**Diocese of Elphin  
Pastoral & Faith Development Services**

***Online Holy-Hour Prayer Service Resources  
mindful of the needs of  
Refugees & Asylum Seekers***

***Winter*2020 /2021**

*This resource brings together resources that have been made available via the Internet by the Irish Catholic Bishop’s Conference, the Dublin Diocesan Liturgical Resource Centre, Trócaire, CAFOD, Caritas and Taize. Where the author of a prayer is known their name is placed after the prayer.*

**SET-UP**

**CHURCH /ORATORY /PRAYER ROOM**

1. Two lit candles, corporal and monstance left on the Altar, ready to receive Blessed Sacrament.
2. Plant or Flower Arrangement to be left at the base of Altar and Lectern
3. Three microphones for Ministers
   1. At Lectern  
      *to be used by Minister(s) of the Word for Sacred Scripture readings*
   2. To the front and side of the altar,  
      *… to be used by Cantor, Instrumentalist and Leader 2*
   3. Presider’s chair  
      … *if being led by an ordained minister*

or

In front of presider’s chair with a chair   
 …. *To be used by Leader 1*

1. Humeral veil to be on hand should Leader 1 be an ordained minister and the Rite of Benediction is being incorporated.
2. Camera should focus on the Blessed Sacrament in the Monstrance for at least 40% of the Holy Hour.

***Some adaptation will be required if using a home setting.***

**PERSONNEL REQUIRED**  
  
Leader 1,   
Leader 2,  
Cantor,   
Instrumentalist,   
Minister of the Word (who is also an Extraordinary Minister of the Eucharist,   
 - if Leader 1 is not an ordained minister)  
***Ideally the team will comprise women and men.***

**OUTLINE  
  
8 pm WORD OF WELCOME & INTRODUCTION,** (Leader 1) **8.04 pm OPENING HYMN & EXPOSITION OF BLESSED SACRAMENT** (Cantor & Ordained Minister / Minister of the Word) **8.08 pm SCRIPTURAL DECADE OF THE ROSARY WITH OWN  
 INTRODUCTORY PRAYER** (Leader 2 with Leader 1 responding)

**8.18 pm SELECTION OF PRAYERS DIRECTED TO JESUS IN THE BLESSED  
 SACRAMENT INTERSPERSED WITH BRIEF MOMENTS OF SILENCE /  
 INSTRUMENTAL PIECES OF MUSIC LENDING TO REFLECTION**  
 (Leader 1 & Leader 2 alternating. Instrumentalist  
 accompanying (if desired) and providing background to a moment   
 of reflection half way through.)  
  
  **8.28 pm TAIZE CHANT** (Cantor and Instrumentalist)

**8.32 pm PSALM & SCRIPTURE READING** (Minister of the Word)

**8.40 pm LITANY** (Leader 1 with Leader 2 responding)

**8.45 pm PRAYER TO CHRIST THE HEALER (Alexian Brothers)** (Leader 1)

**8.48 pm RITE OF BENEDICTION** (Where Leader 1 is an Ordained Minister)

**8.48 pm DIVINE PRAISES** (Leader 1 with Leader 2 repeating) **8.50 pm BENEDICTION PRAYER (IF RITE OF BENEDICTION HAS NOT   
 BEEN INTEGRATED)** (Leader 1)

**8.55 pm RETURN OF BLESSED SACRAMENT TO TABERNACLE** (Ordained Minister / Minister of the Word)  
 **8.56 pm WORD OF APPRECIATION** (Leader 1) **8.58 pm BLESSING** (Leader 1)

**9.00 pm CLOSING HYMN** (Cantor)

**CONTENT**

**WORD OF WELCOME & INTRODUCTION (Leader 1, supported by Leader 2)**  
***Requires adaptation if Leader 1 is a priest or deacon.***

**Leader 1**  
In the name of the Father, and of the Son, and of the Holy Spirit.

**Leader 2**

Amen.

**Leader 1**  
Peace to all who have joined us this evening.

**Leader 2**  
And with your spirit.

**Leader 1**

Good evening everyone and thank you for joining us.  
My name is \_\_\_\_\_\_\_\_\_\_ and I would like to begin by introducing you to the other members of our Prayer Team this evening:  
My co-leader (Leader 2): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ;   
Our Minister of the Word: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ;  
Our Cantor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ;   
Our Instrumentalist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
I would also like to take this opportunity to thank Fr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (PP) for the opportunity to host this time of prayer here in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
  
The bond that unites us this evening is two-fold:  
  
Firstly we gather with you in a spirit of gratitude for God’s blessings and by way of taking time to praise and honour our Lord Jesus, present in the Blessed Sacrament.  
  
Secondly, we gather mindful of our needs and the needs of our world, especially those of Refugee and Asylum Seekers, and of those who seek to support them.

We bring them before the Lord, trusting that God always answers heartfelt prayer. These are certainly difficult times in our country but ever more so for those who have had to flee their homelands owing to war, climate change, pestilence and poverty.

