

# HOLY HOUR - 1<sup>ST</sup> FRIDAY IN JUNE WITH A FOCUS ON THE JUBILEE OF COMMUNICATIONS

## I. Worship and Adoration

*(The priest exposes the Eucharist in the monstrance. All kneel.)*

**Opening Hymn:** Come in Pilgrim

**Introduction:**

We come today to spend this time in prayer before Jesus, present in the Blessed Sacrament. In this, the Jubilee year, we, in the Archdiocese of Bombay, are focusing on different areas in each month. The month of June is dedicated to the Jubilee of Communications. This is because the Feast of the Ascension which was on the 1<sup>st</sup> of June is celebrated as World Day of Communications. The Great Commission given to those who witness Jesus taken up to heaven is passed on to us. We now have the responsibility of communicating the Good News of the Gospels to the ends of the earth.

Let us now make the words of the Psalmist our very own as we take the Psalm of Praise.

**Reader:** God mounts his throne amid shouts of joy; the Lord, amid trumpet blasts. Sing praise to God, sing praise; sing praise to our king, sing praise.

**All:** God reigns over the nations; God sits upon his holy throne.

*Silent Adoration: 5-7 minutes of silent prayer before the Eucharist*

**Prayer:** Almighty Father, as we adore Your Son in this Holy Hour, and open our hearts to the mystery of His Ascension. May we, like the apostles, become witnesses to His resurrection, sharing the hope of Christ with gentleness and joy, through Christ our Lord. Amen.

## II. Liturgy of the Word and the Pope's Message

**Reading:** Acts 1:1-11 (The Ascension of Jesus)

### Excerpts from Pope Francis' 2025 Message

In his message for the 59<sup>th</sup> World Day of Communications that was based on the theme **Share with gentleness the hope that is in your hearts (cf. 1 Pet 3:15-16)** Pope Francis called for

Purging Communications of its aggressiveness, polarization, disharmony, selfish individualism, and fostering Communications of Hope, Respect, Reverence, Community-building, Beauty, Concern. Pope Francis calls for journalists and communicators to be 'communicators of hope' amid misinformation and polarization.

1. ***Disarming Communication:*** He warns against aggressive, fear-driven communication that fosters division and calls for respectful, truthful dialogue.
2. ***The Power of Hope:*** Hope is not mere optimism but a transformative force; it is essential for Christians and must be nurtured through faith and perseverance.
3. ***Communicating with Gentleness and Respect:*** Inspired by 1 Peter 3:15-16, he encourages sharing the Gospel's hope with kindness and reverence.
4. ***Accompanying Others in Dialogue:*** Effective communication should be like a journey alongside others, fostering understanding, rather than provoking hostility.
5. ***Focus on Positive Stories:*** The Pope urges media professionals to highlight acts of goodness and hope, rather than just conflicts and crises.
6. ***Hope as a Collective Endeavor:*** The Jubilee's message reinforces the importance of community, mercy, and solidarity, especially towards marginalized individuals.
7. ***The Role of Peacemakers:*** Communicators should build bridges, promote peace, and create narratives that encourage reconciliation and common good.
8. ***Guarding the Heart in the Digital Age:*** Despite technological advancements, communicators must remain grounded in human dignity, avoiding self-promotion and sensationalism.

The message ends with a Call to Action inviting all journalists and media professionals to tell stories that inspire hope, heal divisions, and contribute to a more compassionate world.

### III. Silent Reflection

*(10 minutes of guided reflection)*

#### Questions for meditation:

- How do I share hope in my family, workplace, or online? *(Pause)*
- Where is God inviting me to replace fear or anger with faith and gentleness?  
*(Pause)*

### IV. Universal Prayers and Intercessions

*Our response is: Lord, hear our prayer*

**Leader:** For the Church, that she may boldly proclaim the Gospel with compassion...

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

**Leader:** For journalists and communicators, that they seek truth with integrity...

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

**Leader:** For those burdened by despair, that they encounter hope through our kindness...

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

**Leader:** For unity among nations, that dialogue may overcome division...

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

### V. Benediction

**Hymn:** Let us Bow in adoration

The Divine Praises and Final Blessing

**Closing Hymn:** Go, go into the world