

HOLY HOUR FOR FEBRUARY
THE EXTRAORDINARY YEAR OF JUBILEE

Exposition: Joyful Celebration No. 330. Praise to the Lord

ACT OF ADORATION: O Jesus in the Blessed Sacrament, as the Psalms proclaim that “The sparrow has found herself a house and the turtledove a nest for herself where she may lay her young ones in your dwelling place, O Lord, God of Hosts!” (Ps 83:4), It is you, Our King and our God, who have found a home and a nest for Yourself, that You might live in our midst and that we might be able to find You there always! Lord, draw us to yourself by the sweet attraction of your love. Make us realize the claim, You have on all the love of our hearts.

O Infinite Majesty and Infinite Mercy, You love us so much and You have done so much for us by your coming as man in our flesh and by your Passion, Death and Resurrection, yet how ungrateful we have been. By the merits of your Sacred Passion, we implore you grant us the grace of availing ourselves of your bountiful goodness and Mercy as you have given us this “Holy Year of Mercy” through Our Holy Father Pope Francis, as indeed the “Time of Mercy”. All we desire is to seek the treasure of your Mercy. You alone are our treasure, our wealth, our happiness and all our love. **Amen.**

SILENCE: 5 mins.

READING: 1 Pet2:9-10 (To be proclaimed from the Bible)

SILENCE: We now in silence dwell on God’s Word, allowing it to make his home in us – **3 minutes.**

REFLECTION: St. Peter himself having experienced the Lord’s gaze of Mercy even in the midst of his three denials, exhorts the Church of his times and now us, who are “a chosen race, a royal priesthood, a holy nation, God’s own people, in order that we may proclaim His mighty acts, by which now we have received Mercy in Jesus. Pope Francis reminds us of the great teaching offered by St. John Paul II in his second encyclical, “Dives in Misericordia”: The Saintly Pope highlights that we have forgotten the theme of mercy in today’s cultural milieu, whereby “the present-day mentality, more perhaps than in the past, seems to be opposed to the God of Mercy, due to enormous development of science and technology, which makes us feel that we have become masters of

the earth and has subdued and dominated it. This dominion over the earth, sometimes understood in a one-sided and superficial way, seems to have no room for mercy.” And so, St. John Paul II pushed for a more urgent proclamation and witness to mercy in our contemporary world and his teaching is more pertinent than ever and deserves to be taken up once again in this Holy Year, says Pope Francis. We, as the Church, are therefore commissioned to announce the Mercy of God, the beating heart of the Gospel, which in its own way must penetrate the heart and mind of every person.

SILENCE: 5 mins.

HYMN: Joyful Celebration No. 96 : Come, O Lord

READING: Mt 5: 1-7 (To be proclaimed from the Bible)

SILENCE: Let us now in silence dwell on the immense mercy of God that Jesus reveals to us through these parables. **(3 minutes)**

REFLECTION: As we listen attentively to Jesus, we see him making Mercy as an ideal of life and a criterion for the credibility of our faith: “Blessed are the merciful, for they shall obtain mercy!” This is the Beatitude to which we should particularly aspire in this Holy Year. As we see in Sacred Scripture, Mercy is a key word that indicates God’s action towards us. He does not limit himself merely to affirming his love, but makes it visible and tangible through his mercy, his loving concern for each one of us. He feels responsible; that is, he desires our well being and he wants to see us happy, full of joy and peaceful. This is the path which the merciful love of Christians must also travel. As the Father loves, so do his children. Just as He is merciful, so we are called to be merciful to each other. “Merciful like the Father”, therefore, is the motto of this Holy Year. In mercy, we find proof of how God loves us. He gives us His entire Self, always, freely, asking nothing in return. He comes to our aid whenever we call upon him as in Her daily prayer the Church begins saying, “O God come to my assistance, O Lord, make haste to help me!”(Ps 70). The assistance we ask for is already the first step of God’s mercy towards us. He comes to assist us in our weakness. And his help consists in helping us accept his presence and closeness to us. Day after day, touched by his compassion, we also can become compassionate towards others.

SILENCE: 5 mins

HYMN: Joyful Celebration No. 64 – Blessed are they (vv 1, 3 & 5)

PRAYERS OF INTERCESSIONS:

CELEBRANT: Let us now call upon God our Merciful Father lifting up to Him our needs in Jesus' name:

Our Response: - Lord, hear our prayer

- a) We pray for Pope Francis, Bishops, Priests and the whole Church, that day by day, touched by God's Compassion, we may become dispensers of His Mercy to the world. R/-
- b) We pray that we may cease to be judgmental in our attitudes towards others and become more and more understanding and kind towards them. R/-
- c) We pray that we may rediscover and make fruitful the mercy of God, which we receive and give consolation to all whom we meet and encounter. R/-
- d) We pray that the balm of Mercy may reach everyone, both believers and those far away, as a sign of the Kingdom of God already present in our midst!

CELEBRANT: God of all consolations, fill us with your bountiful mercy and goodness to become more and more like you towards our brothers and sisters. We ask you in the name of Jesus the Lord. Amen.

