



# EUCCHARISTIC HOLY HOUR GUIDE FOR PARISHES

2023

“HE IS WAITING FOR YOU”

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Diocese of  
Green Bay



# Eucharistic Holy Hour Guide <sup>for</sup> Parishes 2023

“HE IS WAITING FOR YOU”

*The Solemn exposition of the Holy Eucharist offers the opportunity to the people of God for prayerful reflection on their call to a deeper devotion to the Holy Eucharist and a more faithful living of the Christian Life. It provides them with an opportunity to become more aware of Christ’s presence in his people and invites them to a spiritual communion with him.*

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## Holy Hour Structure

This Eucharistic Holy Hour is structured to bring your parish community together to adore Christ present in the Blessed Sacrament and in the Word which is proclaimed. This liturgy mixes opportunities of proclamation of Scripture, reflections, and sacred silence to help facilitate a powerful encounter with Christ. As will be mentioned further in this text, the ordinary minister for The Eucharistic Holy Hour is first the priest and then the deacon. If the priest or deacon is not available or able to lead this liturgy, then a designated and trained lay minister may lead. The Holy Hour is structured in the following way:

- 00:00:00 – Welcome
- 00:02:00 – Opening Procession
- 00:03:00 – Exposition of the Blessed Sacrament/Incensation\*
- 00:05:00 – Introductory Rites
- 00:07:00 – Sacred Silence
- 00:15:00 – Readings from the Gospel for the upcoming Sunday  
Optional short reflection, Sacred Silence
- 00:30:00 – Prescribed Reading/Reflection, Sacred Silence
- 00:45:00 – Litany of the Eucharist
- 00:55:00 – Tantum Ergo/Incensation\*
- 00:56:00 – Prayer
- 00:57:00 – Benediction\*
- 00:58:00 – Divine Praises
- 00:59:00 – Reposition
- 00:60:00 – Recession (Holy God We Praise Thy Name *or another appropriate hymn*)

\* (When a priest or deacon presides)

*The eucharistic sacrifice is the source and culmination of the whole Christian life. Therefore devotion, both private and public, toward the Eucharist even outside Mass that conforms to the norms laid down by lawful authority is strongly encouraged.*

## Preparing for the Holy Hour

Who may minister at the Eucharistic Holy Hour?

The Parish Priest or Deacon is the ordinary minister for the Eucharistic Holy Hour. Parish Priests and Deacons are especially encouraged to lead the monthly Holy Hour and to be present with the community in prayer so as to increase Eucharistic devotion and connection to the real presence of Christ in the Eucharist.

If this is not possible, a lay minister may preside (i.e.: Pastoral Leader, Extraordinary Minister of Holy Communion, or Pastoral Associate). If a lay minister presides, the incensation at the Exposition and the Benediction are omitted.

What is needed for Solemn Exposition of the Holy Eucharist?

All parishes should have available the following liturgical items:

- Cope/Humeral Veil (Priest/Deacon only)
- Alb (Lay Leaders)
- Incense/Thurible (Priest/Deacon only)
- Corporal
- Monstrance
- 4 or 6 Candles at the Altar
- Copy of the Order for Service
- Prayers and songs for recitation by the faithful  
*(available in most Missalettes or the provided Participant Guide)*

Is there a specific timeframe for the Eucharistic Holy Hour?

The Holy Hour may take place at any reasonable time during the day or evening. If the parish already has hours of exposition, this monthly Holy Hour is to take place distinctly in a location and time that would allow large numbers of the faithful to attend. The monthly Holy Hour is to follow the specially prescribed format for this service.

Can we join with another Parish in their Eucharistic Holy Hour?

Each Parish should host their own Eucharistic Holy Hour. Where two or more Parishes are linked, it is desirable to have the Holy Hour at each individual Parish. Where there is one Parish with multiple worship sites, a specific site should be selected for the Holy Hour, perhaps on a rotating basis.

## ORDER OF EUCHARISTIC HOLY HOUR

Welcome/Introduction to Prayer

The presiding minister or another designated minister approaches the ambo and greets the assembled faithful with these or similar words:

Good Morning/Afternoon/Evening:

Welcome to our Monthly Holy Hour of Exposition and Adoration of the Blessed Sacrament.

We gather in the presence of Christ, truly present Body and Blood, Soul, and Divinity, in the Blessed Sacrament, along **with parishes across our Diocese as we journey as 'Disciples on the Way'.**

This year during our monthly Holy Hours we pray especially for an increased understanding and belief in the power of **God's Word and** how in the Word we have a life-long encounter with the Lord.

