

FIRST FRIDAY HOLY HALF HOUR



Quarter IV, 2013
October, November, December

Written by
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for the
Archdiocesan Liturgy Committee

FIRST FRIDAY: OCT 4TH, 2013

Our Shepherd King

Introduction: With just a couple of weeks to celebrating the Solemnity of Christ our King, indeed, our God is the King of Kings, the Lord of Lords and yet, is a humble God, a servant God, a Shepherd King who emptied himself and became poor for our sake. Self-emptying was his programme of life. He gave up a privileged position, a position of majesty and power, and assumed fully the condition of a slave in total dependence. As followers of Jesus our King, our servant God, we too are invited to enter into his plan of life.

Call to Prayer: We are in the presence of our Shepherd King – let us just gaze at him.

Please join in the Hymn:

Father We Adore You, lay our life before you, how we love you

Jesus We Adore You, lay our life before you, how we love you.

Spirit We Adore You, lay our life before you, how we love you.

Silence - Pause for 2min. adoring and gazing at our King of Kings

An Act of Adoration: Repeat after the Leader

Jesus, I come/ into Your loving presence/ in praise and adoration./ I thank you for Your immense love/ with which you abide in this most Holy Eucharist./ You are my king,/ my shepherd and my guide./ You come in search of the lost/ and the least,/ the wounded and the weary./ I adore you,/ together with all my brothers and sisters/ who have lost their way to you./ Jesus, my true and loving shepherd,/ give me a heart like yours/. Help me to see/ my brothers and sisters/ through your compassionate eyes./ Lead and guide me in your way./ Enlighten and educate me/ according to your wisdom./ Fill and fortify me with your holy spirit./ I call on you Jesus,/ Come take possession/ of my whole being./ You are my Lord and Master./ I praise you,/ I thank you,/ I worship you,/ and I glorify you. Amen

Reading: John 10:11-16

Reflection: *Spend 7 minutes or more*

From the reading, reflect: Was Jesus not a teacher only but also a saviour?

Remember what you have learned from Jesus and how this learning has saved you.

Hymn: The Lord is my shepherd.

Intercessory Prayer

Father, we invoke you as our Shepherd King. Your Son the Good Shepherd has won for us the fullness of life through your passion, death and resurrection. With faith and trust in your promises we make our petitions.

Response: Lord hear our Prayer (*After every petition pause for a while*)

- Shepherd King, be with Christian families that they may live a good Christian life. (Pause) *Response*
- Shepherd King, be with those separated from their homes, unite them in love. (Pause) *Response*
- Shepherd King, be with the separated couples that they find acceptance and understanding between them. (Pause) *Response*
- Shepherd King, be with the youth and children that they may walk the right path in life. (Pause) *Response*
- Shepherd King, be with the orphans and abandoned that they may find compassion in their life. (Pause) *Response*
- Shepherd King, be with those who have no means to earn their living. Show them a way to make their living. (Pause) *Response*
- Shepherd King, be with the voiceless and the powerless who are exploited by powerful people. (Pause) *Response*
- Shepherd King, be with those who are discouraged and have lost hope in life. (Pause) *Response*
- Shepherd King, be with those who live in the shadow of sin and death. (Pause) *Response*
- Shepherd King, be with those who are discriminated against for colour, race, language and other factors. (Pause) *Response*

Concluding prayer

Jesus, victorious over sin and death, conquer our hearts and inspire us to surrender to you, the Lord of our lives. May you be the inner force that guides our thoughts, words and actions. The miracle of your resurrection is happening at every moment of our daily life as we open ourselves to Your word. Lord, we stretch out our hand in joyful hope to receive the fullness

of Your life. Lead us from darkness to the light of a new experience of your resurrection. Amen.

Being a first Friday, we remember the Sacred Heart of Jesus – as this devotion of First Friday came from the call for reparation for those in need of redemptive prayers.

Glory be to the Father and to the Son and to the Holy Ghost . . .

We love Thee Jesus, because Thou art Jesus!

We want Jesus, Shepherd King, to reign over us!

