



31 December 2023

HOLY HOUR

"Oh, give thanks to the Lord, for he is good, for his steadfast love endures forever!" Ps 107:1

Hymn: No. 90 Come into his presence with thanksgiving in your heart. *(Joyful Celebration)*

Leader: Jesus our divine Master, the Word made flesh and our eternal light, we adore and worship you. You are present here in a wondrous manner, body blood, soul and divinity. You whom the whole universe cannot contain chose to be present amidst us in this sacred Host. You offer solace, peace, strength and courage to all those who come to you responding to your invitation; *"Come to me all of you who are burdened"*. Lord, we offer you our gratitude, our love, our praise, and our desires too. May this time of prayer deepen our love faith in you. We also pray for the needs of the world, for those who are suffering, and for those who do not know your love. May your grace permeate our lives and bring healing to the brokenness of our world.

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

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

Introduction:

Gratitude is a powerful force. It bridges divisions, transcends boundaries, and transforms hearts. It is a response to the recognition that all good things come from God. At the close of another year, our hearts are filled with gratitude for God's abundant blessings. We thank God for the gift of life, for the moments of joy that have brightened our days, and for the challenges that have strengthened our spirits. In times of triumph and trial, He has been our constant companion, guiding us with His wisdom and grace. Nancy De Moss rightly said, *"Attitude of gratitude brings a host of blessings, while its absence has fatal repercussions. No matter how little one may actually have, a grateful person enjoys a sense of fullness"*. May we have the wisdom to embrace the coming year with hope and faith. May it be a time of renewal, growth, and love.

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

Prayer of Thanksgiving:

All: *Sing the antiphon of the song "Oh give thanks to the Lord for He is good..."*

Leader:

Gracious God, thank you for all of the good gifts of this year. Thank you for the supportive family and friends, for the love received and given and laughter shared. **R/**

Thank you for the good health and for the modern healthcare facilities and medical professionals at our service in moments of ill-health; for secured job and for food on our tables, for fresh air, clean water, music, art, literature and culture. **R/**



Thank you for friendships reaffirmed, hurts forgiven, love recalled, hopes restored, trials and the lessons learned and wisdom gained from the experiences of the past year. **R/**

Thank you for the help received, for random bursts of inspiration. For a book or a film that we connect with, for peaceful or quiet time that we have been blessed with, this year. **R/**

Thank you for the assurance of your ever-abiding presence as we step into the unknown future with new opportunities and challenges. **R/**

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

Scripture Reading: Luke 17:11-19

(Pause for few moments after the Scripture Reading)

Reflection:

We find Jesus on the border between Samaria and Galilee, a region marked not only by geographical boundaries but also by social and cultural divisions. In this diverse and often divided space, ten lepers approach Jesus, standing at a distance, their condition both isolating them physically and separating them from the larger community. Jesus, moved with compassion, responds to their cry for mercy. He instructs them to go and show themselves to the priests, an act that required faith and trust. As they obeyed, something extraordinary happened — they were cleansed, healed from the dreaded disease that had marked them as outcasts.

The Gospel invites us to reflect on our own lives. How often do we find ourselves caught up in the busyness of our daily routines, forgetting to acknowledge the countless blessings bestowed upon us? How often we are like the nine lepers who, in their joy and relief, neglect to turn back and express gratitude? Just as the Samaritan leper fell at Jesus' feet in thanksgiving, let us cultivate a spirit of gratitude in our lives. *(Brief Pause.....)*

Hymn: No. 133 Give thanks with a grateful heart. (*Joyful Celebration*) or any other.

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

What is the best thing that happened to me in 2023? What brings me deep peace and joy and how am I going to do more of that? What do I need each day to be at my best? Quality sleep? Good nutrition and physical exercise? Connection with God and with those I love? Daily quiet time of prayer? Or integration of all of the above and more?

After a very challenging year, a number of us may be approaching the New Year with some trepidation. However, as Christians, we do have hope. Jesus' birth at Christmas reminds us that light illumines the darkness and now – at New Year's Eve – we must look ahead, as the magi did on their journey to Bethlehem and kept their eyes fixed on the star, with trust of a better tomorrow. With a new year comes new problems. New difficulties. New troubles. Things that are going to happen to us that we never could've imagined on this night. But we need to put our trust now, daily, and throughout the year, in the One who knows our lives (including our futures) from beginning to end.



Are you trusting God for the future now? When you think about the new problems you will face—and when they come your way, say with Jeremiah, “This I call to mind, therefore I have hope.”

General Intercessions:

Response: Lord, hear our prayer.

For the leaders of the Church and the world; that they may be open to the guidance of the Spirit in all their policies and plans for the coming New Year. We pray, **R/**

We pray that we may enter the New Year joyfully, willing to learn and dream, remembering our many gifts with thanks and looking forward to blessings yet to come. We pray, **R/**

We pray that in the midst of life's uncertainties, we may stay grounded in the certainty of your unchanging love and face the new, with joyful hope. We pray, **R/**

We pray for people who have had trying times due to sudden loss of their loved ones or loss of property, that the Lord comfort and accompany their journey with his grace and grant eternal rest to the departed loved ones. We pray **R /** **Our Father.....**

Benediction: Prayers and Hymn (Let s Bow in Adoration)

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: Beginning Today.... or any other appropriate one.