At this time, please kneel or prayerfully be seated as we expose the Blessed Sacrament.



## Exposition & Incensation

The presiding minister enters the sanctuary, goes to the Tabernacle, genuflects, removes the Blessed Sacrament, brings it to the Altar, and places it in the monstrance turned towards the faithful.

The presiding minister then kneels before the altar and incenses the Holy Eucharist. As he begins the incensation, the hymn *O Salutaris Hostia* begins.



1. O sav - ing Vic - tim, o - pen wide The gate of  
2. To your great name be end - less praise, Im - mor - tal  
1. O sa - lu - tá - ris Hó - sti - a, Quae cae - li  
2. U - ni tri - nó - que Dó - mi - no Sit sem - pi -



1. heav'n to us be - low, Our foes press on from  
2. God - head, One in Three; Grant us, for end - less  
1. pan - dis ó - sti - um: Bel - la pre - munt ho -  
2. tér - na gló - ri - a, Qui vi - tam si - ne



1. ev - 'ry side; Your aid sup - ply, your strength be - stow.  
2. length of days, In our true na - tive land to be.  
1. stí - li - a, Da ro - bur fer au - xí - li - um.  
2. tér - mi - no No - bis do - net in pá - tri - a.

Text: LM; *O Salutaris*; St. Thomas Aquinas, 1227–1274; tr. by Edward Caswall, 1814–1878, alt.  
Music: attr. to Abbé Dieudonne Duguet, 1794–1849.

Greeting

Presider

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

*R: And with your spirit*

Opening Prayer

Let us pray

*(brief pause)*

Almighty and eternal God, in Christ your Son you have shown your glory to the world.

Guide the work of your Church:

help it proclaim your name, to persevere in faith

and to bring salvation to people

everywhere. We ask this through Christ our Lord.

*R: Amen*

00:15:00 - Gospel Reading w/Reflection

*At the 15-minute point, the presiding minister and/or a designated reader should present the Reading from the Gospel for the upcoming Sunday from the Lectionary for the Mass or the Book of the Gospels. If the presider is a priest or deacon, a short reflection may be given.*

Sacred Silence

*There should be a period of silence after the reading/selection until the second reading/reflection.*

00:30:00 - Reading II

*The second reading/reflection is taken from various resources.*

Sacred Silence

*There should be another period of silence after the reading/selection.*



00:45:00 - Litany of the Holy Eucharist

Lord, have mercy.

R./Lord, have mercy.

Christ, have mercy.

R./Christ, have mercy.

Lord, have mercy.

R./Lord, have mercy.

Jesus, the Most High

R./have mercy on us.

Jesus, the holy One

Jesus, Word of God

Jesus, only Son of the Father

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  
Jesus, Bearer of our sins, you take away the sins of the world  
Jesus, Redeemer of the world, you take away the sins of the world

Christ, hear us.	R./ Christ, hear us.
Christ, graciously hear us.	R./ Christ, graciously hear us.
Lord Jesus, hear our prayer.	R./ Lord Jesus, hear our prayer.

Let us pray.

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.

Lord's Prayer

Presider

Remember us Lord when you come into your kingdom  
and teach us to pray:

*R: Our Father...*

00:55:00 - Benediction

If incense is used, the Priest or Deacon kneels before the altar and again incenses  
the Holy Eucharist.

Meanwhile, Tantum Ergo/Down in Adoration Falling is to be sung in either  
English or Latin.

Presider

Together we will now sing Tantum Ergo/Down in Adoration Falling  
found (*insert location in missalette/hymnal*).



1. Down in ad - o - ra - tion fall - ing, This great sac - ra - ment we hail;  
2. To the ev - er - last - ing Fa - ther, And the Son who made us free,

1. *Tan - tum er - go Sa - cra - mén - tum Ve - ne - ré - mur cér - nu - i;*  
2. *Ge - ni - tó - ri, Ge - ni - tó - que Laus et ju - bi - lá - ti - o,*



1. O - ver an - cient forms of wor - ship New - er rites of grace pre - vail;  
2. And the Spir - it, God pro - ceed - ing From them each e - ter - nal - ly,

1. *Et an - tí - quum do - cu - mén - tum No - vo ce - dat rí - tu - i;*  
2. *Sa - lus, ho - nor, vir - tus quo - que Sit et be - ne - dí - cti - o:*



1. Faith will tell us Christ is pres - ent, When our hu - man sens - es fail.  
2. Be sal - va - tion, hon - or, bless - ing, Might and end - less maj - es - ty.