This evening we are part of a loose network of groups who have committed to gathering online from 8 to 9 pm on the second Monday of each month for each of the winter months of November, January and February to commend our asylum and refugee brothers and sisters to God, and to pray for the many people who are dedicating their lives to helping them.   
  
In keeping with the riches of our Catholic heritage we shall pray this evening in the presence of the Blessed Sacrament.

***Cantor proceeds with singing of Opening Hymn***

***Ordained Minister / Minister of the Word who is also an Extraordinary Minister of the Eucharist exposes the Blessed Sacrament on the Altar and genuflects before the Altar.***

***If Leader 1 is an ordained minister he may incense the Blessed Sacrament.***

***Once the Blessed Sacrament has been exposed on the altar all Team members are encouraged to kneel in silence before the altar for c. 30 seconds.***

***This introduction will require adaptation for subsequent Holy Hours***

**OPENING HYMN & EXPOSITION OF THE BLESSED SACRAMENT  
  
SOUL OF CHRIST (Dan Callow)**Soul of Christ, make me holy  
Body of Christ, save my soul  
Blood of Christ, fill me with Your love  
Water from the side of Christ, wash away my sin  
Passion of Christ strengthen me from within  
Good Jesus heed my call  
I’ll hide within your wounds  
Good Jesus heed my call  
I’ll hide within your wounds

Soul of Christ, make me holy  
Body of Christ, save my soul  
Blood of Christ, fill me with Your love  
Never let me part from you  
From all evil protect me  
At the hour of my death call me to come to you  
Good Jesus heed my call  
I’ll hide within your wounds  
 Good Jesus heed my call  
I’ll hide within your wounds

We praise you  
we praise you  
We praise you Amen  
We praise you  
We praise you  
We praise you Amen.  
  
***Available through Spotify, Google Play & Sound Cloud.  
  
  
  
An alternative hymn may be used. Please consult your priest regarding choice.***

**SCRIPTURAL DECADE OF THE ROSARY WITH INTRODUCTION**

**Leader 1**  
Almighty ever-living God,  
thank you for calling us into your presence.  
Our Lady and St. Joseph knew what it was to flee for their lives, accompanied by the Christ-child.  
Bless our brothers and sisters who are refugees and asylum seekers,  
especially those concerned for their lives and wellbeing.  
Look kindly upon them and all who care for them.  
In your mercy and in the power of your Holy Spirit look kindly upon them   
and upon all who care for them.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

**Leader 2 *(with Leader 1 and others responding)***  
The third joyful mystery of the rosary: The Nativity  
  
Our Father…  
  
It came to pass while they were in Bethlehem, that the days for her to be delivered were fulfilled. (Luke 2:6) Hail Mary ….  
  
And she brought forth her firstborn Son, and wrapped Him in swaddling clothes. (Luke 2:7) Hail Mary ….  
  
And she laid Him in a manger, because there was no room for them in the inn. (Luke 2:7) Hail Mary ….  
  
And there were shepherds in the same district. And behold an angel of the Lord stood by them. (Luke 2:8-9) Hail Mary ….  
  
"Do not be afraid, for behold, I bring you good news of great joy which shall be to all the people." (Luke 2:10) Hail Mary ….  
  
"For today in the town of David a Saviour has been born to you, who is Christ, the Lord." (Luke 2:11) Hail Mary ….  
  
"Glory to God in the Highest, and on earth peace to men of good will." (Luke 2:14) Hail Mary ….  
  
And suddenly the angel of the Lord appeared to Joseph in a dream and said, ‘Get up, take the child and his mother with you, and escape into Egypt.’ (Matt. 2:13) Hail Mary ….  
  
This was to fulfil what the Lord had spoken through the prophet: I called my son out of Egypt (Matt. 2:15) Hail Mary ….  
  
And Mary kept in mind all these things, pondering them in her heart. (Luke 2:19) Hail Mary ….  
  
Glory Be ….

**SELECTION OF PRAYERS THAT CAN BE INTERSPERSED WITH MOMENTS OF SILENCE AND AN INSTRUMENTAL PIECE OF MUSIC LENDING TO REFLECTION**  
***Leader 1 & Leader 2 each choose and proclaim two prayers from the following selection. Instrumentalist may accompany some prayers and are encouraged to provide two to three minutes of reflective music after the first two prayers have received expression.***

1.  
Abba Father, our beloved Father,  
look down with mercy on us and all refugees.  
Remember your son, our Lord Jesus Christ,  
had to leave his homeland and flee to Egypt,  
when he was a baby,  
with his mother, Mary,  
and foster father, Joseph.  
Help us to be aware of the fears, anxiety, pain, sorrow,  
difficulties and uncertainty all refugees suffer,  
and to remember that we all belong  
to the same human family.

