knows no end,
for ever in our heav'nly home. Amen.

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

2. All praise and thanks to thee ascend
For evermore, blest One in Three;
O grant us life that shall not end
In our true native land with thee.
Amen.

Greeting

Presider

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

R 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.

R Amen.



00:15:00

Gospel Reading with 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 Spirit

Lord, have mercy on us!
Christ, have mercy on us!
Lord, have mercy on us!
Christ, hear us!

R Lord, have mercy on us!
R Christ, have mercy on us!
R Lord, have mercy on us!
R Christ, graciously hear us!

R Have mercy on us!

Heavenly Father
Son and Redeemer,
Holy Spirit,
Blessed Trinity, one God,

Holy Spirit, Love of the Father and the Son,
Holy Spirit, Happiness of the Father and the Son,
Holy Spirit, Cause of the mystery of the Incarnation,
Holy Spirit, Divine Spouse of the Immaculate Virgin Mary,
Holy Spirit, Crown of the redemptive work of Jesus,
Holy Spirit, Guide of Holy Mother the Church,
Holy Spirit, Guardian of the Holy Father's teachings,
Holy Spirit, Sun of Divine grace,
Holy Spirit, Dispenser of divine virtues and gifts,
Holy Spirit, Spirit of our understanding and knowledge,
Holy Spirit, Spirit of piety and reverential fear,
Holy Spirit, Spirit of courage and fortitude,
Holy Spirit, Source of all virtues,
Holy Spirit, Master of perfection,
Holy Spirit, Joy of the angels,
Holy Spirit, Hope of the patriarchs,
Holy Spirit, Inspiration of the prophets,
Holy Spirit, Teacher of the apostles,
Holy Spirit, Strength of the martyrs,
Holy Spirit, Strength of confessors of the faith,
Holy Spirit, Chastity of Virgins,
Holy Spirit, Pledge of the unity of all Saints,
Holy Spirit, Forgiver of sins,
Holy Spirit, Risen Life of all humanity,
Holy Spirit, Light and Joy of eternal life,

Be merciful! **R** Have mercy on us, Holy Spirit!
Be merciful! **R** Hear us, Holy Spirit!



R Save us, Holy Spirit!

From all error of faith,
From all sins,
From the spirit of pride,
From the spirit of uncleanness,
From the spirit of hatefulness,
From the spirit of falsehood and pretense,
From the neglect of your inspirations,
From the resisting of recognized truth,
From the pride of taking your mercy for granted,
From the fear of losing divine mercy,
From obstinacy and lack of repentance,
From sudden and unhappy death,
From eternal damnation,

We, poor sinners,
We ask you to support the Holy Father and all Bishops as they govern the Church;
We ask you to send holy priests to the Church;
We ask you to sanctify all holy orders and members of the Church;
We ask you to bless the work of all Catholic catechists and teachers;
We ask you to powerfully protect the Catholic missions;
We ask you to guide back to Christ's fold, as soon as possible, all who have wandered far from him;
We ask you to keep away sadness and doubt;
We ask you to preserve the unity of the Church;
We ask you to direct all our thoughts and desires towards heaven;
We ask you to keep us all in your love;

We ask you to receive us all into everlasting happiness;

R We ask you to hear us!

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

R Spare us, O Lord!

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

R Hear us, O Lord!

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

R Have mercy on us!

Send us your Spirit, and we will be renewed,

R And you shall renew the face of the earth!

Let us pray.

Lord,
give to our hearts
the light of faith and the fire of love,
that we may worship in spirit and truth
our God and Lord, present in this sacrament,
who lives and reigns for ever and ever.

R Amen.

LORD'S PRAYER

Presider

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

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.

00:55:00

Benediction

When incense is used, the priest or deacon kneels before the Altar and incenses the Holy Eucharist.

Meanwhile, “*Tantum Ergo*” is to be sung in either English or Latin.

1. Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Præstet fides supplementum
Sensuum defectui.

2. Genitori, Genitoque
Laus et iubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio.
Amen.

1. Let us, therefore, bow and worship
such a wondrous Sacrament;
let the ancient law and custom
to a newer rite now yield;
let our faith supply conviction
where the senses tire and fail.

1. Down in adoration falling,
Lo! the sacred Host we hail;
Lo! o'er ancient forms departing,
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

2. To the Father, unbegotten,
and the Sole-begotten Son,
be salvation, blessing, honor,
jubilation, pow'r, and praise;
to the One from both proceeding
equal glory and renown. Amen.