1. *Prae - stet fi - des sup - ple - mén - tum Sén - su - um de - fé - ctu - i.*  
2. *Pro - ce - dén - ti ab u - tró - que Com - par sit lau - dá - ti - o.*

Text: 87 87 87; *Tantum ergo*; St. Thomas Aquinas, 1227–1274; *Liber Hymnarius*, 1983; tr. by Edward Caswall, 1814–1878.  
Music: John F. Wade, 1711–1786.

Prayer

Presider

You have given them Bread from heaven

℞: Having within it all Sweetness

Presider

Lord Jesus Christ,

you gave us the Eucharist as the memorial  
of your suffering and death.

May our worship of this sacrament  
of your body and blood help us to experience  
the salvation you won for us

and the peace of the kingdom where you live  
with the Father and the Holy Spirit,

God for ever and ever. ℞: Amen.

## Eucharistic Blessing (Priest/Deacon ONLY)

The presiding minister, if a Priest or Deacon, dons the humeral veil and goes to the altar and the Blessed Sacrament. He genuflects, takes the monstrance, and makes the sign of the cross with it over the people in silence. He then replaces the monstrance on the altar, genuflects, and returns to the front of the Altar to kneel.

A lay presiding minister may NOT minister the blessing with the Eucharist or conduct a blessing/ritual action in its place. The Order of the Holy Hour should move, instead, from the preceding Prayer directly to the Divine Praises.

## Divine Praises

The presiding minister then leads the faithful in the recitation of the Divine Praises:

Presider

**R**: 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 St. Joseph, her most chaste spouse.

Blessed be God in His angels and in His saints.

## Reposition

The presiding minister then genuflects, removes the Blessed Sacrament from the monstrance, places it in the tabernacle, and genuflects again. Once the tabernacle is closed, all stand.

### Presider

Please stand as we conclude this Holy Hour with the singing of *Holy God, We Praise Thy Name* (or another appropriate hymn), found (insert location in missalette/hymnal).

## Hymn of Praise

During the song, the presiding minister, accompanied by other ministers if present, go before the Altar, genuflect to the Tabernacle (or if the Tabernacle is not located in the Sanctuary profoundly bow to the Altar) before exiting the Sanctuary.



1. Ho - ly God, we praise thy name! Lord of all, we  
2. Hark! the loud ce - les - tial hymn An - gel choirs a -  
3. Ho - ly Fa - ther, Ho - ly Son, Ho - ly Spir - it,

bow be - fore thee; All on earth thy scep - ter claim,  
bove are rais - ing; Cher - u - bim and Ser - a - phim  
Three we name thee, While in es - sence on - ly One,

All in heav'n a - bove a - dore thee;  
In un - ceas - ing cho - rus prais - ing,  
Un - di - vid - ed God we claim thee,

In - fin - ite thy vast do - main,  
Fill the heav'ns with sweet ac - cord:  
And a - dor - ing bend the knee,

Ev - er - last - - - ing is thy reign.  
Ho - ly, ho - - - ly, ho - - - ly Lord!  
While we own the mys - - - ter - y.

Text: *Grosser Gott, wir loben dich*: ascr. to Ignaz Franz, 1719-1790; tr. by Clarence Walworth. 1820-1900  
Tune: GROSSER GOTT, 7 8 7 8 77; *Katholisches Gesangbuch*, Vienna, c. 1774

APPENDIX  
MONTHLY READINGS



## JANUARY

### Selection I:

Readings from the Gospel for the upcoming Sunday

January 2 - 8	The Epiphany of the Lord	Matthew 2:1-12	(20)
January 9 - 15	2 <sup>nd</sup> Sunday in Ordinary Time	John 1:29-34	(64)
January 16 - 22	3 <sup>rd</sup> Sunday in Ordinary Time	Matthew 4:12-23	(67)
January 23 - 29	4 <sup>th</sup> Sunday in Ordinary Time	Matthew: 5:1-12a	(70)

## Selection II:

We hear from Bishop Ricken

The importance of Eucharistic Adoration is shown in the fact that the Church has a ritual that governs it called the Rite of Eucharistic Exposition and Benediction. This is an extension of adoration of the Blessed Sacrament which occurs in every Mass: "Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb."

