



05 MAY 2023
HOLY HOUR

(He is not here, for he has risen, as he said. Mt 28: 6)

HYMN: No. 179. Humbly we adore thee, Christ, Redeemer, King. *(Joyful Celebration)* Or any other appropriate one.

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

INTRODUCTION:

We are an Easter people and alleluia is our song forever. The grave is now only a journey into the presence of God where we live forever because of the resurrection of Jesus Christ our lord. The sadness and despair of his death has given way to the bright promise of immortality. For the Resurrection is our guarantee that justice will triumph over treason, Light will overcome darkness, and love will conquer death. May we hold firm to this hope, this joy and faith. We come before our Eucharistic Lord and Master bringing our total self in an act of adoration and joyful surrender of our lives. We also bring along the people we hold dear, our leaders in the Church and in our Country, the suffering, the old and homebound, our children and the youth. We pray for those who do not yet know the Lord or the baptised who continues to despise God's mercy and loving call to relationship.

HYMN: No. 38. Alleluia, alleluia, give thanks to the risen Lord *(Joyful Celebration)*

LEADER: Lord, Angels in heaven praise You, Saints and Prophets of old, bless your name. We unite our voices in praise and thanksgiving to You together with them.

ALL: We praise and adore you, Jesus our Risen Saviour.

LEADER: In fulfilment of your promise to be with us always to the end of time; you instituted the Holy Eucharist. May we bear witness to your Eucharistic presence amongst us.

ALL: We praise and adore you, Jesus our Risen Saviour.

LEADER: By dying on the cross and rising, You reconciled heaven and earth. May our encounter with you in quiet prayer and in the Sacraments transform us into your likeness.

ALL: We praise and adore you, Jesus our Risen Saviour.

LEADER: Christ our light and life, you have called all people to an imperishable life, giving hope to us and to the departed faithful who look to your mercy.

ALL: We praise and adore you, Jesus our Risen Saviour.

LEADER: You are the peace and joy of all who believe in you; may we live as children of light bearing credible witness in the world we live.

ALL: We praise and adore you, Jesus our Risen Saviour.

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

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

SCRIPTURE READING: Matthew 28: 1–10

(Pause..... for few moments after the Scripture Reading)

REFLECTION:

Mary Magdalene and the other women were told that Jesus was no more in the tomb, for he has risen and that they would meet him in Galilee, in the familiar place of their daily occupation; the place where everything in their lives take place. The dead do not share a physical space and time with the living but Jesus was alive and was present in a new way. He would be evident to them everywhere they look for him. Mary Magdalene and the other women at the tomb teach us that faithful love and perseverance in staying close to Jesus, even in the midst of mourning, fear and perplexity can be rewarding. God never lets us seek Him in vain. We too are invited to encounter Jesus and the power of his Resurrection in our daily ordinary life; in the Galilee of our neighbourhood, our family, in the poor and needy, and the many moments we find ourselves aware of Jesus' living presence and the power of His resurrection. Prayer is one powerful way of encountering the Lord; but we are invited to encounter Him even in the midst of our works, our leisure and interactions with fellow beings.

HYMN: No. 111. Earth in the dark, like Mary of Magdala. (*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.

We pray for a culture of peace and non violence which is the intention of Pope Francis for the month of April. May the leaders of the world join hands in establishing lasting peace. We pray: **R/**

We pray for the newly baptised and those Catholics who are challenged to live their faith in the daily circumstances. We Pray: **R/**

We pray for the aged, the sick and home bound in our Parish Community and may all who seek comfort in the Risen Lord, find peace. We pray: **R/**

That all who mourns the death of a loved one finds comfort in the joy of Jesus' redeeming love. We pray: **R/**

We pray for our children and the youth that they may grow up rooted in the teachings of the Church and its values. We pray: **R/**

We pray for more vocations to the priesthood and religious life in the Church and the perseverance of those called. We pray: **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.**