



06 January 2023

HOLY HOUR

(“Behold, I am making all things new.”- Rev 21: 5)

HYMN: No. 283 New life, new life, You came to bring us new life! *(Joyful Celebration)* Or any other appropriate one.

(Pause..... for Moments of Silent and Personal Adoration before the Eucharistic Lord)

INTRODUCTION:

The Eucharist is one of the most tangible ways Jesus our Emmanuel is present with us today. It is the principal Sacrament; it does not only symbolize and communicate grace but is the author of grace; Jesus Christ, body, blood, soul and divinity. Blessed James Alberione called Eucharistic adoration as a ‘Visit’ and he explained it with the examples of the two disciples of John the Baptist who sought Jesus and asked, “*Rabbi where do you live?*” Jesus did not give the address nor any impressive information about him or what he does but invited, “*Come and see*”. They visited him and found what their hearts and souls sought after, thus, they became his disciples for life. Fr Alberione said that was the first and model adoration/visit that changed lives. Their visions were cleared and purpose found. It highlights the precious benefits that the visit to Jesus in the Eucharist produces in a soul. With well-made visits/adoration, one would receive light, comfort, joy, perseverance and holiness. We bring the gratitude of our hearts for the blessings of life and the hopes that lies in the fresh New Year that we are ushered in. We bring also the challenges and wounds of humanity and our planet; caused by our own insatiable greed and pride.

CANTICLE OF PRAISE

LEADER: Like St Francis of Assisi who praised God from the glory of daybreak to nightfall, through all weather, the elements of fire and water; let us also fill our lives with songs of God’s praise.

Response: Lord, we praise and glorify your name!

For changes of time and seasons that bring forth novelty, variety, and freshness into our lives and for your presence at every transition. **R/-**

For the lessons of the past times, the joy of the present and for the hopes and dreams for tomorrows. **R/-**

For the support of families, the loyalty of friends, the guidance of mentors, inspiration from the wise, and the benevolence of God that seasons everything. **R/-**

For the parts of us that have matured and grown with time and those areas which still needs patience, compassion and careful tending and the confidence we have in your grace. **R/-**

For all the good and happy moments and also for our share of trials, sicknesses and failures that keeps us from pride of self-sufficiency and hold on to you, our ultimate joy and peace. **R/-**

For your constancy; that even when everything changes for good or for worse, you always remain the same faithful, unconditional in love and true to your promises. **R/-**

(Pause..... for Moments of Silent Personal Prayer)

LEADER: It is the Holy Spirit who enables us to understand and interpret God's Word by revealing to our minds the whole counsel of God. He is the ultimate guide, going before, leading the way, removing obstructions, and making all things plain and clear. The Holy Spirit leads us in the way we should go in all spiritual things. so that we may be His ambassadors to the world, showing forth His grace and glorifying Him. Let us invoke the Holy Spirit before we listen to God's Word.

HYMN: No. 304. O Spirit, Source of Wisdom (*Joyful Celebration*) or any other.

SCRIPTURE READING: 2Cor 5: 16-21

(Pause for few moments after the Scripture Reading)

REFLECTION:

As recipients of God's mercy, we are called to share the good news of God's reconciliation. After the conversion, St Paul attributes the new perspective of not seeing anyone from the human point of view (in the flesh) as the outcome of his life in Christ through the Holy Spirit. At the same time, St Paul did not hide the reality of conflict between the old and the new within him; which is true for every one of us. Encounter with the resurrected Lord has changed how Paul sees the world around him. God is still in action of rectifying His creation; reconciling the world to Himself. "*While we were enemies we were reconciled to God by the death of his Son*" (Rom 5:10). As a recipient of God's acts of reconciliation, Paul was committed to being an ambassador of Christ (5:20) just as we are called to do. People of other faiths may not appreciate us preaching and quoting Bible verses to them but they do take note of our joy and commitment at work, our peace in the midst of misfortunes, our graciousness and humility toward people who try our patience. Sadly, these are too often in short supply from us Christians who are ambassadors for Christ to the world. It is also unfortunate if Christians put a show of superiority and behave as if we have everything to give to the people of other faith and nothing worthwhile to receive. Kind words and gracious actions that impact others come from a deep personal relationship with a living God, not from mere obligation or religious duty. When people perceive that in us they see Jesus alive in us.

HYMN: No. 78 Christ be with me, deep within me. (*Joyful Celebration*) or any other.

(Pause..... for Silent Self- examination of conscience in the light of the Gospel)

GENERAL INTERCESSIONS:

RESPONSE: Lord, hear our prayer.

For the Universal Church that she may be open and attentive to the call for change and renewal by the Holy Spirit. **R/**

For the Civil authorities, for a deeper sense of justice and equality. May they work towards building lasting peace and harmony and work against corruption, violence and exploitation. **R/**

That we may be prophets of God's mercy and forgiveness to all; especially to those who are hurting and straying. **R/**

For our Parish community and all its needs; for the aged, sick and homebound and for the departed loved ones among our families. **R/**

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: Let us bow in adoration.... or any other appropriate one.

**-Commission For Liturgy
Archdiocese of Bombay.**