Many people wonder what to do in Adoration. The word of God gives **us the answer. In the psalms we are urged to "be still and know that I am God."** What is important is that you are here. Give yourself the gift of peace and quiet with the King of Peace in Eucharistic Adoration. St. Catherine Labouré reminds us that silence is a masterful teacher, for it **is in the stillness that God speaks. She said, "Whenever I go to the chapel, I put myself in the presence of our good Lord, and I say to him, 'Lord, I am here. Tell me what you would have me to do.' ... And then, I tell God everything that is in my heart. I tell him about my pains and my joys, and then I listen. If you listen, God will also speak to you, for with the good Lord, you have to both speak and listen. God always speaks to you when you approach him plainly and simply."**

Find a church that keeps its doors unlocked and make occasional (or regular) visits to the tabernacle, where the Eucharist is reserved and Jesus remains truly present. If you hold any position in the Church — if you are a priest, deacon, teacher, catechist, lector, cantor — I strongly recommend that you consider taking up the practice of a daily Holy **Hour before the tabernacle. What you're doing is so important, you need the grace that comes only from sustained and disciplined, intensely Eucharistic prayer.**

*Encountering Jesus in the Eucharist – Disciples called to Worship*

## FEBRUARY

### Selection I:

Readings from the Gospel for the upcoming Sunday

January 30 – February 5

5<sup>th</sup> Sunday in Ordinary Time    Matthew 5:13-16    (73)

February 6 – 12    6<sup>th</sup> Sunday in Ordinary Time    Matthew 5:17-37    (76)

February 13 - 19    7<sup>th</sup> Sunday in Ordinary Time    Matthew 5:38-48    (79)

February 20 - 26    1<sup>st</sup> Sunday of Lent    Matthew: 4:1-11    (22)

## Selection II:

We hear from Saint Mother Theresa

People ask where do the sisters get the joy and the energy to do what they are doing? The Eucharist. To be able to live this life we need our life to be woven with the Eucharist. To be able to live this life of vows, these four vows, chastity, poverty, obedience, as well as wholehearted and free service to the poorest of the poor we need our life to be **woven with the Eucharist. That's why we begin our day with Jesus in the Holy Eucharist.** With him, we go forward. And when we come back in the evening we have one hour of adoration before Jesus in the Blessed Sacrament, and at this you will be surprised, that we have not had to cut down our work for the poor.

It (Eucharistic Adoration) has brought us so close to each other. We love each other better, but I think we love the poor with greater and deeper faith and love.

*Address at the Eucharistic Congress 1976  
Philadelphia, PA*

## MARCH

### Selection I:

Readings from the Gospel for the upcoming Sunday

February 27 – March 5

2<sup>nd</sup> Sunday of Lent                      Matthew 17:1-9    (25)

March 6 – 12                      3<sup>rd</sup> Sunday of Lent                      John 4:5-42                      (28)

March 13 - 19                      4<sup>th</sup> Sunday of Lent                      John 9:1-41                      (31)

March 20 - 26                      5<sup>th</sup> Sunday of Lent                      John 11:1-45                      (34)

## Selection II:

We hear from Pope Francis

Here then is the ongoing challenge that the Eucharist offers to our life: to worship God and not ourselves, not ourselves. To put him at the center, and not the vanity of self. To remind ourselves that only the Lord is God and everything else is a gift of his love. Because if we worship ourselves, we die suffocated by our small selves; if we worship the riches of this world, they take possession of us and make us slaves; if we worship the god of appearance and inebriate ourselves in wastefulness, sooner or later life itself will ask us for the bill. Life always asks us for the bill. When, on the other hand, we adore the Lord Jesus present in the Eucharist, we also receive a new outlook on our lives: I am not the things I possess or the successes I manage to achieve; the value of my life does not depend on how much I can show off, nor does it diminish when I falter and fail. I am a beloved child, each one of us is a beloved child; I am blessed by God; He wanted to clothe me with beauty and he wants me free, he wants me free from all slavery. Let us remember this: he who worships God does not become a slave to anyone: he is free. Let us rediscover the prayer of adoration, a prayer that is often forgotten. Worship, the prayer of adoration, let us rediscover it: it frees us and restores us to our dignity as sons and daughters, not slaves.