Most Sacred Heart of Jesus, Thy Kingdom come! (3 times)

Hymn: O Give Thanks to the Lord

FIRST FRIDAY: NOV 1ST, 2013

Remembering All the Saints of Heaven

Introduction: All Saints Day is a commemoration of All the Holy Martyrs, all confessors and apostles, and all the just and perfect servants of God whose bodies rest all over the world. Today we do remember the spiritual heroes of the Church, the canonized saints. But we also remember those who became saints in little, ordinary, and hidden ways, and who will never be canonized. We are also celebrating those, who inspired by the Gospel, made the interests of others more important than their own. That is what we are called to – holiness, which means being like Christ.

Call to Prayer: We silence our hearts and focus on the special saint of the Church we are in, and remember that all saints, through their lives, lead us to Jesus and his Father through the Holy Spirit.

Pause for 2 mins.

Let us join in the Opening Hymn: *(choose one that adores and praises God)*

Opening Prayer for All Saint's Day

(Pray this together with the Leader)

Almighty God,/ you have knit together your elect/ in one communion/ and fellowship in the mystical body/ of your Son Christ our Lord:/ Give us grace so to follow/ your blessed saints in all virtuous and godly living,/ that we may come/ to those ineffable joys/ that you have prepared/ for those who truly love you;/ through Jesus Christ our Lord,/ who with you/ and the Holy Spirit/ lives and reigns,/ one God, in glory everlasting. Amen.

We prepare our hearts to listen to a medley of Readings from Sacred Scripture that bring to mind the Saints.

Three Lectors come up together – bow before the Blessed Sacrament and move to the Lectern. Please read from the Bible.

Reader 1 (Apocalypse 7: 2-4, 9-14)

Here we have a vision of the victorious followers of Christ rejoicing in his presence in the heavenly kingdom. They come from every nation, and race, and tribe, and language.

Reader 2 (1John 3: 1-3)

St. John tells us that in heaven we shall see God as he is. However, if we

want to attain to this vision we must try to live like Christ.

Reader 3 (Matthew 5: 1-12)

Here Jesus stresses the qualities he wishes to see in his disciples, qualities we see exemplified in the lives of the saints.

Intercessory Prayer

Let us pray that we may hear the call to holiness of life, and respond to it in faith, in hope, and in love.

R: Lord, hear us in your love.

- For Christians: that they may seek to know the will of God and to do it with all their strength, thus imitating Christ and his saints. We pray in faith. *R: Lord, hear us in your love.*
- For men and women of goodwill: that they may preserve in the path of goodness, truth, honesty, and integrity- for that is the path of holiness. We pray in faith. *R: Lord, hear us in your love.*
- For all those who are weighed down by troubles and disappointments: that the example of the saints may inspire them. We pray in faith. *R: Lord, hear us in your love.*
- That we may be able to overcome our weakness, selfishness, and cowardice, and imitate the generosity and courage of the saints. We pray in faith. *R: Lord, hear us in your love.*

Litany of Saints *(Time permitting)*

Lord, have mercy on us.

Lord, have mercy on us.

Christ, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Lord, have mercy on us.

Holy Mary, Mother of God.

Pray for us.

Saint Michael,

Pray for us.

Holy angels of God,

Pray for us.

Saint Joseph,
Pray for us.
Saint John the Baptist,
Pray for us.
Saint Peter and Saint Paul,
Pray for us.
Saint Andrew,
Pray for us.
Saint John,
Pray for us.
Saint Mary Magdalene,
Pray for us.
Saint Stephen,
Pray for us.
Saint Ignatius,
Pray for us.
Saint Lawrence, Saint Perpetua and
Saint Felicity,
Pray for us.
Saint Agnes,
Pray for us.
Saint Gregory,
Pray for us.
Saint Augustine,
Pray for us.
Saint Athanasius,
Pray for us.
Saint Basil,
Pray for us.
Saint Martin,
Pray for us.
Saint Benedict,
Pray for us.
Saint Francis and Saint Dominic,
Pray for us.
Saint Francis Xavier,
Pray for us.

Saint John Vianney,
Pray for us.
Saint Catherine,
Pray for us.
Saint Theresa,
Pray for us.
All you saints of God,
Pray for us.

