



**01 December 2023**

**HOLY HOUR**

*(“As far as it depends on you, live at peace with everyone.” Rom12:18)*

**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 promised us a peace that *“the world cannot give and the world cannot take it away”*. (Jn 14:27). This peace is born within our hearts and is reflected in a right relationship with God and with our fellow beings. The current pervasive impact of violence and war, the perennial conflict in our world resulting in huge loss of innocent lives overwhelm us and also poses a big threat to the future of human family. Pope Francis rightly observed, *“In a world where everything speeds by, only the end to war seems slow,”* He says, *“Our greatest and yet most fragile treasure is our shared humanity as brothers and sisters, children of God. None of us can be saved alone.”* The lack of peace in human hearts takes its manifestations in conflicts, turmoil and hate. Hence, we need to fervently pray and work for peace within our own hearts and in the world. The peace of God allows us to look at each other and at God’s entire creation through heaven’s eyes of dignified beauty and love. As a faith community gathered at the feet of our Eucharistic Lord, let us pray for the reign of God’s peace everywhere.

**Hymn: No. 221** Verses 1, 2, 4 – Jesus my Lord, my God my all, *(Joyful Celebration hymnal)*

**The Litany of the most Holy Eucharist**

**Response:** *have mercy on us*

Jesus, Son of Mary

Jesus, crucified for us

Jesus, risen from the dead

Jesus, reigning in glory

Jesus, coming in glory

Jesus, our Lord

Jesus, our hope

Jesus, our peace

Jesus, our Savior

Jesus, our salvation

Jesus, our resurrection

Jesus, Judge of all

Jesus, Lord of the Church

Jesus, Lord of creation

Jesus, Lover of all

Jesus, life of the world

Jesus, freedom for the imprisoned

Jesus, joy of the sorrowing

Jesus, giver of the Spirit

Jesus, giver of good gifts

Jesus, source of new life

Jesus, Lord of life

Jesus, eternal high priest

Jesus, priest and victim

Jesus, true Shepherd

Jesus, true Light

Jesus, bread of heaven

Jesus, bread of life

Jesus, bread of thanksgiving

Jesus, life-giving bread

Jesus, holy manna

Jesus, new covenant

Jesus, food for everlasting life

Jesus, food for our journey  
Jesus, holy banquet  
Jesus, true sacrifice  
Jesus, perfect sacrifice  
Jesus, eternal sacrifice

Jesus, divine Victim  
Jesus, Mediator of the new covenant  
Jesus, mystery of the altar  
Jesus, medicine of immortality  
Jesus, pledge of eternal glory

Jesus, Lamb of God, you take away the sins of the world, *have mercy on us.*  
Jesus, Bearer of our sins, you take away the sins of the world, *have mercy on us.*  
Jesus, Redeemer of the world, you take away the sins of the world, *have mercy on us.*  
Christ, hear us, *Christ, hear us.*  
Christ, graciously hear us, *Christ, graciously hear us.*  
Lord Jesus, hear our prayer, *Lord Jesus, hear our prayer.*

Let us pray. (*Brief pause*) Lord our God, in this great Sacrament we come into the presence of Jesus Christ, your Son, born of the Virgin Mary and crucified for our salvation. May we who declare our faith in this fountain of love and mercy drink from it the water of everlasting life. Amen.

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

**Leader:**

The Holy Spirit 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: Romans 12:15-20**

**Reflection:**

“If it is possible, as far as it depends on you, live at peace with everyone.” There are situations where achieving peace may be challenging or even impossible. Emphasis on "if it is possible" reminds us that we should always strive for peace, even in the face of difficulty. The verse goes on to say, as far as it depends on you, which places the responsibility for promoting peace squarely on each individual. It urges us to take proactive steps in our attitudes and actions to create and maintain peace in our relationships and interactions with others. "Live at peace with everyone," is a call for universal peace. The believers are urged to relinquish the desire for revenge and instead trust in God's justice. The passage emphasizes that vengeance is not the prerogative of humans but God's. It encourages Christians to have faith in divine justice and to let go of their anger and desire for retribution. When we develop a lifestyle of making the Lord our refuge, we begin to live in the peace of God. Pope Francis said, “Peace is a special gift of God and this gift needs to be ceaselessly implored in prayer and welcomed it with commitment every day, in whatever situation we are in. “Do you not get on with a certain person? Make peace!”; “At home? Make peace!” “At your place of work? Make peace!” Work for peace, for reconciliation and fraternity. These small gestures are of so much value: they can be seeds which give hope, they can open paths and perspectives of peace”

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

**Hymn: No. 265** – Make me an instrument of your peace. (*Joyful Celebration hymnal*) Or 263

**General Intercessions:**

**Response: Lord, hear our prayer.**

We pray for Pope Francis that he may be inspired by the Spirit in his difficult task of reforming the Church through the Synodal journey to the true path of love, fraternity and holiness, we pray: **R/**

For our political and civil leaders that they will strive to work for fair governance, education, adequate housing, and equal opportunities for employment for all citizens, we pray: **R/**

We pray for an end to violence and war that causes the futile and tragic deaths of so many innocent men, women and children. May our homes, our country, and our world be havens of peace, we pray: **R/**

We pray for all families for the grace to teach the children how to resolve differences non-violently and respectfully, and the courage to model it in our own behaviour, we pray: **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, we pray: **R/**

<p><b>THE DIVINE PRAISES:</b> <i>(After the Benediction)</i> 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.</p>	<p>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.</p>
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**CLOSING HYMN:** Let Us Bow In Adoration.

**-Commission for Liturgy  
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