*Homily 27<sup>th</sup> Annual Eucharistic Congress  
Matera Italy*

## APRIL

### Selection I:

Readings from the Gospel for the upcoming Sunday

March 27 – April 2

Palm Sunday

Matthew 21:1-11 (38)

April 3 – 9

Easter Sunday

Matthew 28:1-10 (41)

April 10 – 16

2<sup>nd</sup> Sunday of Easter  
*Divine Mercy Sunday*

John 20:19-31 (43)

April 17 – 23

3<sup>rd</sup> Sunday of Easter

Luke 24:13-35 (46)

April 24 – 30

4<sup>th</sup> Sunday of Easter

John 10:1-10 (49)



## Selection II:

We hear from Pope Benedict

In my homily at the eucharistic celebration solemnly inaugurating my Petrine ministry, I said that "there is nothing more beautiful than to be surprised by the Gospel, by the encounter with Christ. There is nothing more beautiful than to know him and to speak to others of our friendship with him." These words are all the more significant if we think of the mystery of the Eucharist.

The love that we celebrate in the sacrament is not something we can keep to ourselves. By its very nature it demands to be shared with all. What the world needs is God's love; it needs to encounter Christ and to believe in him. The Eucharist is thus the source and summit not only of the Church's life, but also of her mission: "an authentically eucharistic Church is a missionary Church."

The Eucharist draws us near to love and to persevere in that love from this life into the next and we find this reality in the church. Pope Benedict closes his exhortation with these words:

The Eucharist makes us discover that Christ, risen from the dead, is our contemporary in the mystery of the Church, his body. Of this mystery of love we have become witnesses. Let us encourage one another to walk joyfully, our hearts filled with wonder, towards our encounter with the Holy Eucharist, so that we may experience and proclaim to others the truth of the words with which Jesus took leave of his disciples: "Lo, I am with you always, until the end of the world" (Mt 28:20).

Visit our Lord in the tabernacle and grow in his love then share his **love with others. Just ask him, "Lord help me be your disciple of love. Amen."**

*Sacramentum Caritatis 2007*

## MAY

### Selection I:

Readings from the Gospel for the upcoming Sunday

May 1 – 7	5 <sup>th</sup> Sunday of Easter	John 14:1-12	(52)
May 8 - 14	6 <sup>th</sup> Sunday of Easter	John 14:15-21	(55)
May 15 – 21	Ascension Sunday	Matthew 28:16-20	(58)
May 22 – 28	Pentecost Sunday	John 20:19-23	(63)

## Selection II:

We hear from Saint Manuel Gonzalez Garcia

Very often I hear questions coming from wounded priestly and apostolic hearts. These questions are as follows: What can be done to turn those who are Christians merely in name into real Christians? How can we make them live their Christian faith and morals? What can be done to make them come back to a holy and fruitful Christian austerity? In a word, how can we convert this world which after twenty centuries of Christianity is obstinately going back to the most corrupt and degrading paganism? The answer to these heartfelt questions can be found in one word: Go to the tabernacle! Priests, go to the tabernacle! Let us draw power from the tabernacle! Nobody goes to the Father except through His Son, Jesus.

*Attributed to his writings*

## JUNE

### Selection I:

Readings from the Gospel for the upcoming Sunday

May 29 – June 4

Trinity Sunday

John 3:16-18

(164)

June 5 - 11

Corpus Christi

John 6:51-58

(167)

June 12 - 18

11<sup>th</sup> Sunday Ordinary Time

Matthew 9:36 – 10:8 (91)

June 19 – 25

12<sup>th</sup> Sunday Ordinary Time

Matthew 10:26-33 (94)

## Selection II:

We hear from Saint Norbert, Apostle of the Eucharist

St. Norbert had to combat a heresy which denied that Jesus is really present in the Holy Eucharist. His beautiful words about Our Lord's presence in the Blessed Sacrament brought the people back to their holy Faith.

**“Let us go to receive Jesus in Holy Communion often** – at least once a week. If we feel little love for the things of God, Jesus will make us warm with devotion. If we feel weak in spirit, He will make us strong. If we feel sad, **He will console us.**”

"You will never enjoy the sweetness of a quiet prayer unless you shut your mind to all worldly desires and temporal affairs."