2. To the everlasting Father,
And the Son who reigns on high,
With the Holy Ghost proceeding
Forth from Each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen.

Prayer

Presider

You have given them Bread from heaven

R: Having within it all Sweetness

Let us pray.

Lord our God,
you have given us the true bread from heaven.
In the strength of this food
may we live always by your life
and rise in glory on the last day.
We ask this through Christ our Lord. 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

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 and sing the hymn “Holy God, We Praise Thy Name” or another suitable hymn of praise.

Hymn of Praise

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

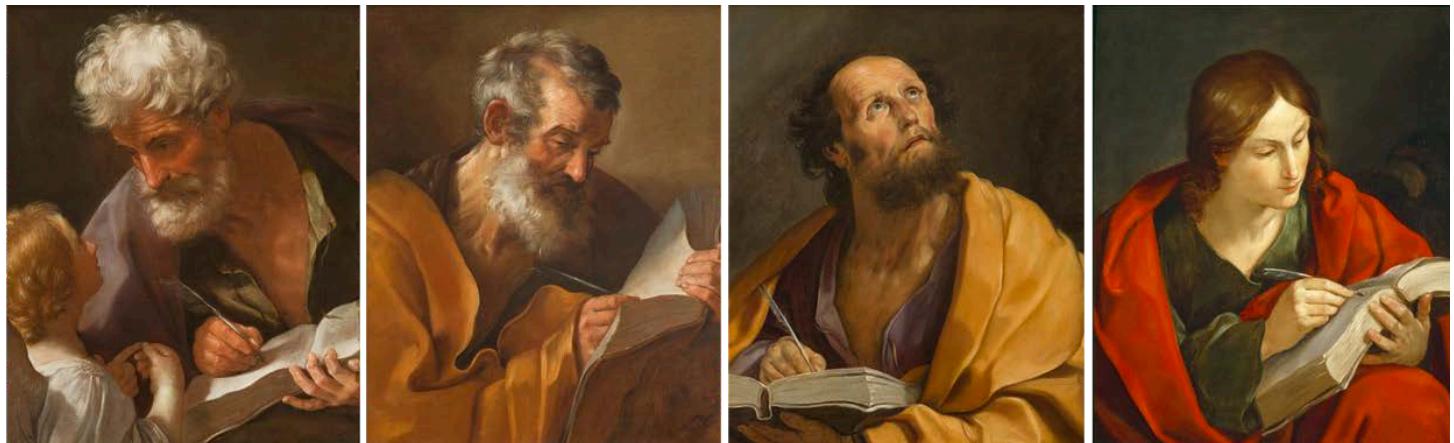
“Holy God, We Praise Thy Name”

1. Holy God, we praise thy name;
Lord of all, we bow before thee!
All on earth thy scepter claim,
All in heav’n above adore thee;
Infinite, thy vast domain,
Everlasting is thy reign.
Infinite, thy vast domain,
Everlasting is thy reign.

2. Hark! the loud celestial hymn
Angel choirs above are raising;
Cherubim and Seraphim,
In unceasing chorus praising;
Fill the heav’ns with sweet accord:
“Holy, holy, holy Lord!”
Fill the heav’ns with sweet accord:
“Holy, holy, holy Lord!”

3. Holy Father, Holy Son,
Holy Spirit, Three we name thee;
While in essence only One,
Undivided God we claim thee;
And adoring, bend the knee,
While we own the mystery.
And adoring, bend the knee,
While we own the mystery.

APPENDIX: MONTHLY READINGS



January

Selection I:

Readings from the Gospel for the upcoming Sunday.

DEC. 29 - JAN. 4

The Epiphany of the Lord • Matthew 2:1-12 • (20)

JAN. 5-11

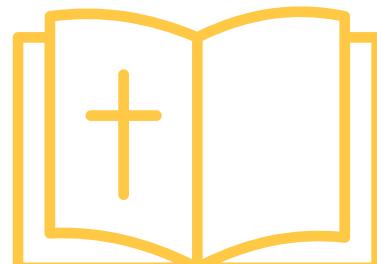
The Baptism of the Lord • Matthew 3:13-17 • (21)

JAN. 12-18

2nd Sunday in Ordinary Time • John 1:29-34 • (64)

JAN. 19-25

3rd Sunday in Ordinary Time • Matthew 4:12-23 • (67)



Selection II:

We hear from Bishop David Ricken:

What an extraordinary gift we have in the Eucharist. Our Lord Jesus Christ is truly present Body, Blood, Soul, and Divinity before us in the Blessed Sacrament. Let us come and adore Him!