Amen

Recessional Hymn *Any suitable
Hymn*

FIRST FRIDAY: DEC 6TH 2013

Feast of St. Nicholas, Bishop of Myra

Introduction: Today is the feast of St. Nicholas, bishop of Myra and it falls in the first week of Advent. This day brings much celebrating, especially in European countries. St. Nicholas is said to be the Bishop who always gave gifts – in fact because Saint Nicholas's generosity was legendary. His generosity continued even after his death, through the many miracles (especially of healing) attributed to Saint Nicholas's intercession. Today, in our world he is likened to Santa Claus. But as we reflect let us remember in this season of Advent that we too can begin to give spiritual gifts to all around us.

Call to Prayer: In the season of Advent let us prepare our hearts and minds to welcome the gift of the infant Christ Child to the world.

Hymn *Let us choose an Advent hymn of preparing the way for the Lord.*

Collect (Opening Prayer)

We humbly implore your mercy, Lord: protect us in all dangers through the prayers of the Bishop Saint Nicholas, that the way of salvation may lie open before us. 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

A Reading from Isaiah 6:1-8

In the year that King Uzziah died I saw the Lord sitting upon a throne, high and lifted up; and His train filled the temple. Above Him stood the seraphim; each had six wings: with two He covered His face, and with two He covered His feet, and with two He flew. And one called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of His glory." And the foundations of the thresholds shook at the voice of Him who called, and the house was filled with smoke. And I said: "Woe is me! For I am lost; for I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for my eyes have seen the King, the Lord of hosts!" Then flew one of the seraphim to me, having in his hand a burning coal which he had taken with tongs from the altar. And he touched my mouth, and said: "Behold, this has touched your lips; your guilt is taken away, and your sin forgiven." And I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" Then I said, "Here am I! Send me."

Reflection: When problems and disasters come to us, can you stand up and say to the Lord – Here I am, Send Me? Or do you say “Why me Lord”
(*Pause a while*)

Hymn: Here I am Lord

Leader:

St Nicholas is known as a great intercessor for material and financial concerns. In these tough times we can have recourse to him in our temporal needs. There is nothing wrong with doing this, so long as we act with detachment and do not seek his help from a selfish or materialistic motivation. With this thought in mind, we pray to the Father through the intercession of St. Nicholas:

Intercessions

Response Lord Hear our Prayer

- God, Our Father, we pray that through the intercession of St. Nicholas you will protect our children. Keep them safe from harm and help them grow and become worthy in our sight. Give them strength to keep their Faith in you; and to keep alive their joy in your creation. For this we pray:
Response
- That during this season of Advent we may prepare well to give both spiritual and material gifts to family and those in need. May we be inspired by the generosity of St. Nicholas, For this we pray. *Response*
- As Advent brings us closer to the Birth of the Christ Child, may we remember the old, the lonely, the sick, the poor, who have no one to visit to bring them gifts. St. Nicholas visited many houses, may we too remember such persons in our neighbourhood. For this we pray. *Response*
- We call upon Your mercy, O Lord. Through the intercession of St. Nicholas, keep us safe amid all dangers so that we may go forward without hindrance on the road of salvation. For this we pray. *Response*

As we remember the Sacred heart of Jesus may we spend a few moments in reparation for the many who disregard the wishes of this loving heart.
(*Pause*)

As we close this adoration we remember that St. Nicholas was one who loved children, and we see too end with his prayer for children.

A Prayer for Children

O God the Father of mankind, who hast given me these my children, and committed them to my charge to bring them up for Thee, and to prepare them for eternal life: help me with Thy heavenly grace, that I may be able to fulfill this most sacred duty and stewardship. Teach me both, what to give and what to withhold; when to reprove and when to forbear; make me to be gentle, yet firm; considerate and watchful; and deliver me equally from the weakness of indulgence, and the excess of severity; and grant that, both by word and by example, I may be careful to lead them in the ways of wisdom and true piety. Amen. Pour Thy grace into their hearts, and strengthen and multiply in them the gifts of Thy Holy Spirit, that they may daily grow in grace and in knowledge of our Lord Jesus Christ; and so, faithfully serving Thee here, may come to rejoice in Thy presence hereafter. Amen.

Recessional Hymn *Any suitable Advent Hymn*



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