*St. Norbert, A Eucharistic Life*

## JULY

### Selection I:

Readings from the Gospel for the upcoming Sunday

June 26 – July 2

13<sup>th</sup> Sunday Ordinary Time      Matthew 10:37-42 (97)

July 3 – 9

14<sup>th</sup> Sunday Ordinary Time      Matthew 11:25-30 (100)

July 10 - 16

15<sup>th</sup> Sunday Ordinary Time      Matthew 13:1-23 (103)

July 17 - 23

16<sup>th</sup> Sunday Ordinary Time      Matthew 13:24-43 (106)

July 24 -30

17<sup>th</sup> Sunday Ordinary Time      Matthew 13:44-52 (109)

## Selection II:

We hear from Saint Thérèse of Lisieux

"Do you realize that Jesus is there in the tabernacle expressly for you - for you alone? He burns with the desire to come into your heart...don't listen to the demon, laugh at him, and go without fear to receive the Jesus of peace and love..."

"Receive Communion often, very often...there you have the sole remedy, if you want to be cured. Jesus has not put this attraction in your heart for nothing..."

"The guest of our soul knows our misery; He comes to find an empty tent within us - that is all He asks."

*Attributed to her writings*



## AUGUST

### Selection I:

Readings from the Gospel for the upcoming Sunday

July 31 – August 6

Transfiguration of the Lord      Matthew 17:1-9      (614)

August 7 - 13

19<sup>th</sup> Sunday Ordinary Time      Matthew 14:22-33      (115)

August 14 - 20

20<sup>th</sup> Sunday Ordinary Time      Matthew 15:21-28      (118)

August 21 – 27

21<sup>st</sup> Sunday Ordinary Time      Matthew 16:13-20      (121)

## Selection II:

We hear from Saint Clare of Assisi

**“We become what we love and who we love shapes what we become. If we love things, we become a thing. If we love nothing, we become nothing. Imitation is not a literal mimicking of Christ, rather it means becoming the image of the beloved, an image disclosed through transformation. This means we are to become vessels of God's compassionate love for others.”**

**“Totally love Him who gave Himself totally out of love for you.”**

*Attributed to her writings*

## SEPTEMBER

### Selection I:

Readings from the Gospel for the upcoming Sunday

August 28 – September 3

22<sup>nd</sup> Sunday Ordinary Time    Matthew 16:21-27    (124)

September 4 – 10    23<sup>rd</sup> Sunday Ordinary Time    Matthew 18:15-20    (127)

September 11 – 17    24<sup>th</sup> Sunday Ordinary Time    Matthew 18:21-35    (130)

September 18 – 24    25<sup>th</sup> Sunday Ordinary Time    Matthew 20:1-16a    (133)

## Selection II:

We hear from Saint Pope John Paul II

If the Eucharist is a mystery of faith which so greatly transcends our understanding as to call for sheer abandonment to the word of God, then there can be no one like Mary to act as our support and guide in acquiring this disposition. In repeating what Christ did at the Last Supper in **obedience to his command: “Do this in memory of me!”**, we also accept **Mary’s invitation to obey him without hesitation: “Do whatever he tells you” (Jn 2:5).** With the same maternal concern which she showed at the wedding feast of Cana, Mary seems to **say to us: “Do not waver; trust in the words of my Son.** If he was able to change water into wine, he can also turn bread and wine into his body and blood, and through this mystery bestow on believers the living memorial of his Passover, thus becoming the **‘bread of life’**”.

In a certain sense Mary lived her Eucharistic faith even before the institution of the Eucharist, by the very fact that she offered her virginal **womb for the Incarnation of God’s Word. The Eucharist, while** commemorating the passion and resurrection, is also in continuity with the incarnation. At the Annunciation Mary conceived the Son of God in the physical reality of his body and blood, thus anticipating within herself what to some degree happens sacramentally in every believer who **receives, under the signs of bread and wine, the Lord’s body and blood.**

As a result, there is a profound analogy between the Fiat which Mary said in reply to the angel, and the Amen which every believer says when receiving the body of the Lord. Mary was asked to believe that the One **whom she conceived “through the Holy Spirit” was “the Son of God” (Lk 1:30-35).** In continuity with the Virgin’s faith, in the Eucharistic mystery we are asked to believe that the same Jesus Christ, Son of God and Son of Mary, becomes present in his full humanity and divinity under the signs **of bread and wine.”**

*Ecclesia de Eucharistia, April 17, 2003*

## OCTOBER

### Selection I:

Readings from the Gospel for the upcoming Sunday

September 25 - October 1

26<sup>th</sup> Sunday Ordinary Time    Matthew 21:28-32    (136)

