



## HOLY HOUR FOR AUGUST

*“The earth is the Lord’s and all that is in it, the world, and those who live in it.” – Psalm 24:1*

*(The Blessed Sacrament is exposed while all kneel and a brief moment of silence is observed.)*

**Leader:** We adore you, O Christ, and we bless you, because by your holy presence, you fill our lives with grace.

**Hymn:** *(You may sing a hymn of Adoration and praise)*

*(Pause for Moments of Silent Personal Adoration.....)*

**Introduction:** Dear brothers and sisters in Christ, as we gather in the quiet presence of our Eucharistic Lord, we recognize that we are standing on holy ground—blessed not only by His sacramental presence but also by the sacred gift of creation that surrounds and sustains us. In this Jubilee Year, our Archdiocese invites us this month to lift our hearts in prayerful solidarity with all *Eco-Warriors*—those who strive to care for our common home with wisdom, courage, and love. This is more than a cause; it is a call—to see creation not as something apart from us, but as a sacred part of God’s generous providence.

The earth, the sky, the waters, every creature and growing thing—all reflect the goodness of God. Pope Francis reminds us in *Laudato Si’*, that to live a truly Christian life is to embrace an “Integral Ecology”: to hear both the cry of the earth and the cry of the poor, and to respond with a heart renewed by compassion and justice. So let us begin this time of adoration with hearts open and grateful—ready to be still, to listen, and to be drawn ever closer to the Creator through the beauty and brokenness of His creation.

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

### Invocation Prayer

Lord God, You who set the stars in motion, who shaped the mountains and filled the oceans—we praise You for the gift of our common home; planet earth. We bless You for the perfect rhythm of the seasons, each adorned with its own wonders—blooming flowers in spring, ripened fruits in summer, golden leaves in autumn, and quiet rest in winter. We marvel at the creatures that stir, sing, and soar in their appointed time, proclaiming Your wisdom and delight. Breathe into us the Spirit of reverence, that we may walk gently upon the earth. Touch our hearts, that we may hear the cries of creation and the poor. Revive in us the grace of awe and the joy of communion with all living things. Through Christ, in whom all things hold together. Amen.

**Hymn:** *(A hymn to the Holy Spirit could be sung before listening to God's Word)*

**Scripture reading:** Colossians 1:15–20

St. Francis of Assisi teaches us to call the sun our brother, the moon our sister, the earth our mother. This is not poetic sentiment—it is a theological vision. He reminds us that creation is not property to dominate but kin to love. Too often, our relationship with the natural world is marked by exploitation and indifference. The climate crisis, pollution, extinction—these are not only environmental problems; they are spiritual and moral wounds. Our faith demands an ecological conversion—a turning of the heart that leads to right relationships: with God, with one another, and with creation. Stewardship is not merely using resources well; it is about communion and care. We are called to protect the fragile balance of life, to recognize the divine fingerprint in every living creature, and to honour the sacredness of all.

To live eco-spiritually is to live Eucharistically—receiving the earth as gift and offering it back in reverent gratitude. The challenge before us is urgent. But grace is stronger. In Christ, all things are being made new. In reverence for our provident God, let us honour His gifts by conserving energy in our homes and choosing local, sustainable food sources. Let us plant and tend native gardens with our children, teaching them the wonder of each seed and the patience of growth. And let us advocate for policies and companies that protect creation, so that when we hand this planet on to the next generation, it gleams with the beauty, purity, and abundance God intended.

**Hymn:** *(You may sing a hymn of thanksgiving and praise)*

*(Pause ..... Silent and Personal examination of conscience)*

### **Points for Self -Examination**

*Gratitude and Wonder:* Do I pause to give thanks for the beauty and generosity of creation and treat nature as sacred, or as something merely to be used?

*Consumption and Simplicity:* Do I buy more than I need or waste food, water, or energy? Is my lifestyle aligned with Gospel values, or shaped by consumerism?

*Responsibility and Stewardship:* Am I careful in how I dispose waste, use plastic, or support sustainable practices? Do I support or engage in efforts to heal and restore creation in my community?

*Interior Ecology:* Do I cultivate an inner ecology: peace, harmony, self-control, and hope? Is my faith expanding to include ecological conversion as part of discipleship?

**Hymn:** *(A hymn of Repentance, forgiveness or resolution may be sung)*

### **Thanksgiving Prayer**

We thank You, Father God, whose mothering heart sustains all creation, embracing each creature with gentle, life-giving care. We thank you, for the air that fills our lungs, for the water that sustains life, for animals domestic and wild: For the soil that yields food, for forests,

oceans, and starry sky. Thank You for creating us in Your image and calling us to be caretakers of Your earthly garden. Thank You for Jesus, in whom creation is restored and reconciled. For the joy of life and the promise of renewal, we give You praise, now and forever. Amen.

**General Intercessions:**

We pray for the universal Church, that she may be a prophetic voice calling for the care of creation and the defence of the poor and for Pope Leo XIV, the shepherd of God's flock.

We pray for the world leaders and policy-makers, that they may enact just and courageous responses to the climate crisis and for world peace.

We pray for the indigenous peoples and all communities suffering environmental injustice in our own Country and the world.

We pray for scientists, farmers, and activists working to heal the earth and protect biodiversity.

We pray for ourselves, that we may undergo ecological conversion and live more simply, lovingly, and responsibly and for the needs of our Parish community, diverse yet united in the name of the most Holy Trinity.

We pray for the end to Wars and a lasting peace among Nations. May all the victims of War find healing, peace and hope they so desperately need.

*(Pause for silent personal intentions .....)*

**Benediction:**

**The Divine Praises:**

**Closing Hymn:**

Commission for Liturgy

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