As your bishop, I cannot emphasize strongly enough the importance of Eucharistic Adoration. In a world filled with noise and distraction, we need time to rest in the silence of Christ's Eucharistic presence, allowing His gaze of love to transform our hearts.

Sitting before the Lord in the Eucharist offers us a sacred pause, a chance to be still and know that God is with us (cf. Psalm 46:11). In adoration, we pour out our hearts to Him and listen in return. If we take the time to listen, though it is not always easy, God will speak to us. No fancy words are needed. Simply come before the Lord and be present. He loves you and desires to speak to your heart.

For missionary disciples, Eucharistic Adoration is essential. It is the wellspring of grace and strength for our mission. As we sit before the Eucharist, we sit in the presence of Jesus Christ Himself. He is the one who guides our steps and leads us into the mission field. In His presence, we learn to see with the eyes of faith, to hear the promptings of the Holy Spirit, and to be renewed in the love that sustains us.

— *Sent on Mission: A Pastoral Invitation to Share Jesus with Others*,
2026

February

Selection I:

Readings from the Gospel for the upcoming Sunday.

JAN. 26 - FEB. 1

4th Sunday in Ordinary Time • Matthew 5:1-12a • (70)

FEB. 2-8

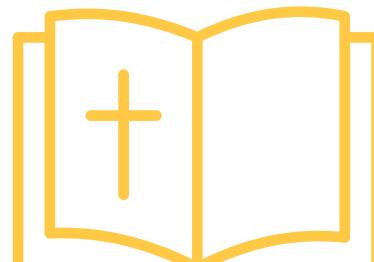
5th Sunday in Ordinary Time • Matthew 5:13-16 • (73)

FEB. 9-15

6th Sunday in Ordinary Time • Matthew 5:17-37 • (76)

FEB. 16-22

1st Sunday of Lent • Matthew 4:1-11 • (22)



Selection II:

We hear from Pope Leo XIV:

Even before we realize we need to be welcomed, the Lord has already prepared a space for us where we can recognize ourselves and feel we are his friends. This place is, fundamentally, our heart: a “room” that may seem empty, but which awaits only to be recognized, filled and cherished. The Passover, which the disciples must prepare, is in reality already present in Jesus’ heart. He has already thought of everything, arranged everything, decided everything. However, he asks his friends to do their part. This teaches us something essential for our spiritual life: grace does not eliminate our freedom but rather awakens it. God’s gift does not eliminate our responsibility but makes it fruitful.

Today too, like then, there is a supper to prepare. It is not only a matter of the liturgy, but of our readiness to enter into a gesture that transcends us. The Eucharist is not celebrated only at the altar, but also in daily life, where it is possible to experience everything as an offering and giving of thanks. To prepare to celebrate this thanksgiving does not mean doing more, but leaving room. It means removing what encumbers us, reducing our demands and ceasing to hold unrealistic expectations. Indeed, too often we confuse preparations with illusions. Illusions distract us; preparations guide us. Illusions seek a result; preparations make an encounter possible. True love, the Gospel reminds us, is given before it is reciprocated. It is an anticipatory gift. It is not based on what is received, but on what one wishes to offer. It is what Jesus lived with his disciples: while they still did not understand, while one of them was about to betray him and another to deny him, he was *preparing* a communion supper for them all.

— General Audience, August 6, 2025

March

Selection I:

Readings from the Gospel for the upcoming Sunday.

FEB. 23 - MARCH 1

2nd Sunday of Lent • Matthew 17:1-9 • (25)

MARCH 2-8

3rd Sunday of Lent • John 4:5-42 • (28)

MARCH 9-15

4th Sunday of Lent • John 9:1-41 • (31)

MARCH 16-22

5th Sunday of Lent • John 11:1-45 • (34)

MARCH 23-29

Palm Sunday • Matthew 26:14—27:66 • (37)

Selection II:

We hear from Pope John Paul II:

“Mysterium fidei! — The Mystery of Faith!” When the priest recites or chants these words, all present acclaim: “We announce your death, O Lord, and we proclaim your resurrection, until you come in glory.”

