

# First Friday Holy Half Hour - June 2019

## New Beginnings

**Exposition of the Blessed Sacrament** (Silence)

### Introduction

Dear sisters and brothers in Christ, let's take this moment in time to praise and thank God for the Summer Vacations, that has given us a break from routine work. **Pause.** We shall sing our thanks with the hymn, 'We are together again' ... Praising the Lord ... Thanking the Lord ...

**Hymn:** We are together again... (Silence)

We now look forward to newness in life with New Beginnings. A child looks forward to a new academic year, while a parent faces newer challenges. A youth looks forward to a job that would fulfill his/her career and satisfy his/her livelihood. With new priests and religious posted in our parish and a new parish pastoral team, a lot of planning is required. Looking ahead to a new tenure of a government just elected, our earnest prayer is to let it work for the good of its citizens. Seasonal change and we hope for good showers. **[Pause and think of any new change that will come your way this year]**

Life seems challenging with so many changes taking place and so many decisions to make. Let us sit in the presence of the Lord and experience his calmness in every situation. Let us look up to Him as a friend, who by His mere presence makes things lighter. Why then should we not work untiringly knowing that he is there when things go beyond our ability? He will make us strong, trust Him!

So, let us sing our trust in Him with the hymn, 'I just keep trusting, my Lord'.

**Hymn:** I just keep trusting, my Lord... (Silence)

**Scripture Reading:** Rom 12:2, 6-8, 11-12 (Silence - 5 mins)

### Reflections:

- Help us as parents, to accept our child's attempts in studies and not show signs of pride or disappointments. Let us allow them to grow in success and failure. Let us not find fault with the education system and teachers, but pray for

improvements always remembering that trials and errors are part of every system. **Pause for silent reflection**

- Help our youth in their search for jobs and pray for their satisfaction and work. Changes in work place and working hours can be stressful. We pray that they find the time to play and pray and get adequate rest so as to be cheerful at all times.
- As our parish and its pastoral team starts a new tenure, we pray for a change of views and ideas, bringing more participation. We earnestly hope that the parishioners avail of the various courses conducted by the Archdiocese making every service more meaningful and prayerful.
- Our country needs various areas of improvement, we earnestly hope that the newly formed government works on the talents of the citizens making the country a wonderful place to live in.
- At the start of the rains, let us not start blaming one another for the havoc the rains have caused, but instead let's work in keeping our surroundings clean so that the rain water channels its way to good use.

Yes, we need to pray daily and not give up with the hope for a cheerful life.

#### **Intercessions:**

Heavenly father, we bring before you are desire to work untiringly

#### **Our Response: Lord, hear our prayer.**

1. For our Holy Father Pope Francis, Bishops, clergy and religious, that they may find the love and acceptance in their ministry and the people they work with. We pray to the Lord.
2. For our newly formed Parish Pastoral Council, that they may work towards fulfilling the parish mission statement. We pray to the Lord.
3. For a Government that will work towards the welfare of the country and its citizens. We pray to the Lord.
4. For our children, that they may receive a good foundation at school, to always respect every other human being and show kindness to every living creature. We pray to the Lord.
5. For our students in their final year at School and College, that they may understand the values of education and the vast choice and streams of higher studies so as to make the right choices without being misled. We pray to the Lord.
6. For all teachers and professors, that they may be true to their profession bringing out the best in their students and helping them to build their careers. We pray to the Lord.

7. For every citizen, that they may work to keeping the environment clean so that the rains you shower in plenty brings blessing to all. We pray to the Lord.

**Conclusion:** As Christians, with all imperfections and failures, God chose to see us as holy and blameless. God also gives us a choice to:

- Forgive others – Let Christ’s peace rule your heart.
- Comfort Others – Manifest God’s mercy.
- Honor Others above Yourself – Imitate Christ’s humility.
- Encourage Others – Gain Christ’s measures.
- Love Others – Let God live through you as you live in Him.

Amen.

**Silence:**

**Benediction:** O Sacrament most Holy...

**Concluding Hymn:**

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