

EUCCHARISTIC HOLY HOUR GUIDE FOR PARISHES

DECEMBER 2017 – NOVEMBER 2018



‘DISCIPLES ON THE WAY’

2014 - 2022

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Diocese of
Green Bay

EUCCHARISTIC HOLY HOUR GUIDE FOR PARISHES

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Distributed separately by Quarter:

December-February; March-May; June-August; September-November

INTRODUCTION

“In my pastoral letter of 2011, Green Bay Parishes: Called to be Holy, Fully Engaged, Fully Alive, I explained that since the world “has become very secularized and is losing sight of God, it is incredibly important for all of us who are members of the church to help to satisfy the great hunger for holiness and for meaning in life through spirituality... We need to make space for Christ in our minds and in our hearts which are often too cluttered. We need to make space for the gift which is Jesus Christ himself for ‘Jesus Christ is the same yesterday, today and forever’ (Hebrews 13:8)” – Bishop Ricken, Disciples on the Way

In union with all parishes within the Diocese of Green Bay, all parish sites are to provide the faithful with an opportunity for a Eucharistic Holy Hour which follows the protocol and intentions provided in this Guide each month. Through this effort, we join as brothers and sisters in Christ within the Diocesan community as the Church of Green Bay in order to grow in prayer and holiness together. In doing so, we actively seek to open our hearts to ongoing conversion towards Christ in order to more passionately respond to the present call of the New Evangelization to truly know, love, and share Jesus with others.

Parish leadership should take time to carefully determine the best time and day for implementation within each unique parish environment in order to inspire active participation from the local community.

HOLY HOUR STRUCTURE

Welcome / Introduction

Entrance of the Ministers and Chant (*O Salutaris Hostia / O Saving Victim*)

Exposition & [First Incensation]* Greeting

Opening Prayer

Reading I / Sacred Silence

Reading II / Sacred Silence

Litany of the Holy Eucharist /

Sacred Silence

Reading III / Sacred Silence

Reflection (Optional)

Intercessions

Lord’s Prayer

Chant (*Tantum Ergo / Down In Adoration Falling*) & [Second Incensation]*

[Benediction]*

Divine Praises Reposition

Recessional (*Holy God We Praise Thy Name* or other hymn of praise)

**Priest or Deacon only*

PREPARING FOR THE HOLY HOUR

Who may minister at the Eucharistic Holy Hour?

The Parish's Pastor, Administrator, Sacramental Minister, or Deacon is the ordinary minister for the Eucharistic Holy Hour. Deacons are especially encouraged to lead the monthly Holy Hour. The extraordinary minister of the Holy Hour is the Pastoral Leader. If this is not possible, a lay minister may preside, preferably an Instituted Acolyte, a commissioned 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 (if needed)
- 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 there are two or more Parishes that 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.

How can we best communicate the Holy Hour to our Parishioners?

Consider communicating the Holy Hour via:

- Parish Bulletin / Bulletin Insert
- Diocesan Posters (Given to each parish to fill in with times/locations)
- Social Media / Website
- Announcements
- Invitations through Religious Education / Catholic Schools
- Announcements at other Parish events
- Personal Invitation

Do we need designated music ministers for the Holy Hour?

While it is highly desirable to find music ministers to assist with the music of the Holy Hour, it is not necessary to have designated ministers to do so. If there are no music ministers available, the presiding minister or designated person should be prepared to lead *Tantum Ergo/ Down In Adoration Falling* and *O Salutaris Hostia/ O Saving Victim*.

Who do we contact with questions regarding the Holy Hour?

Questions regarding the Eucharistic Holy Hour can be directed to:

Michael Poradek
Divine Worship Director
Diocese of Green Bay
mporadek@gbdioc.org
920-272-8342, or toll free 877-500-3580 (ext. 8342)

ORDER OF EUCHARISTIC HOLY HOUR

WELCOME / INTRODUCTION TO PRAYER

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

Good Morning/Afternoon/Evening:

Welcome to (insert parish name) and 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, with parishes across our Diocese as we journey as ‘Disciples on the Way’, as we continue the work of the New Evangelization: proclaiming Christ’s Gospel of joy to all, within our parish, our diocese, and our world.

As you reflect on the words from Sacred Scripture, from the Saints, Popes, and others writings of our Church, please allow the Holy Spirit to direct your mind and heart in listening to the call of Jesus Christ as we form our lives of prayer and discipleship. Jesus teaches us to pray as we look upon Him and He gazes at us.

We will then offer our petitions, especially for the intentions of our Holy Father Pope Francis, our Bishop David Ricken, and those of our own local and diocesan community, before closing in prayer together.