In these or similar words, the Church, while pointing to Christ in the mystery of his passion, also reveals her own mystery: *Ecclesia de Eucharistia*. By the gift of the Holy Spirit at Pentecost the Church was born and set out upon the pathways of the world, yet a decisive moment in her taking shape was certainly the institution of the Eucharist in the Upper Room. Her foundation and wellspring is the whole Triduum paschal, but this is as it were gathered up, foreshadowed and “concentrated” for ever in the gift of the Eucharist. In this gift, Jesus Christ entrusted to his Church the perennial making present of the paschal mystery. With it, he brought about a mysterious “oneness in time” between that Triduum and the passage of the centuries.

Through our communion in his body and blood, Christ also grants us his Spirit. Saint Ephrem writes: “He called the bread his living body and he filled it with himself and his Spirit...

“He who eats it with faith, eats Fire and Spirit... Take and eat this, all of you, and eat with it the Holy Spirit. For it is truly my body and whoever eats it will have eternal life.”

— Encyclical Letter, *Ecclesia de Eucharistia*

April

Selection I:

Readings from the Gospel for the upcoming Sunday.

MARCH 30 - APR. 5

Easter Sunday • Matthew 28:1-10 • (42)

APR. 6-12

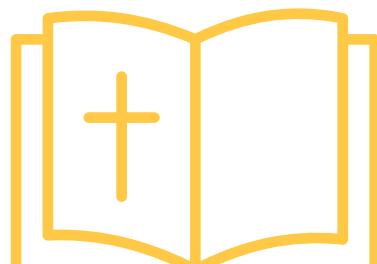
2nd Sunday of Easter • John 20:19-31 • (43)

APR. 13-19

3rd Sunday of Easter • Luke 24:13-35 • (46)

APR. 20-26

4th Sunday of Easter • John 10:1-10 • (49)



Selection II:

We hear from Pope Francis:

There is then the invocation of the Spirit, that by his power he consecrate the bread and wine. We invoke the Spirit, that he come and that Jesus may be in the bread and wine. The action of the Holy Spirit and the efficacy of the very words of Christ uttered by the priest make truly present, under the form of bread and wine, his Body and his Blood, his sacrifice offered on the Cross once and for all (cf. *ccc*, 1375). Jesus was most clear about this. We have heard how Saint Paul, in the beginning, repeated Jesus' words: "This is my body; this is my blood." "This is my blood; this is my body." It was Jesus himself who said this. We should not have odd thoughts: "But, how come something that..." It is the Body of Jesus; it ends there! Faith: faith comes to our aid; by an act of faith we believe that it is the Body and Blood of Jesus. It is the "mystery of faith," as we say after the consecration. The priest says: "Mystery of faith," and we respond with an acclamation. Commemorating the Lord's death and Resurrection, in expectation of his glorious return, the Church offers the Father the sacrifice which reconciles heaven and earth: she offers the paschal sacrifice of Christ, offering herself with him and asking, by the power of the Holy Spirit, to become "one body, one spirit in Christ."

The Church wishes to be joined to Christ and become one body and one spirit with the Lord. This is the grace and the fruit of sacramental Communion: we are nourished of the Body of Christ to become, we who eat of it, his Body living today in the world.

— General Audience, March 7, 2018

May

Selection I:

Readings from the Gospel for the upcoming Sunday.

APR. 27 - MAY 3

5th Sunday of Easter • John 14:1-12 • (52)

MAY 4-10

6th Sunday of Easter • John 14:15-21 • (55)

MAY 11-17

Solemnity of the Ascension • Matthew 28:16-20 • (58)

MAY 18-24

Pentecost Sunday • John 20:19-23 • (63)

MAY 25-31

Trinity Sunday • John 3:16-18 • (164)

Selection II:

We hear from Pope Benedict:

I would like to add a word about the Eucharist. In order to grow in our Christian life, we need to be nourished by the Body and Blood of Christ. In fact, we are baptized and confirmed with a view to the Eucharist (cf. *The Catechism of the Catholic Church*, 1322; *Sacramentum Caritatis*, 17). “Source and summit” of the Church’s life, the Eucharist is a “perpetual Pentecost” since every time we celebrate Mass we receive the Holy Spirit who unites us more deeply with Christ and transforms us into Him. My dear young friends, if you take part frequently in the eucharistic celebration, if you dedicate some of your time to adoration of the Blessed Sacrament, the Source of love which is the Eucharist, you will acquire that joyful determination to dedicate your lives to following the Gospel. At the same time, it will be your experience that whenever our strength is not enough, it is the Holy Spirit who transforms us, filling us with his strength and making us witnesses suffused by the missionary fervor of the Risen Christ.

