



03 November 2023

HOLY HOUR

(The dust returns to the ground it came from, the spirit returns to God who gave it. -Ecclesiastes 12:70)

Suggested Symbolic Gesture:

A stack of blank cards/Paper, Pen and a Tray can be placed in the entrance to the Church/Chapel. Parishioners gathered for holy Hour could be invited to write the names of a family member or friends who have died and then place that card/Paper in the Tray. It will be then be placed at the foot of the altar throughout the adoration or even a month for daily prayer offering. A bouquet/ a vase/wreath of roses and a burning lamp could be place on either side of the tray with the names of our departed loved ones.

Hymn: No. 123. – Father we love you, we worship and adore you - *(Joyful Celebration Hymnal)*

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

Introduction: Jesus is the living Bread from Heaven. He continues to feed the pilgrim Church on earth journeying towards Heaven, our eternal home. We come to His Eucharistic presence in humble adoration and praise and in supplications for our needy world often torn apart by conflicts and Wars. May He recreate and restore each of us in His boundless love that in turn, we may be capable of infusing love, hope and life to all those we meet and interact on our path of life.

Dear Friends, November is traditionally a month of remembrance, in which the Catholic Church commemorates the holy Souls and celebrates the multitude of its Saints. St. Paul warns us not be ignorant concerning the dead, nor be sorrowful as the ones who have no hope. The practice of praying for the souls in purgatory is a profound expression of love and compassion. By this act of charity, we participate in God's mercy and redemption. It demonstrates the belief in the communion of Saints, a central tenet of Catholic faith, where the Church on Earth, the Church in Purgatory, and the Church in heaven are interconnected. This unity transcends time and space, emphasizing the eternal nature of God's family. It reminds us that we are part of a greater spiritual community that transcends our earthly existence. On the other hand, the feast of all Saints invites us to repeat with Christian hope the words of Job, *"I know that my Redeemer lives and I will see Him with my own eyes"*. Symbolically placed below the altar are the names of all our departed loved ones whom we recommend to the infinite mercy of God.

Let us in one voice praise the holy trinity as we sing:

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

CANTICLE OF PRAISE:

RESPONSE: You are a God who walks with your people. (ALL)

Jesus our Eucharistic Lord and Master, eternal and unchanging, we come before you in humble adoration. **R/**

Creator of the heavens and earth, from the dawn of time to the present day, in every age and era your loving presence and grace is acclaimed.

In ancient days, you walked with Adam and Eve; you guided Noah through the flood. You raised multitudes from Abraham and divided the Sea for the deliverance of Moses and the Israelites; never letting your people perish in their stubbornness of heart. **R/**

Through prophets, seers, and holy sages, you announce the birth of our saviour, our Emmanuel to save us from our sins and to guide us through the darkest night. **R/**

You set the hearts of Saints and martyrs ablaze with love so pure. Their steadfast faith in life and in the face of death is a testament of divine grace in human frailty. **R/**

Your love binds us all as one. In the shelter of that unconditional love is our truest home; our safest refuge. In our joys and sorrows, triumphs and trials, your presence can be traced. **R/**

Hymn: No. 444. – What a friend we have in Jesus - *(Joyful Celebration Hymnal)*

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

LEADER:

The Holy Spirit plays a pivotal role in understanding and assimilating the word of God. When we seek to comprehend God's teaching, it is the Holy Spirit who provides us illumination, insight, and discernment. It acts as a spiritual teacher, helping believers grasp the deeper meaning, apply Biblical principles to our lives and grow in our faith fostering a close relationship with God and a deeper understanding of his Divine plan. Therefore we invoke the Holy Spirit before we listen to God's Word.

HYMN: No. 363 – Spirit of the living God, fall afresh on me *(Joyful Celebration hymnal)*

SCRIPTURE READING: Hebrews 12:10 -15

REFLECTION:

This passage of the gospel offers profound insights into the nature of God's disciplining and its purpose in the life of the believers. God's discipline is perfect and is designed solely for our benefit. It is a reflection of His love for us, aimed at helping us grow and share in His holiness.

Enduring through trials:

God's disciplining can be painful and difficult to endure but it produces a harvest of righteousness and peace. The struggles we face can ultimately lead to our spiritual growth and inner peace if we allow them to shape our character and faith. Pope Francis tells us that the Saints are not super humans, nor

were they born perfect. They were like each one of us. They were people who, before reaching the glory of heaven, lived normal lives with joys and sorrows, struggles and hopes. What changed their lives then? When they recognized God's love, they followed it with all their heart without reserve or hypocrisy. They spent their lives serving others; they endured suffering and adversity without hatred and responded to evil with good, spreading joy and peace.

Pursuing Holiness:

Pursuing holiness is a fundamental Christian aspiration. It involves a deliberate and continuous effort to lead a life characterized by moral integrity, purity and righteousness with the ultimate goal of drawing closer to the Divine and living in a manner that reflects godly values. Pope Francis reminds us that being holy is not a privilege for the few, for in Baptism we all have an inheritance to be able to become saints. Holiness is a vocation for everyone.

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

HYMN: No. 256 – Lord, make me like you (*Joyful Celebration hymnal*)

GENERAL INTERCESSIONS:

Response: Lord, hear our prayer.

We pray for our Holy Father and the delegates gathered for the Synod on synodality that they may have the courage to address difficult issues. May their deliberations be grounded in faith, and discernment of the Spirit. **R/**

For the departed loved ones who have fallen asleep in the hope of resurrection especially those who died of War and other natural or manmade calamity, that they may meet the mercy of God. **R/**

We pray that our family bonds of love and unity may be strengthened and that our families may be havens of love and support in times of trouble. **R/**

For a long lasting peace in a world torn by conflict and violence especially in Israel and Palestine, Ukraine and Russia and even in parts of our own Nation. May the Lord guide the nations towards paths of reconciliation and mutual understanding. **R/**

We pray for God's healing upon the sick, suffering, aged and homebound and we also pray for healthcare workers and researchers that they find cure and solutions for all diseases that afflicts humanity. **R/**

We pray for young people of the world, May God fill their hearts with hope and purpose even in the midst of chaos. **R/**

Leader:

Revelation 5:8 reveals to us that the saints pray before the throne of God; they are our powerful advocate who can illuminate our path to God and strengthen us on our earthly journey. Their prayers are efficacious because of their close relationship with God. Let us invoke the Saints to pray for all our needs and intentions.

Litany of Saints (*Preferably Sung/chanted*)

Response: Pray for us

Holy Mary, Mother of God,
Saint Joseph, Patron of the Church,
Saint Peter, the Rock on which Christ built His Church,
Saint Paul, the Apostle to the Gentiles,
Saint Francis of Assisi Lover of Creation,
Saint Teresa of Calcutta, Mother of the Poor,
Saint Therese of Lisieux, Patroness of missionaries,
Saint John Paul II, the Great Mercy Pope,
Saint John the Baptist Precursor of the Messiah,
All Holy Angels and Archangels,
All Holy Martyrs, Confessors, and Virgins,
All the Saints, known and unknown,

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.

**-Commission for Liturgy
Archdiocese of Bombay
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