Holy Spirit,  
please give us compassion and courage  
to help them in any way we can.  
Through Christ our Lord.  
Amen.  
 **Adapted from a prayer by Diana Sutherland/CAFOD**

2.  
God of mercy,  
Pour out your peace upon us all.  
Watch over our Syrian brothers and sisters and all impacted by war, climate change and poverty.  
We pray tonight for the Syria Refugees living in the Bekaa Valley in Lebanon,  
some entering their tenth year in the camps.  
Help them to remain positive.  
Lead them to a place of safety  
and bring comfort to those who mourn family members who have died owing to the Syrian Civil War.  
Inspire us all to share the light of your hope,  
and to reach out in a spirit of compassion.

Make us channels of your peace,  
so all your children may live  
free from fear, conflict and pain.

We ask this through Christ our Lord, Prince of Peace, Amen.

**Adapted from a prayer by Catherine Gorman/CAFOD**

3.  
  
Lord and shepherd of your people,   
give us the grace to hear your voice,  
and the strength to continue working for your kingdom  
 through this time of pandemic.

Do not allow us to be indifferent to those who today   
suffer the loss of a loved one, or who suffer from the absence of work,   
proper nutrition, clothing and housing.

Give us the courage to accompany and side   
with those who suffer violence or injustice.   
  
Grant, by the prayers of your saints, that we may know  
the shortness of life, so that we many gain wisdom of heart.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

**Adapted from a prayer by Javier Eduardo Martinez Rueda from Colombia.**

4.  
Heavenly Father,  
We remember this evening our brothers and sisters who have contracted  
and are suffering due to the Coronavirus Disease,  
we pray that your healing hand may rest upon them.

We remember our medical doctors, nurses and others  
who are in the frontline of the fight against COVID-19.  
Protect, sustained and inspire them to render their service   
with due care, diligence, love and compassion.

We remember all who have lost loved ones due to the Coronavirus outbreak.  
May they experience your peace and consolation.

We remember all who have died owing to war, famine, pestilence, poverty, illness and the Corona Virus during the past year. May their souls find eternal peace in your mercy.

We remember all who are bereaved and grieving individuals and families. Grant them your consolation and strengthen their faith and hope at this difficult time.  
  
We make this prayer through Christ our Lord.  
Amen.  
 **Prayer adapted from the 2020 Easter Message of the Catholic Bishops of Malawi, Zambia and Zimbabwe**

5.  
O Lord, to whom no one is a stranger  
and from whose help no one is ever distant,  
Help us, during this time of pandemic,   
to foster respect and solidarity with others,   
especially those who are weak, vulnerable and impoverished.

Help us to remain calm and trustful of your goodness,  
to attend to moments of prayer each day  
and to cultivate responsibility, patience and hope in the face of all adversity.  
We make this prayer through Christ our Lord. Amen.  
 **Prayer adapted from a radio message from Bishop Rodolfo Valenzuela Núñez, Guatemala.**

6.  
We lift up our voices merciful God,  
and place into your care all refugees and migrants, including the million plus Rohingya refugees dispersed in Myanmar, Bangladesh and Pakistan.  
You hurt with us in our darkest hours,   
we lift up our voices to you in sadness and grief,   
for those who don't have anyone to hear their suffering and pain,  
for those who don't have anyone to love and care,  
for those who don't have anyone to tell their stories  
and especially for those living as refugees and suffering due to the Covid pandemic.

Grant to them and to all adversely impacted by the Covid 19 pandemic  
courage of heart and strength of mind and body.

Keep them safe from harm.  
Through Christ our Lord,  
Amen.

**Adapted from a prayer of Inmanuel Chayan Biswas, who works for Caritas in Cox's Bazaar Refugee Camp, Bangladesh.**

7.  
*Protection and peace*  
O God, our refuge in trials,  
our strength in sickness, our comfort in sorrow,  
with grateful hearts, we place before you the staff, volunteers   
and other workers of all Non-Governmental Agencies and charities that seek   
to ease suffering in our world.  
May they know your protection and care   
as they seek to respond to the needs of all afflicted by war, poverty, climate change and the Coronavirus pandemic.  
Bless them in these challenging days and bless their families and all who seek to support and sustain them.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

**Adapted from a prayer of Immanuel Chayan Biswas, Cox's Bazaar Refugee Camp, Bangladesh.**

8.We cry out to you God of all,  
we cry out to you for help.  
In your mercy, hear our prayer.

Protect us, Lord, and be with us  
especially those of us most vulnerable  
during this coronavirus crisis.

Move us to reach out in love  
to our neighbours near and far.  
So that the humble may be exalted,  
the hungry filled with good things.

Grant us the courage  
not to rush back to our old ways,  
but to rebuild our world together,  
creating foundations of justice,  
with equality and peace for all.

Through Christ our Lord.  
Amen.

**Adapted from a prayer by Catherine Gorman (CAFOD)**

9.  
*The breath of the Almighty*

Lord God, loving Creator,  
You fashioned us from clay,  
And breathed life into us.  
We are made and loved by you.