— XXIII World Youth Day, 2008

June

Selection I:

Readings from the Gospel for the upcoming Sunday.

JUNE 1-7

Corpus Christi • John 6:51-58 • (167)

JUNE 8-14

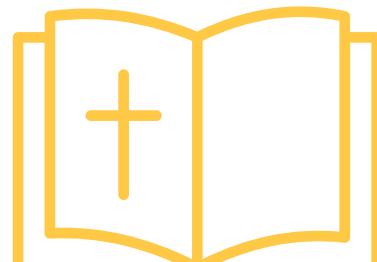
11th Sunday in Ordinary Time • Matthew 9:36—10:8 • (91)

JUNE 15-21

12th Sunday in Ordinary Time • Matthew 10:26-33 • (94)

JUNE 22-28

13th Sunday in Ordinary Time • Matthew 10:37-42 • (97)



Selection II:

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 had established, which, like holy seeds, needed to be watered by power from on high in order to germinate...

— Servant of God Luis Maria Martinez

July

Selection I:

Readings from the Gospel for the upcoming Sunday.

JUNE 29 - JULY 5

14th Sunday in Ordinary Time • Matthew 11:25-30 • (100)

JULY 6-12

15th Sunday in Ordinary Time • Matthew 13:1-23 • (103)

JULY 13-19

16th Sunday in Ordinary Time • Matthew 13:24-43 • (106)

JULY 20-26

17th Sunday in Ordinary Time • Matthew 13:44-52 • (109)



Selection II:

We hear from St. John, the Evangelist:

And I will ask the Father,
and he will give you another Advocate
to be with you always, the Spirit of truth,
which the world cannot accept,
because it neither sees nor knows it. But you know it, because it
remains with you, and will be in you.

I will not leave you orphans; I will come to you.
In a little while the world will no longer see me, but you will see me,
because I live and you will live.

On that day you will realize that I am in my Father, and you are in me
and I in you.

The Advocate, the Holy Spirit that the Father will send in my name,
will teach you everything and remind you of 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.

— John 14: 16-19, 26-27

August

Selection I:

Readings from the Gospel for the upcoming Sunday.

JULY 27 - AUG. 2

18th Sunday in Ordinary Time • Matthew 14:13-21 • (112)

AUG. 3-9

19th Sunday in Ordinary Time • Matthew 14:22-33 • (115)

AUG. 10-16

20th Sunday in Ordinary Time • Matthew 15:21-28 • (118)

AUG. 17-23

21st Sunday in Ordinary Time • Matthew 16:13-20 • (121)

AUG. 24-30

22nd Sunday in Ordinary Time • Matthew 16:21-27 • (124)

Selection II:

We hear from the Church's liturgy:

It is truly right and just, our duty and salvation
always and everywhere to give you thanks,
Lord holy Father, almighty and eternal God.

For you bestow gifts suited to every season
and guide the governing of your Church
in wonderful ways.

By the power of the Holy Spirit
You come unfailingly to her aid,
So that with a heart always subject to you
She may never fail to seek your help in time of trouble
Nor cease to give you thanks in time of joy.

— Preface of the Holy Spirit II

September

Selection I:

Readings from the Gospel for the upcoming Sunday.

AUG. 31 - SEPT. 6

23rd Sunday in Ordinary Time • Matthew 18:15-20 • (127)

SEPT. 7-13

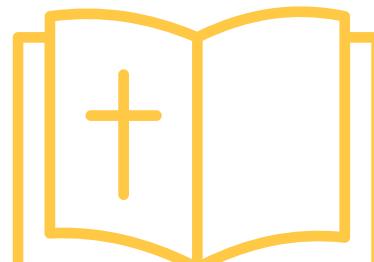
24th Sunday in Ordinary Time • Matthew 18:21-35 • (130)

SEPT. 14-20

25th Sunday in Ordinary Time • Matthew 20:1-16a • (133)

SEPT. 21-27

26th Sunday in Ordinary Time • Matthew 21:28-32 • (136)



Selection II:

Take the world as we find it, pain and all.
Some circumstances are so overwhelmingly difficult that the best we can do to promote our eventual healing is simply to stay alive and bear up the worst of our pain.

It is the wind and the rain, the cold and the storm that make this earth to blossom and bear its fruit.
So in life, it is hurt and suffering that will perfectly make us who we are meant to be.

For to suffer is a kiss of God.
To stay fine in times of difficulty, just remember His kiss.

The kiss of God is the gift of the Holy Spirit.