PRAYERS FOR BOMBAY AND INDIA

BENEDICTION HYMN:

DIVINE PRAISES

Concluding Hymn: Joyful Celebration. No. 453 – When I look into your holiness

*Prepared by Fr. Lawrence A. D'Souza
For the
The Archdiocesan Liturgical Committee
based on
Pope Francis' "Misericordiae Vultus"- The Face of Mercy.*

HOLY HOUR FOR MARCH

THE EXTRAORDINARY YEAR OF JUBILEE

EXPOSITION HYMN: Joyful Celebration No. 292. O God, my God, for you my soul is thirsting

ACT OF ADORATION: For those who are in love there is no greater pleasure than to be in one another's company. If we, then, are much in love with Jesus, we are now in His Presence, and what a pleasure that should be for us! Jesus in the Blessed Sacrament, opens His Heart of Mercy for us, so that we may seek our refuge in it! Let us seek our refuge in Him and console ourselves in His company; let us take delight in His glory and in the love that so many souls have for the Blessed Sacrament. Let it be our desire that everyone should love Jesus in the Blessed Sacrament and consecrated their hearts to Him.

Draw me completely to Yourself, my most merciful Lord, by the all-winning attraction of your love and mercy. And I ask you, dear Lord, to make yourself the object of all my love. Make yourself complete Master of my will. Take full possession of me. To you I consecrate my mind, that it may always ponder on your loving mercy. I consecrate my body to you, that it may help me to please you; I consecrate my soul, that it may belong entirely to you. I am determined to do everything that I know to be pleasing to you, even though it may cost me great suffering and the loss of everything, even of life itself. Fortunate shall I be if I lose everything to gain you, my God, my treasure, my Love and my All!

SILENCE: 3 minutess.

READING: Isaiah 61: 1-2 **(To be proclaimed from the Bible)**

SILENCE: (Let us allow God's Word to sink deep in our hearts in few moments of silence) 2 minutes.

REFLECTION: Pope Francis says that in this Holy Year, we must look forward to the experience of opening our hearts to those living on the outermost fringes of society. How many are the wounds borne by those who are the voiceless and oppressed. During this Jubilee Year of Mercy, the Church is called even more to heal these wounds, to assuage them with the oil of consolation, to bind them with mercy and cure them with vigilant care. Let us open our eyes and see the misery of the world, the wounds of our suffering brothers and sisters who are denied their dignity. May we reach out to them and support them so that they can feel the warmth of our presence, friendship and our fraternity! Pope Francis expresses his burning desire that all of us, Christian people, in this

Year of Mercy, must reflect on the Corporal and Spiritual Works of Mercy, by which our Conscience will be reawakened, too often grown dull in the face of poverty. Let us enter more deeply into the heart of the Gospel where the poor have a special experience of God's Mercy. 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. 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.

A "Year of the Lord's favour" or "Mercy": this is what the Lord proclaimed through his Mission echoed in the words of the Prophet Isaiah, which we just heard. The preaching of Jesus is made visible once more in the response of faith we Christians are called to offer by our witness. May the words of St. Paul accompany us: "He who does acts of mercy, let him do them with cheerfulness!" (Rom 12:8).

SILENCE: 5 mins.

HYMN: Joyful Celebration. No. 451. Whatsoever you do to the least...

READING: Heb 4: 14-16 **(To be proclaimed from the Bible)**

SILENCE: Let us reflect in silence on the passage we have just heard – **3 minutes.**

REFLECTION: During the Season of Lent, in this Holy Year of Mercy, Pope Francis intends sending out "Missionaries of Mercy", enabling us, the People of God, to enter the profound richness of God's Mercy. They will be persuasive preachers of mercy, proclaiming joy and forgiveness. The Sacrament of Reconciliation will be celebrated, so that the time of grace offered by the Jubilee Year will make it possible for many of us, God's sons and daughters, to take up once again the journey to the Father's House, so that the faithful may come back "to the throne of grace, that we may receive mercy and find grace." Our Holy Father Francis directs this invitation to conversion to all types of people: to those in criminal organizations, asking them to change their lives by renouncing the terrible trap of thinking that life depends on money and perpetrating violence to amass riches soaked in blood; also those who either perpetrate or participate in corruption, which again is a sinful hardening of the heart that replaces God with the illusion that money is a form of power. To drive out this temptation, we need prudence, vigilance, loyalty, transparency, together courage to denounce any wrongdoing.

SILENCE: 5 minuts.

HYMN: Joyful Cel. No. 183. I am the Light (vv 1, 2 & 4esp.)

READING: Lk 1: 46-55 (**To be proclaimed from the Bible**)

SILENCE: 2 mins.

REFLECTION: Nobody has penetrated the profound mystery of the incarnation like Mary. Her entire life was patterned after the presence of mercy made flesh. The Mother of the Crucified and Risen One has entered the sanctuary of Divine Mercy because she participated intimately in the mystery of His love. Chosen to be the Mother of the Son of God, Mary, from the outset, was prepared by the love of God to be the “Ark of the Covenant” between God and man. She treasured divine mercy in her heart and in her hymn of Praise, she sang of the mercy of God, which extends from “generation to generation’ (Lk1:50). Standing at the foot of the Cross, Mary attests that the mercy of the Son of God knows no bounds and extends to everyone without exception, who repents with a contrite heart. Let us address in the words of the “Hail Holy Queen”, a prayer ever ancient and new, so that She may never tire of turning her merciful eyes towards us and make us worthy to contemplate the face of mercy, Her Son Jesus!

SILENCE: 2 minutes.

HYMN: Joyful Celebration. No. 509 – Salve Regina Or No. 155. Hail Holy Queen enthroned above.

PRAYERS FOR BOMBAY AND INDIA

BENEDICTION HYMN

DIVINE PRAISES

CONCLUDING HYMN: Joyful Celebration. No. 408 – Though the mountains may fall.

*Prepared by Fr. Lawrence A. D’Souza
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