(R) (Leader 2) The Spirit of God has made us,  
 and the breath of the Almighty has given us life.

Heavenly Father,  
Your Spirit fills us with hope  
And lights the path to fullness of life.  
Hear us!  
As we cry out to you, uncertain and afraid.

(R)

In your mercy, Lord Jesus,  
Grant us the strength to rebuild  
When all seems lost.  
And the courage to reach out  
To those in pain.

(R)

Come Holy Spirit,  
Fill us with hope and confidence  
that we may give expression to the Father’s call   
to love our brothers and sisters in need.  
  
(R)

**Adapted from a prayer by Linda Jones (CAFOD)**

10.  
Prayer for the end of the Coronavirus

Almighty and merciful Father,   
who show your love to all your creation.

We come before you asking for a quick control   
of the Coronavirus currently ravaging our world.

Hear graciously the prayers we make for those affected   
by the virus in various parts of the world.

Grant healing to the sick, eternal life to the dead   
and consolation to the bereaved families.

We pray that an effective medicine   
to combat the sickness be speedily found.

We pray for the relevant governments and health authorities   
that they take appropriate steps for the good of the people.

Look upon us in your mercy and forgive us our failings.   
Through Christ our Lord.  
Amen.

**A prayer promoted by SECAM, the Symposium of the Episcopal Conferences in Africa and Madagascar.**

11.  
*Light in the darkest times*

"A light that shines in the dark,   
a light that darkness could not overpower." (John 1:5)

Loving, ever-living and compassionate God,  
You understand the pain of loss,   
the heartache of bereavement.

May we hold in our hearts all those   
whose families or friends have died,   
both here in Ireland and in the refugee camps of the world.

You are a light that shines in the darkest times,  
Guide us and heal us in our sickness and sorrow.

You comfort us in times of fear,  
May we comfort each other, even as we keep apart.

You console and lead us in times of doubt and confusion,  
May we follow the light of your love and spread hope.

You move our hearts to acts of generosity,  
May we be led to share what we have with those in need.

God of life,  
We thank you for the signs of your light in the midst of our darkness,  
May we be signs of your compassion in the heart of your world.

Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

**Adapted from a prayer by Linda Jones (CAFOD)**

12.*A Prayer to the Creator*

Lord, Father of our human family,

you created all human beings equal in dignity:

pour forth into our hearts a fraternal spirit

and inspire in us a dream of renewed encounter,

dialogue, justice and peace.

Move us to create healthier societies

and a more dignified world,

a world without hunger, poverty, violence and war.

May our hearts be open

to all the peoples and nations of the earth.

May we recognize the goodness and beauty

that you have sown in each of us,

and thus forge bonds of unity, common projects,

and shared dreams. Amen.

**A prayer of Pope Francis, published in his 2020 Encyclical Letter, *Fratelli Tutti***

13.

An Ecumenical Christian Prayer

O God, Trinity of love,

from the profound communion of your divine life,

pour out upon us a torrent of fraternal love.

Grant us the love reflected in the actions of Jesus,

in his family of Nazareth,

and in the early Christian community.

Grant that we Christians may live the Gospel,

discovering Christ in each human being,

recognizing him crucified

in the sufferings of the abandoned

and forgotten of our world,

and risen in each brother or sister

who makes a new start.

Come, Holy Spirit, show us your beauty,

reflected in all the peoples of the earth,

so that we may discover anew

that all are important and all are necessary,

different faces of the one humanity

that God so loves. Amen.

**A prayer of Pope Francis, published in his 2020 Encyclical Letter, *Fratelli Tutti***

**TAIZE CHANT   
*Some suggestions below here.   
Important that selection be in keeping with the focus of this time of prayer.***

**BLESS THE LORD MY SOUL**Bless the Lord, my soul

And bless God's holy name

Bless the Lord, my soul

Who leads me into life.

**O LORD HEAR MY PRAYER**O Lord, hear my prayer  
O Lord, hear my prayer  
When I call, answer me

O Lord, hear my prayer  
O Lord, hear my prayer  
Come and listen to me

**JESUS REMEMBER ME**Jesus, remember me when you come into your kingdom.  
Jesus, remember me when you come into your kingdom.  
Jesus, remember me when you come into your kingdom.  
Jesus, remember me when you come into your kingdom.

**SCRIPTURE READING & PSALM**

***Three suggestions / choices follow.***

**1.**

**A reading from the letter of St. Paul to the Philippians 4:4-9.**  
*If there is anything you need, pray for it.*

I want you to be happy, always happy in the Lord; I repeat, what I want is your happiness. Let your tolerance be evident to everyone: the Lord is very near.

