



07 July 2023

HOLY HOUR

(The Power of Love and Relationships in the Family - God's Handiwork)

HYMN: No. 301- O Sacrament Most Holy- thrice (*Joyful Celebration Hymnal*)

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

PRAYER TO THE MOST BLESSED SACRAMENT -by St. Alphonsus de Liguori

My Lord Jesus Christ, who for the love you bear us, remain night and day in this Sacrament, full of compassion and of love, awaiting, calling and welcoming all who come to visit you. I believe that you are present in the Sacrament of the Altar.

I adore you from the abyss of my nothingness and I thank you for all the graces you have given me until now, and in particular, for having given me your Most Holy Mother Mary as my advocate and for having called me to visit you in this Church.

I now salute your Most Loving Heart, and this for three ends: FIRST, in thanksgiving for this great gift; SECOND, to make amends to you for all the outrages which you receive in this Sacrament from all your enemies; THIRD, I intend by this visit to adore you in all the places on earth in which you are present in this Sacrament and in which you are the least revered and the most abandoned.

My Jesus, I love you with my heart. I grieve for having until now so many times offended your infinite goodness. I purpose by your grace never more to offend you for the time to come; and now, miserable and unworthy though I am, I consecrate myself to you without reserve. I give you and renounce my entire will, my affections, my desires, and all that I possess. From now on, use me and all that I have as you wish. All I ask of you and desire is your holy love, final perseverance and the perfect accomplishment of your will.

I recommend to you the souls in Purgatory, the souls in my family, my parish and my community; but especially those who had the greatest devotion to the Most Blessed Sacrament and to the Most Blessed Virgin Mary. I also recommend to you all poor sinners. And finally, my dear Saviour, I unite all my affections with the affections of your most loving Heart, and I offer them with you to your Eternal Father and beg him for your sake and for love of you, graciously to accept and grant them. Amen.

HYMN: No. 150. - Great Is Your Name Lord - Verses 1& 2 (*Joyful Celebration Hymnal*)

INTRODUCTION:

The theme and reflections of today's "Holy Hour" is focused on "The Power of Love and Relationships in the Family". As we all know the Family is God's Handiwork. We dedicate this Holy Hour, praying for all the Parents/Grandparents as we honour Sts. Joachim and Anne, the Parents of our Blessed Virgin Mary and the grandparents of our Lord Jesus Christ whose feast we celebrate on 26th of this month.

In order to perceive and to better understand The Power of Love and Relationships in the Family - God's Handiwork, we need to go to the Source from whom and from where this power to love and of love comes and the grace of having HEALTHY and HOLY relationships within the family.

Let's be positive, can become an escape from reality; or for that matter, don't focus on the negatives, won't help in taking the right actions, correcting mistakes or taking right decisions. Bringing to attention the negatives helps take positive steps – Journeying forward in and with Christ.

Without doubt, the family today, God's handiwork is under attack more than ever, so the power to love and have wholesome relationships in the family can be seen in many ways distorted and disabled, leaving family relationships fissured and fractured.

Many forces today seem intent on destroying the family. Marriage is threatened by the plagues of divorce, relativism, and secularization. Same-sex and "de facto" unions have undermined the meaning of the Holy Sacrament of Marriage, calling into question its very purpose. Many children are raised without discipline, and their potential is dashed by abuse or neglect.

Knowing the foundations of what WE as a Family are called to be, our purpose and our functions, is important, so that we can build on firm foundation - On Christ and the Teachings of Holy Mother Church. It is good to ask from time to time these questions! What is the family? Who is its Author, What is the family made up of? What is the function of the Family? These questions when properly understood in Light of Sacred Scriptures and Sacred Tradition will help, not only better understand, but stir within the desire to live out our calling fully and faithfully as husband, as wife and as children not in positive ways, but in Christ centered relationships and as a **EUCCHARISTIC-centered family** in order to be what God intended as His handiwork- A DOMESTIC CHURCH, an effective power house of charity, faith and loving relationships for the praise and glory of God's name.

With our society marred by so much pain, unhappiness and disillusionment, God intends that the family established in Christ not only stands out in giving witness to the Love between the Father, the Son and the Holy Ghost - Holy Trinity, but would be a source of witness and LIGHT in our world.

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

To be LIGHT we must be ILLUMED first!

As a Mother, the Church helps us better understand the truths of marriage as God's handiwork; she teaches that the family is made up of father, mother and children; this unit forms the base from where healthy and secure relationships are developed. Many such units make for a larger unit. When each unit is strong, it helps form not only a strong Church but in turn helps strengthen society as a whole.

CCC # 2207. The family is the original cell of social life. It is the natural society in which husband and wife are called to give themselves in love and in the gift of life. Authority, stability, and a life of relationships within the family constitute the foundations for freedom, security, and fraternity within society.

God is the **AUTHOR** of marriage and so marriage has to be defined and lived according to His Commandments and Statutes - His Word - a handbook for loving and committed relationships; if we ignore His Word, a marriage gets marred, soon finding ourselves caught up in a world-wind of problems.

