



6 May 2022

HOLY HOUR

(The Disciples on their way to Emmaus)

INTRODUCTION: Jesus our risen Lord and Master is present here in the Sacred Host. As with the Disciples on their way to Emmaus, He continues to seek and meet us right where we are. He journeys with us through every season of our lives. Our footsteps all along the paths of our lives are matched by His footsteps. Hearts burn, tears dry and vision clears as the risen Lord makes his way into the lives of his people. He not only listens to our stories and gives it new meaning and direction but completes it. Prayer during the Holy Hour gives us time for God's word to sink deeply into our hearts burning away selfishness, doubts and fear, leaving the flames of love and faith alive.

HYMN: 436. We seek thee Lord Jesus, we seek thy blessed face. *(Joyful Celebration)*
Or any other.

(Pause for Moments of Silent and Personal Adoration...)

PRAYER: Lord, on our life's journey, let not what we see and witness in our world make our spirit so distressed and downcast that we fail to recognise your companionship. Refresh us when we grow weary. Renew us with the hope and peace that your resurrection brings. May it overflow in our hearts and souls and grant resurrection to all the areas of our lives that still lies entombed in darkness. Let us bathe in your light, repose and delight in it, so that our soul reflects your light, diffuse your love wherever we go.

LEADER: The desires for God and for His Words in the Scripture are special graces given to us. Our search for God is a result of His call to us. As St. John of the Cross said, "we seek God because God first sought us and is passing close by when we think of Him" Will our hearts still burn within us when we listen to Him in the Scripture? Let us dispose our hearts for this encounter.

(A hymn to the Holy Spirit could be sung)

SCRIPTURE READING: Luke 24:13-35

REFLECTIONS:

Now that the one who said, "Leave all things and follow me" is no more, suddenly depriving them of all meaning. As the Disciples on the way to Emmaus walked the solitary road, they echoed each other's thought, confirmed each other in their unbelief. They probably shared how and when they first met Jesus, how they had come to love him, hope in him, to be enthusiastic in everything about him, how they gave up all, to follow him and how now, all hope is shattered for a dead man does not lead.

Suddenly the co-traveller who listened to their woes reminded them of the promises of Christ in fulfilment to all Scriptural text. He spoke as one who saw, as one who is describing them what is before his eyes. And they who had long known the passages of scriptures by heart, who had pondered their meaning and had never understood, suddenly found themselves opening slowly.

On nearing the village, the stranger made as if to go on but they had found one with whom they would not so easily part, so they constrained him saying, 'Stay with us because it's towards evening and the day is far spent' so he yielded. But now a strange thing happened their guest was between them at the dinner, already by a kind of instinct they had grown accustomed to yielding him precedence. Now at the meal he seemed to accept the place as his right. As the bread lay on the table he took it, his eyes raised to heaven as he did so the two disciples felt a strange sensation, something of which they had experienced in their lives before. For his words were more than instructive. They had stirred their hearts and they had appealed more to the heart than to the mind, they were light and life.

(Moments of Silence for self examination of Life)

Do we allow the Lord to be a companion of our life's journey and take part in our conversations and decisions?

After pouring out, our heart to the Lord in joy or sorrow at prayer, do we take time to listen and understand the inner stirring of our hearts, where the Risen Lord speaks?

How has our daily encounter with the Lord in the Holy Eucharist and the other Sacraments impacted our lives and relationships with God and neighbour? Has it been making us more selfless and more forgiving?

HYMN: 38 Alleluia, alleluia give thanks to the risen lord (*Joyful Celebration*)

Or Easter glory fills the sky; alleluia- James Quinn SJ (page 1118, no 26- *Everyday Prayer*).

Easter glory fills the sky! Alleluia!
Christ now lives, no more to die! Alleluia!
Darkness has been put to flight, Alleluia!
By the living Lord of light! Alleluia!

Mary mother greet your son,
Radiant from his triumph won!
By his cross you shared his pain,
So forever share his reign!

Shepherd, seek the sheep that strayed!
Come to contrite Peter's aid!

Strengthen him to be the rock;
Make him shepherd of your flock!

Seek not life within the Tomb;
Christ stands in the upper room!
Risen glory he conceals,
Risen body he reveals!

Though we see his face no more,
He is with us as before!
Glory veiled, He is our Priest,
His true flesh and blood our feast!

CONSECRATION TO THE SACRED HEART OF JESUS - (by St. Margaret Mary: Adapted)

Most Holy Heart of Jesus!
We give ourselves entirely to you.
We offer you our lives, our actions, our works, our sufferings.
We choose to give you our entire love.
We want only to belong to you.
We want to honour and glorify you.

Be our protection in life, our promise of eternal salvation.
Be our strength in our weakness and wavering.
Be the atonement for all the sins of our lives.
O Heart of meekness and goodness,
Be our refuge when we die.
Lord and Saviour, by your all embracing love,
We beg you to write our names deeply
In your Most Holy Heart.
Let it be our joy and glory to live and die in your service.

GENERAL INTERCESSIONS:

Let us pray for our needs and the needs of all people in the name of Christ, our advocate with the Father saying:

RESPONSE: Lord, Listen to your people praying. (*Sing or Recite*)

You alone Lord can reconcile your people and create a new heart and a new spirit within them; end the hatred, conflicts and war which destroys and divide our world. **R/-**

That the Church and her leaders may witness before all nations, the forgiveness and salvation of the Risen Lord. **R/-**

That the sick, the suffering and the refugees may know Christ's presence in the midst of suffering, fear, deaths and experience inner peace and hope that Christ alone can offer. **R/-**

That the faithful departed in our Parish community may share in Christ's victory over sin and death and enjoy life eternal. **R/-**

That our encounter with the Risen Lord through his Word and the Eucharist and other Sacraments may make his love come to perfection in us. **R/-**

(Pause for silent personal intentions)

LEADER: Almighty and ever-living God, hear the prayers of your servants and strengthen us to be your faithful witnesses through the presence of Jesus Christ, our risen Lord, who lives and reigns forever and ever.

THE DIVINE PRAISES(*For Benediction*)

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.

CLOSING HYMN:284 No one can give to me that peace...(*Joyful Celebration*)