There is no need to worry; but if there is anything you need, pray for it, asking God for it with prayer and thanksgiving, and that peace of God, which is so much greater than we can understand, will guard your hearts and your thoughts, in Christ Jesus. Finally, brothers and sisters, fill your minds with everything that is true, everything that is noble, everything that is good and pure, everything that we love and honour, and everything that can be thought virtuous or worthy of praise. Keep doing all the things that you learnt from me and have been taught by me and have heard or seen that I do. Then the God of peace will be with you.  
The word of the Lord.  
 *(R) Thanks be to God.*

**Responsorial Psalm: Psalm 102(103):1-4,8-9,13-14,17-18**

My soul, give thanks to the Lord.  
(R) *My soul, give thanks to the Lord.*

My soul, give thanks to the Lord

all my being, bless his holy name.

My soul, give thanks to the Lord

and never forget all his blessings.

*My soul, give thanks to the Lord.*

It is he who forgives all your guilt,

who heals every one of your ills,

who redeems your life from the grave,

who crowns you with love and compassion.

*My soul, give thanks to the Lord.*

The Lord is compassion and love,

slow to anger and rich in mercy.

His wrath will come to an end;

he will not be angry for ever.

*My soul, give thanks to the Lord.*

As a father has compassion on his sons,

the Lord has pity on those who fear him;

for he knows of what we are made,

he remembers that we are dust.

*My soul, give thanks to the Lord.*

But the love of the Lord is everlasting

upon those who hold him in fear;

his justice reaches out to children’s children

when they keep his covenant in truth,

when they keep his will in their mind.

*My soul, give thanks to the Lord.*

**2.   
  
A Reading from the letter of Paul to the Colossians 4: 12-15**

*And be thankful.*  
  
As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love,

which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

The word of the Lord.  
 *(R) Thanks be to God.*

**Responsorial Psalm: Psalm 139(138)**

I thank you for the wonder of my being,

for the wonders of all your creation.  
(R) *I thank you for the wonder of my being,  
 for the wonders of all your creation.*

O Lord, you search me and you know me,

you know my resting and my rising,  
all my ways lie open to you.

Before ever a word is on my tongue

you know it, O Lord, through and through.

Behind and before you besiege me,

your hand ever laid upon me.

Too wonderful for me this knowledge,

too high, beyond my reach.

O where can I go from your spirit,

or where can I flee from your face?

If I climb the heavens, you are there.

If I lie in the grave, you are there.

If I take the wings of the dawn

and dwell at the sea's furthest end,

even there your hand would lead me,

your right hand would hold me fast.

If I say: "Let the darkness hide me

and the light around me be night,"

even darkness is not dark for you

and the night is as clear as the day.

For it was you who created my being,

knit me together in my mother's womb.

I thank you for the wonder of my being,

for the wonders of all your creation.

Already you knew my soul

my body held no secret from you

when I was being fashioned in secret

and moulded in the depths of the earth.

Your eyes saw all my actions,

they were all of them written in your book;

every one of my days was decreed

before one of them came into being.

To me, how mysterious your thoughts,

the sum of them not to be numbered!

If I count them, they are more than the sand;

to finish, I must be eternal, like you.

O search me, God, and know my heart.

O test me and know my thoughts.

See that I follow not the wrong path

and lead me in the path of life eternal.

**3.**

**A Reading from the second letter of St. Paul to the Corinthians 6:16**

*I will be there God and they shall be my people.*

The temple of the living God is what we are.   
God’s own words are:  
I will live and move about among them;   
I will be there God, and they shall be my people.

The word of the Lord.  
 *(R) Thanks be to God.*

**Responsorial Psalm: Psalm 61 (62) *Peace in God***

In God is my safety and glory,

the rock of my strength.

(R) **In God is my safety and glory,**

**the rock of my strength.**

In God alone is my soul at rest;

my help comes from him.

He alone is my rock, my stronghold,

my fortress: I stand firm.

How long will you all attack one man

to break him down,

as though he were a tottering wall,

or a tumbling fence?

Their plan is only to destroy:

they take pleasure in lies.

With their mouth they utter blessing

but in their heart they curse.

In God alone be at rest, my soul;

for my hope comes from him.

He alone is my rock, my stronghold,

my fortress: I stand firm.

In God is my safety and glory,

the rock of my strength.

Take refuge in God, all you people.

Trust him at all times.

Pour out your hearts before him

for God is our refuge.

Common folk are only a breath,

great men an illusion.

Placed in the scales, they rise;

they weigh less than a breath.

Do not put your trust in oppression

nor vain hopes on plunder.

Do not set your heart on riches

even when they increase.

For God has said only one thing:

only two do I know:

that to God alone belongs power

and to you, Lord, love;

and that you repay each man

according to his deeds.

**LITANY**

***Please choose from one of the following.***

**Litany 1 (Leader 1 & Leader 2)**  
  
Jesus Christ is the same today as he was in days past and he will be forever. Because his love towards us is unchanging we say:

Jesus I believe in you (R) Jesus, I believe in you.