At this time, please kneel as we expose the Blessed Sacrament and sing together *O Salutaris Hostia / O Saving Victim*, found _____(insert location in missalette/hymnal).

Please kneel or prayerfully be seated as we enter into this time of prayer and encounter with our Lord.

ENTRANCE OF THE MINISTERS & CHANT

The presiding minister, accompanied by other ministers if present, enter the Sanctuary and genuflect to the Tabernacle (or if the Tabernacle is not located in the Sanctuary profoundly bow to the Altar) before either going to their assigned seats or kneeling before the Altar.

O Salutaris Hostia / O Saving Victim is to be sung in either Latin or English:



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.

EXPOSITION & INCENSATION

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

If a Priest or Deacon, kneel before the altar and incense the Holy Eucharist. Musical accompaniment should continue, if possible, until the incensation is concluded.

If the Pastoral Leader or a Lay Minister, go directly to the Greeting and Opening Prayer

GREETING

OPTION A (Priest/Deacon Only):

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

℟: And with your spirit

or

OPTION B:

PRESIDER: Praised be the God and Father of our Lord Jesus Christ, who in his great mercy gave us new birth into a living hope by resurrection of Jesus Christ from the dead. Blessed be God for ever

℟: Blessed be God for ever.

OPENING PRAYER

OPTION A:

PRESIDER: Let us pray [that the Church of Jesus Christ may remain faithful to its mission.]

(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.**

℟: Amen.

or

OPTION B:

PRESIDER: Let us pray [that Christ, the Bread of Life, will satisfy our human hungers.]

(brief pause)

**Father in heaven,
you have made us for yourself;
our hearts are restless until they rest in you.
Fulfill this longing through Jesus, the Bread of
Life, so that we may witness to him
who alone satisfies the hungers of the human family.
By the power of your Spirit
lead us to the heavenly banquet where we may feast on the
vision of your glory for ever and ever.**

℟: Amen.

READING I

During this time, the presiding minister and/or a designated reader should present the first Reading from Sacred Scripture, quotes, and other material throughout the time of adoration found **starting on Page 24** for the corresponding month. Only these selections should be utilized.

SACRED SILENCE

There should be **approximately 8 minutes** of silence after the reading/selection.

READING II

The second reading is then read for the corresponding month (Page 24 on).

After the Reading, the minister should kneel before the Blessed Sacrament to lead the Litany of the Holy Eucharist

SACRED SILENCE

There should be **approximately 4 minutes** of silence after the reading/selection.

LITANY

The minister should then lead the assembly in *either* the **Litany of the Most Holy Eucharist** (pages 11-12) or **The Litany of Sacred Heart of Jesus** (pages 13-14).

THE LITANY OF THE MOST HOLY EUCHARIST

PRESIDER: Together let us pray the Litany of the Holy Eucharist. *(pause)*

Lord, have mercy Lord, have mercy
Christ, have mercy..... Christ, have mercy
Lord, have mercy Lord, have mercy

Please respond 'Have Mercy on Us':

Jesus, the Most High have mercy on us
Jesus, the holy One have mercy on us
Jesus, Word of God have mercy on us
Jesus, only Son of the Father have mercy on us
Jesus, Son of Mary have mercy on us
Jesus, crucified for us have mercy on us
Jesus, risen from the dead have mercy on us
Jesus, reigning in glory have mercy on us
Jesus, coming in glory have mercy on us
Jesus, our Lord have mercy on us
Jesus, our hope have mercy on us
Jesus, our peace have mercy on us
Jesus, our Savior have mercy on us
Jesus, our salvation have mercy on us
Jesus, our resurrection have mercy on us
Jesus, Judge of all have mercy on us
Jesus, Lord of the Church have mercy on us
Jesus, Lord of creation have mercy on us
Jesus, Lover of all have mercy on us
Jesus, life of the world have mercy on us
Jesus, freedom for the imprisoned have mercy on us
Jesus, joy of the sorrowing have mercy on us
Jesus, giver of the Spirit have mercy on us
Jesus, giver of good gifts have mercy on us
Jesus, source of new life have mercy on us
Jesus, Lord of life have mercy on us
Jesus, eternal high priest have mercy on us
Jesus, priest and victim have mercy on us
Jesus, true Shepherd have mercy on us

Jesus, true Light have mercy on us
 Jesus, bread of heaven have mercy on us
 Jesus, bread of life have mercy on us
 Jesus, bread of thanksgiving have mercy on us
 Jesus, life-giving bread have mercy on us
 Jesus, holy manna have mercy on us
 Jesus, new covenant have mercy on us
 Jesus, food for everlasting life have mercy on us
 Jesus, food for our journey have mercy on us
 Jesus, holy banquet have mercy on us
 Jesus, true sacrifice have mercy on us
 Jesus, perfect sacrifice have mercy on us
 Jesus, eternal sacrifice have mercy on us
 Jesus, divine Victim have mercy on us
 Jesus, Mediator of the new covenant have mercy on us
 Jesus, mystery of the altar have mercy on us
 Jesus, medicine of immortality have mercy on us
 Jesus, pledge of eternal glory have mercy on us

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.