October 2 – 8                    27<sup>th</sup> Sunday Ordinary Time    Matthew 21:33-43    (139)

October 9 – 15                28<sup>th</sup> Sunday Ordinary Time    Matthew 22:1-14    (142)

October 16 – 22              29<sup>th</sup> Sunday Ordinary Time    Matthew 22:15-21    (145)

October 23 – 29              30<sup>th</sup> Sunday Ordinary Time    Matthew 22:34-40    (148)

## Selection II:

From the life of Blessed Carlo Acutis

In fact, Blessed Carlo loved the Eucharist in a most profound way, never missing an opportunity to go to Mass or Adoration. This love for the Eucharist, and the real presence of Jesus in the Eucharist, became the driving source of his sanctity – a **“home base” for him to enter the presence of God and further radiate it to others.**

Blessed Carlo had an ardent love for Jesus in the Eucharist.

The Eucharist is the highway to heaven. (pause)

The more Eucharist we receive, the more we will become like Jesus, so that on earth we will have a foretaste of heaven. (pause)

By standing before the Eucharistic Christ, we become holy. (pause)

**When we face the sun we get a tan... but when we stand before Jesus in the Eucharist we become saints.** (pause)

The only thing we have to ask God for, in prayer, is the desire to be holy. (pause)

**To always be close to Jesus, that's my life plan.** I'm happy to die because I've lived my life without wasting even a minute of it doing things that wouldn't have pleased God. (pause)

*The Life of Carlo Acutis*  
<https://carloacutis-en.org/>

## NOVEMBER

### Selection I:

Readings from the Gospel for the upcoming Sunday

October 30 – November 5

31<sup>st</sup> Sunday Ordinary Time      Matthew 23:1-12      (151)

November 6 - 12      32<sup>nd</sup> Sunday Ordinary Time      Matthew 25:1-13      (154)

November 13 – 19      33<sup>rd</sup> Sunday Ordinary Time      Matthew 25:14-30      (157)

November 20 – 26      Christ the King      Matthew 25:31-46      (160)



## Selection II:

We hear from Saint Elizabeth of the Trinity

O my God, Trinity whom I adore; help me to forget myself entirely that I may be established in You as still and as peaceful as if my soul were already in eternity. May nothing trouble my peace or make me leave You, O my Unchanging One, but may each minute carry me further into the depths of Your mystery. Give peace to my soul; make it Your heaven, Your beloved dwelling and your resting place. May I never leave You there alone but be wholly present, my faith wholly vigilant, wholly adoring, and wholly surrendered to Your creative Action.

*Attributed to her writings*

## DECEMBER

### Selection I:

Readings from the Gospel for the upcoming Sunday

November 27 – December 3

1<sup>st</sup> Sunday of Advent                      Mark 13:33-37                      (2)

December 4 – 10                      2<sup>nd</sup> Sunday of Advent                      Mark 1:1-8                      (5)

December 11 – 17                      3<sup>rd</sup> Sunday of Advent                      John 6:1-8, 19-28                      (8)

December 18 - 24                      4<sup>th</sup> Sunday of Lent                      Luke 1:26-38                      (11)

## Selection II:

We hear from Saint Peter Julian Eymard

And see how the Eucharist began at Bethlehem. He was even then the Emmanuel, God with us, Who was to come to dwell among His people. On the first Christmas Day He began to live in our midst; the Eucharist perpetuates His presence. At Bethlehem, the Word was made flesh; in the Sacrament He is made bread in order to give us His flesh without stirring any feeling of repugnance in us.

At Bethlehem He also began practicing the virtues of His sacramental state.

He concealed His divinity in order to familiarize man with God. He veiled His divine glory as a first step to the veiling of His humanity. He bound His power in the weakness of a child's body; later He would bind it beneath the Sacred species. He was poor; He stripped Himself of every possession; He, the Creator and Sovereign Master of all things. The stable was not His own; charity let Him have the use of it. He lived with His Mother on the offerings of the shepherds and the gifts of the Magi; later in the Eucharist, He would ask man for a shelter for Himself, the matter for His Sacrament, vestments for His priest and His altar. This is how Bethlehem heralds the Eucharist.

*Eucharistic Meditations*

## Acknowledgements

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United States Conference of Catholic Bishops Committee on the Liturgy. *Order for the Solemn Exposition of the Holy Eucharist*. Collegeville, MN: The Order of St. Benedict, Inc., 1993.

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