Jesus, lover of all humankind, (R)

Jesus, Beloved Son of the Father (R)

Jesus, gentle Son of Mary, (R)

Jesus who called us his sisters   
and brothers (R)

Jesus who showed that God   
is very near (R)

Jesus, Holy One of God, (R)

Jesus who laid your hands   
on the sick with compassion (R)

Jesus healer of our souls (R)

Jesus friend of sinners (R)

Jesus, you who desire that we   
have life and have it to the full (R)

Jesus, you who want our joy   
to be complete (R)

Jesus, in your love is true safety (R)

Jesus, you have the words   
that bring our souls to life (R)

***Reflection to accompany Litany 1***

Lord Jesus, here with us,  
Help us to remember  
That since our Baptism,  
The Holy Spirit,  
The breath of your love  
is dwelling in us  
is praying in us.  
You are loving in us.  
So no matter how poor our prayer is  
We can seek you with confidence,  
Because no one,  
Yes no one, is excluded from your love  
Or your forgiveness.  
Your love and mercy finds a way   
through our hesitations, our fears, our doubts.  
Like the small boy in the Gospel with just a few loaves and fish,  
We come to you with the little we have  
And we entrust it to you.  
When we remain in your presence,  
Silent and at peace,  
That is already a prayer.  
You understand everything about us  
All that upsets us,  
And all our joys,  
So much so that even a simple sigh can be a prayer.

**Adapted from Br Roger of Taize.**

**Litany 2 (Leader 1 & Leader 2)**

We pray together, “Open our eyes, Lord.” (R) “Open our eyes, Lord.”

To the mystery of your purpose (R)

To the closeness of your presence… (R) Open our eyes, Lord

To the depth of your wisdom… (R)

To the wonder of the world we live in… (R)

To the depth of your word … (R)

To the life you offer us… (R)

To your presence in the Eucharist… (R)

To your presence within us… (R)

To your presence among us… (R)

To your presence in our neighbour… (R)

To your presence in those who need help… (R)

To your presence in the broken ones… (R)

To your call to serve… (R)

**Reflection to accompany Litany 2**   
(Matthew 25: 35-40 & Quotation from St. Teresa of Calcutta)

Jesus said: “I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me; in prison and you came to see me.” Lord, when did we see you hungry or thirsty, a stranger or naked, sick or in prison. “I tell you solemnly, in as much as you did this to the least of these my brothers and sisters you did it to me.”

A Holy Hour before the Blessed Sacrament, according to Mother Teresa of Calcutta, should lead us to a “holy hour” with the poor, with those who will never be a human success and whose only consolation is Jesus. Our Eucharist is incomplete, she says, if it does not make us love and serve the poor. In receiving the communion of the poor, we discover our own poverty.

Help us Lord, to be generous, as you are generous.

**Litany 3 (Leader 1 & Leader 2)**

We pray together, “Be with them Lord.” Be with them Lord

For those who serve in your name Be with them Lord

For those who care for the needy Be with them Lord

For those who look after the dying Be with them Lord

For those who are carers in the home Be with them Lord

For those who visit the sick Be with them Lord

For those who listen in your name Be with them Lord

For missionaries throughout the world Be with them Lord

For those who work for justice and peace Be with them Lord

For those who feed the hungry Be with them Lord

For parents and families Be with them Lord

For all who bear witness to your love Be with them Lord

For all who have lost hope Be with them, Lord

For all who suffer Be with them, Lord

For all who are sick and in pain Be with them, Lord

For all who are struggling Be with them, Lord

For all who have been badly hurt in life Be with them, Lord

For all who are grieving Be with them, Lord

For all who are depressed Be with them, Lord

For all who feel rejected Be with them, Lord

For all who feel unloved Be with them, Lord

For all who are oppressed Be with them, Lord

For all who are anxious Be with them, Lord

For refugees and asylum   
seekers far from their their homes Be with them, Lord

**Reflection to accompany Litany 3**  
Some definite service (St John Henry Newman)

“God knows me and calls me by name …  
God has created me to do him some definite service.   
He has committed some work to me   
which he has not committed to another.   
I have my mission –   
I may never know it in this life,   
but I shall be told it in the next.

Somehow I am necessary for his purposes…  
I have a part in this great work;  
I am a link in a chain, a bond of connection between persons.   
He has not created me for nothing.   
I shall do good; I shall do his work.  
I shall be an angel of peace, a preacher of truth  
In my own place, while not intending it,   
if I do but keep his commandments  
and serve him in my calling.”

**Litany 4 (Leader 1 & Leader 2)**

Prayer

Jesus Christ is the same today as he was in days past and he will be forever

Because his love towards us is unchanging we say: “Jesus, I believe in you.” (R)

Jesus who helped the married   
couple at Cana (R) Jesus, I believe in you.