CCC # 1603 "The intimate community of life and love which constitutes the married state has been established by the Creator and endowed by him with its own proper laws. . . . God himself is the author of marriage."

Marriage is a lifelong commitment, a Holy Sacrament raised by Christ.

CCC # 1601 "The matrimonial covenant, by which a man and a woman establish between themselves a partnership of the whole of life, is by its nature ordered toward the good of the spouses and the procreation and education of offspring; this covenant between baptized persons has been raised by Christ the Lord to the dignity of a sacrament."

The family is not earth bound, it's not about just building or living in a relationship; the real purpose of the Christian family is that we will help and encourage one another to get to our final destination – Heaven.

Since we are used to thinking about the family as the place where our Catholic faith is handed on and lived, we sometimes pay too little attention to how the family itself is related to the plan of God revealed in Scripture for the sake of our salvation in Jesus Christ - The Family in the Catechism of the Catholic Church - By Cardinal William J. Levada

HYMN: No. 318 - Open Our Eyes Lord, We Want To See Jesus - Verses 1 & 2. (*Joyful Celebration hymnal*)

SCRIPTURE READING: Ephesians 3: 14- 19

(Take a break for a moment, look at Jesus in the Blessed Sacrament, invite Him into your heart and home; ask Him to give you insight as you spend time reflecting on His Word and The Teachings of the Church)

REFLECTION:

Understanding the Catechism of the Catholic Church (CCC), helps to be in communion with the Universal Church; and reflecting on this Scripture Reading one thing should strike us- loud and clear that God is not only the Author and Definer of Marriages, but that he knows each of our families by name, as Scripture tells us that every family in heaven and on earth takes its name from Him. This should make us realize that we need to look to God and not to ourselves, thanking Him for every blessing and feel assured and comforted with this fact that we are not alone in our struggles - Emmanuel - God is with us, this realization should strengthen, encourage and fortify us leading us to be filled with awe and wonder that God Our Father is watching over us; we are not one of the many countless families but one that HE has His eyes upon. This revelation should open our inner eyes to behold the splendour and majesty of our God of whom St. Paul says "For this reason I bow my knees before the Father."

It is in this worship that we experience who we really are - small, insignificant, unworthy, limited by time and space, incapable, finite beings. But in the worship, we also experience Who God is and how Majestic, Awesome, Great and Mighty He is - that like Moses, we may tend to say "Lord Send someone else"; like the Prophet Isaiah "Lord I am doomed" or like St. Peter, our First Pope "Lord depart from me, for I am a sinful man."

Yet, each of them was not left confused or in condemnation, but in fact felt strengthened and confirmed in their inner-self to determinedly carry out the plan that God had for them. (*Pause for a moment and look at the Lord*). As we worship the Lord, let us ask Him to open the eyes of our hearts that we may have the enlightenment of His Spirit to comprehend, with all of heaven, what is the breadth and length and height and depth of His love for us in Christ Jesus, so that filled with the knowledge of this AGAPE LOVE - *sacrificial, unconditional love of God*, we would be able to strengthen each other to love sacrificially, unconditionally and whole-heartily, fulfilling God's purpose and plan that in having healthy and holy relationships between husband and wife and between parents and children, will lead us, not only closer to God, but to each other as well. As St. Augustine puts it so well that the correct love is caritas (Charity) which seeks to use the things of the world in order to attain to the enjoyment of God. So then let our love of persons enable us to love God fully so that in loving and serving GOD fully we will be able to love each other more DEVOUTLY - As we gaze in worship on God's infinite Majesty in the Sacred Host, let us drink deep of His LOVE so that filled with all the fullness of Him; we will not help ourselves as a family, but our brothers and sisters as well to strive, looking forward to what lies ahead- Heaven, our Homeland!

(*Pause..... for Moments of Silent and Personal Reflection and Examination of Conscience*)

HYMN: No. 453 -When I look into your holiness (*Joyful Celebration hymnal*)

GENERAL INTERCESSIONS:

Response: *Lord, hear our prayer.*

We pray for fathers, that as head of the home they would be watchmen in the family, men filled with faith and good works, sacrificial and life giving so that each member of the family is able to live joyfully and in an atmosphere of love and respect. **R/**

We pray for mothers as the heart of the home, that they may be filled with God's grace, leading the whole family to have not only a loving relationship with God but lasting relationships with each other. **R/**

We pray for every Child to understand that they are God's gift to their parents, and would live in obedience, because obedience brings blessings and a long life. **R/**

We pray for families torn by strife that the Resurrection Power of Christ would bring healing and deliverance in every area that needs the Lord's touch, so that peace and harmony can be restored. **R/**

We pray especially for children living in homes with dysfunctional relationship; those having parents chemically dependent; those whose parents are looking for separation and for those being raised by a single parent, that the Power of the Holy Ghost would bring God's glory so that hearts are changed, the past be healed and relationships restored. **R/**

THE DIVINE PRAISES: *(After the 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

Contributed By:

The Fellowship of the Burning Bush –
Sanctuary Intercessors

A Lay Association of the Faithful in the Archdiocese of
Bombay