— *A Kiss of God*

October

Selection I:

Readings from the Gospel for the upcoming Sunday.

SEPT. 28 - OCT. 4

27th Sunday in Ordinary Time • Matthew 21:33-43 • (139)

OCT. 5-11

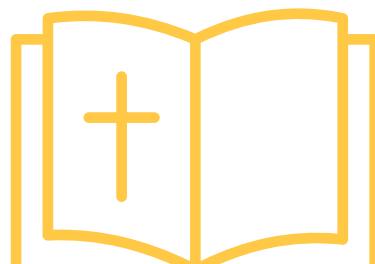
28th Sunday in Ordinary Time • Matthew 22:1-14 • (142)

OCT. 12-18

29th Sunday in Ordinary Time • Matthew 22:15-21 • (145)

OCT. 19-25

30th Sunday in Ordinary Time • Matthew 22:34-40 • (148)



Selection II:

As soon as she had tasted of the Eucharistic Bread, she felt an insatiable hunger for that Heavenly Food, and, as if inspired, she begged of Jesus, her sole delight, to “change for her into bitterness all human consolation.” Then, all aflame with love for Christ and for His Church, she had a most keen desire to enter among the Discalced Carmelites, so that by her self-denial and continual sacrifices “she might bring help to priests and missionaries and the entire Church,” and might gain innumerable souls for Jesus Christ... It would seem that this first Communion was the starting-point of her apostolic life and her devotion to the sanctification of priests.

— *Bull of Canonization*, St. Thérèse of Lisieux

November

Selection I:

Readings from the Gospel for the upcoming Sunday.

OCT. 26 - NOV. 1

Solemnity of All Saints • Matthew 5:1-12a • (667)

NOV. 2-8

32nd Sunday in Ordinary Time • Matthew 25:1-13 • (154)

NOV. 9-15

33rd Sunday in Ordinary Time • Matthew 25:14-30 • (157)

NOV. 16-22

Christ the King • Matthew 25:31-46 • (160)

NOV. 23-29

1st Sunday of Advent • Mark 13:33-37 • (2)

Selection II:

Writing to his friend St. Ignatius of Loyola from the mission fields of India, Francis reports on his exhaustive efforts to evangelize the people and of his diligent teaching of the basics of the faith. He also admits, in sadness, that many are not becoming Christians, and he is unambiguously clear about the reason why: “There is nobody to make them Christians.” For St. Francis Xavier, this problem was not just about a lack of Church personnel but rather a lack of zeal for souls on the part of those who should have known better. He continues: “Again and again I have thought of going round the universities of Europe, especially Paris, and everywhere crying out like a madman, riveting the attention of those with more learning than charity. What a tragedy; how many souls are being shut out of heaven and falling into hell, thanks to you!”

These words are indeed unsettling but also inspirational for us who seek to be effective evangelists for our time. There are two key takeaways from these words of Francis that merit close attention. The first is the role we play in bringing others to faith, and the second is the zeal and passion with which all our efforts to evangelize ought to be imbued so that others might come to know Christ and his mercy first hand.

— *St. Francis Xavier and Our Waning Zeal for Souls*,
Fr. Billy Swan, Word on Fire

December

Selection I:

Readings from the Gospel for the upcoming Sunday.

NOV. 30 - DEC. 6

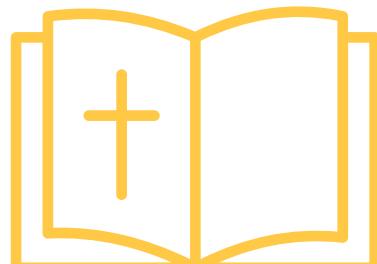
2nd Sunday of Advent • Mark 1:1-8 • (5)

DEC. 7-13

3rd Sunday of Advent • John 1:6-8, 19-28 • (8)

DEC. 14-20

4th Sunday of Advent • Luke 1:26-38 • (11)



Selection II:

We hear from the Church's liturgy:

It is truly right and just,
our duty and our salvation,
always and everywhere to give you thanks,
Lord, holy Father,
almighty and eternal God,
through Christ our Lord.

For he assumed at his first coming the lowliness of human flesh,
and so fulfilled the design you formed long ago,
and opened for us the way to eternal salvation,
that, when he comes again in glory and majesty
and all is at last made manifest,
we who watch for that day may inherit the great promise
in which now we dare to hope.

— Preface I for Advent



ACKNOWLEDGEMENTS

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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.

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