Jesus who calmed the storm, (R)

Jesus who fed the hungry, (R)

Jesus who transformed   
lives with forgiveness (R)

Jesus, Bread of Life (R)

Jesus who loved us and   
gave yourself for us on the cross (R)

Jesus who gave Mary   
to be our mother (R)

Jesus who descended to hell (R)

Jesus who put an end to death (R)

Jesus whose love has overcome   
all things (R)

Jesus who walked with the   
sad disciples on the road to Emmaus (R)

Jesus who gave them new hope (R)

Jesus who showed yourself   
in the breaking of bread (R)

Jesus who breathed peace   
upon your disciples, (R)

Jesus, Risen Lord, bearing your   
glorious wounds for all eternity (R)

Jesus present with us now (R)

**Reflection to accompany Litany 4**   
(Luke 24: 13-16, 28-31

“That very same day, two of the disciples were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him.”

“When they drew near to the village to which they were going, Jesus made as if to go on; but they pressed him to stay with them. ‘It is nearly evening’ they said ‘and the day is almost over.’ So he went in to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight.”

**Litany 5 (Leader 1 & Leader 2)**

Our response is “Stay with us, Lord,” (R) Stay with us, Lord.

When peace is fragile Stay with us, Lord

When tempers are raised Stay with us, Lord

When tragedies occur Stay with us, Lord

When forgiveness is rejected Stay with us, Lord

When talks break down Stay with us, Lord

When agreements are broken Stay with us, Lord

When darkness weighs us Stay with us, Lord

When we cannot see you Stay with us, Lord

When burdens feel too heavy Stay with us, Lord

When hope seems faint Stay with us, Lord

When we are weak Stay with us, Lord

When faith seems difficult Stay with us, Lord

**Reflection to accompany Litany 5**Christ Jesus,  
Saviour of every life,  
You take our burdens upon yourself   
You suffer with all who bear the cross of suffering  
In whatever form it takes  
So that, with you,   
we can move forward:  
From worry and anxiety to trust  
From darkness to light.

With you accompanying us,  
Even what pains our heart,  
Even our own darkness  
Can be made bright   
By the inner light of the Holy Spirit.

You stretched out your arms on the cross  
And reconciled us to one another and to the Father  
You brought God and humanity together in your body  
Wrap your arms around our broken lives  
And restore us to the harmony that exists in you.

Adapted from Br Roger of Taize.

**Litany 6 (Leader 1 & Leader 2)**

We pray together,

“We give you thanks and praise.” (R) We give you thanks and praise

For the nourishment you give us We give you thanks and praise

For the strength you offer us We give you thanks and praise

For the goodness you show us We give you thanks and praise

For your presence in times of crisis We give you thanks and praise

For the generosity of your love We give you thanks and praise

For the gift of your forgiveness We give you thanks and praise

For the gift of your Spirit within us We give you thanks and praise

For the gift of your Spirit among us We give you thanks and praise

For the gift of hope and joy We give you thanks and praise

For your working in our lives We give you thanks and praise

For all who serve us We give you thanks and praise

For all who support us We give you thanks and praise

For all who nourish us We give you thanks and praise

For all who encourage us We give you thanks and praise

For all who inspire us We give you thanks and praise

For all who are the body of Christ  
to us We give you thanks and praise

**Reflection to accompany Litany 6**

Let nothing disturb you   
Let nothing dismay you;  
All things pass;  
God never changes.  
Patience attains  
All that it strives for.

Those who have God  
Find they lack nothing:  
God alone is enough.  
 **Nada te turbe (St. Teresa of Avila)**

**PRAYER TO CHRIST THE HEALER (Alexian Brothers)**

In the comfort of your love, I pour out to you, my Saviour,   
the memories that haunt me, the anxieties that perplex me,  
the fears that stifle me, the sickness that prevails upon me,   
and the frustration of all the pain that weaves about within me.

Lord, help me to see your peace in my turmoil,  
your compassion in my sorrow, your forgiveness in my weakness,  
and your love in my need.

Touch me, O Lord, with your healing power and strength.  
  
***A minute of silence is recommended at this time.***

**RITE OF BENEDICTION (Where Leader 1 is an ordained minister)**  
  
***This inclusion, which is highly recommended, necessitates a reduction in the inclusion of other prayers so as to keep to the hour.***

***The following hymn is sung or said in Latin or English.***

***O Salutaris***

|  |  |
| --- | --- |
| *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.* | O saving Victim!  Who opens the gate of heaven.  Sore pressed are we by war and foes,  Grant strength and bring us help.  To the One and Triune Lord,  May everlasting glory be  Who may grant life without end  To us in our true homeland. |

Amen

***Tantum Ergo***

|  |  |
| --- | --- |
| *Tantum ergo Sacramentum*  *Veneremur cernui:*  *Et antiquum documentum*  *Novo cedat ritui:*  *Praestet fides supplementum*  *Sensuum defectui.*  *Genitori Genitoque*  *Laus et iubilatio,*  *Salus, honor, virtus quoque*  *Sit et benedictio:*  *Procedenti ab utroque*  *Compar sit laudatio.* | Before this great Sacrament  We come in reverent adoration:  And may the ancient practices  Give way to the new religious rites:  Let our faith be strengthened  Even if our senses fail us.   To the Father and the Son,  Let there be praise and rejoicing,  Salvation, honour, virtue  And blessing:  To the Spirit who proceeds from Both  Let equal praise be given. |

Amen

***The priest / deacon sings or says:***

*Panem de caelo praestitisti eis*. You have given them bread from  
 heaven.

***The other team members respond:***

*Omne delectamentum in se habentem*. Containing in itself all sweetness.

***Standing, the priest / deacon sings or says:***

|  |  |
| --- | --- |
| *Oremus,*  *Deus qui nobis sub Sacramento mirabili.*  *passionis tuae memoriam reliquisti;*  *tribue, quaesumus, ita mos Corporis et*  *Sanguinis tui sacra mysteria venerari,*  *ut redemptionis tuae fructum*  *in nobis iugiter sentiamus.*  *Qui vivis et regnas   in saecula saeculorum.* | Let us pray,  O God, who in this wonderful Sacrament  left us a memorial of Your passion;  we ask that we may honour  the sacred mysteries of Your Body and Blood,  so that we may feel continually within us  the fruit of Your redemption.  You who live and reign for ever and ever. |

Amen.

***The Blessing  
  
After this prayer the priest / deacon puts on the humeral veil. Then he genuflects and makes the sign of the cross over the team and in the direction of the camera with the monstrance.***

**THE DIVINE PRAISES (Leader 1 & Leader 2)**

Blessed be God. Blessed be God.

Blessed be His Holy Name. Blessed be His Holy Name

Blessed be Jesus Christ, Blessed be Jesus Christ,  
true God and true Man. true God and true Man.

Blessed be the Name of Jesus. Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart. Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood. Blessed be His Most Precious Blood.

Blessed be Jesus Blessed be Jesus  
in the Most Holy Sacrament in the Most Holy Sacrament  
of the Altar. of the Altar.

Blessed be the Holy Spirit, Blessed be the Holy Spirit,  
the Paraclete. the Paraclete.

Blessed be the great Mother of God, Blessed be the great Mother of God,  
Mary most Holy. Mary most Holy.

Blessed be her Holy and Blessed be her Holy and  
Immaculate Conception. Immaculate Conception.

Blessed be her Glorious Blessed be her Glorious  
Assumption. Assumption.

Blessed be the name of Mary, Blessed be the name of Mary,  
Virgin and Mother. Virgin and Mother.

Blessed be Saint Joseph, Blessed be Saint Joseph,  
her most chaste spouse. her most chaste spouse.

Blessed be God in His Angels Blessed be God in His Angels  
and in His Saints. and in His Saints.  
 ***There are also sung versions available on Spotify and YouTube.   
See Matt Maher & Audrey Assad and Josh Blakesley.***

**BENEDICTION PRAYER (Leader 1)**  
  
Let us pray.

Lord our God, may this sacrament of new life  
warm our hearts and the hearts   
of all refugees and asylum seekers throughout our world with your love  
and may it make us always long for the eternal joy of your kingdom  
Through Christ our Lord. Amen.

**RETURN OF BLESSED SACRAMENT TO TABERNACLE  
  
*The Minister of the Word Returns the Blessed Sacrament to the Tabernacle.***

**WORD OF APPRECIATION (Leader 1)  
*This requires adaptation if Leader 1 is the priest or deacon of the parish.***

Before our final prayer and anthem to Our Lady a special word of thanks to:

1. Fr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (PP), \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Sacristan), \_\_\_\_\_\_\_\_\_\_\_\_\_ and the team here in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Church / Oratory /Prayer Room) for accommodating us this evening.
2. All who have assisted with the planning, preparation and leading of this prayer service and in particular, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. ***[If applicable]*** All who have contributed financially to the fundraising efforts of Trócaire and other agencies in support of refugees and asylum seekers.
4. And to you for praying with us this evening!
5. We plan to place a note in the newsletter in advance of our next Holy Hour, which is scheduled to take place on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from \_\_\_\_ to \_\_\_\_ pm.

**BLESSING** (Leader 1)

Let us pray:

May the Lord bless us,

protect us from all evil,

and bring us to everlasting life.

*or*

May the almighty and merciful God

bless and protect us,

the Father, and the Son, and the Holy Spirit.

*Amen.*

Let us bless the Lord.

*Thanks be to God.*

**CLOSING HYMN /Anthem to Our Lady**

*When Creation Was Begun*

When creation was begun  
God had chosen you to be  
Mother of his blessed son  
Holy Mary full of grace  
Ave, Ave, Ave Maria.  
  
When creation was restored  
You were there beside the Lord  
Whom you cherished and adored  
Holy Mary full of grace  
Ave, Ave, Ave Maria.  
  
Praise the Father and the Son  
And the Spirit three-in-one  
As it was when time began  
Now and evermore.  
Ave, Ave, Ave Maria.