Following the Litany, the minister should return to their place.

THE LITANY OF THE SACRED HEART OF JESUS

PRESIDER: Together let us pray the Litany of the Sacred Heart of Jesus. *(pause)*

Lord, have mercy Lord, have mercy
Christ, have mercy Christ, have mercy
Lord, have mercy Lord, have mercy

Please respond 'Have Mercy on Us':

God our Father in heaven have mercy on us
God the Son, Redeemer of the world have mercy on us
God the Holy Spirit have mercy on us
Holy Trinity, one God have mercy on us
Heart of Jesus, Son of the eternal Father have mercy on us
Heart of Jesus, formed by the Holy Spirit in
the womb of the Virgin Mother have mercy on us
Heart of Jesus, one with the eternal Word have mercy on us
Heart of Jesus, infinite in majesty have mercy on us
Heart of Jesus, holy temple of God have mercy on us
Heart of Jesus, tabernacle of the Most High have mercy on us
Heart of Jesus, house of God and gate of heaven have mercy on us
Heart of Jesus, aflame with love for us have mercy on us
Heart of Jesus, source of justice and love have mercy on us
Heart of Jesus, full of goodness and love have mercy on us
Heart of Jesus, well-spring of all virtue have mercy on us
Heart of Jesus, worthy of all praise have mercy on us
Heart of Jesus, king and center of all hearts have mercy on us
Heart of Jesus, treasure-house of wisdom
and knowledge have mercy on us
Heart of Jesus, in whom there dwells the
fullness of God have mercy on us
Heart of Jesus, in whom the Father is
Well pleased have mercy on us
Heart of Jesus, from whose fullness we
have all received have mercy on us
Heart of Jesus, desire of the eternal hills have mercy on us
Heart of Jesus, patient and full of mercy have mercy on us

Heart of Jesus, generous to all who turn
to you have mercy on us
Heart of Jesus, fountain of life and holiness have mercy on us
Heart of Jesus, atonement for our sins have mercy on us
Heart of Jesus, overwhelmed with insults have mercy on us
Heart of Jesus, broken for our sins have mercy on us
Heart of Jesus, obedient even to death have mercy on us
Heart of Jesus, pierced by a lance have mercy on us
Heart of Jesus, source of all consolation have mercy on us
Heart of Jesus, our life and resurrection have mercy on us
Heart of Jesus, our peace and reconciliation have mercy on us
Heart of Jesus, victim of our sins have mercy on us
Heart of Jesus, salvation of all who trust in you have mercy on us
Heart of Jesus, hope of all who die in you have mercy on us
Heart of Jesus, delight of all the saints have mercy on us

Lamb of God, you take away
the sins of the world have mercy on us
Lamb of God, you take away
the sins of the world have mercy on us

Lamb of God, you take away
the sins of the world have mercy on us
Jesus, gentle and humble of heart. Touch our hearts and make
them like your own.

Lamb of God, 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)

Father, we rejoice in the gifts of love we have received from the heart of Jesus
your Son. Open our hearts to share his life and continue to bless us with his love.
We ask this in the name of Jesus the Lord. *R*: Amen.

Following the Litany, the minister should return to their place.

SACRED SILENCE

There should be **approximately 4 minutes** of silence after the litany.

READING III

The third reading/selection is then read for the corresponding month (Page 24 on).

SACRED SILENCE

There should be **approximately 8 minutes** of silence after the reading/selection.

REFLECTION (OPTIONAL)

The presiding minister may at this time present a **3-5 minute reflection** on the selections.

INTERCESSIONS

PRESIDER: Let us kneel or remain seated.

**Deacon, presiding minister, or other minister leads the prepared intentions:
Our hope is in God, who gives us help. Let us call on the Lord as we pray:**

℟: Lord, Hear our Prayer. or ℟: Strengthen us Lord.

For the Church, that she may continue to proclaim the Christ's Gospel with joy to all people; we pray to the Lord...

℟: Lord, Hear our Prayer. or ℟: Strengthen us Lord.

For world leaders, that they might find ways to bring an end to war and violence, and promote peace and development for all nations; we pray to the Lord...

℟: Lord, Hear our Prayer. or ℟: Strengthen us Lord.

For those who suffer injustice, that they may receive the grace necessary to persevere in Christ and that we courageously respond to their needs; we pray to the Lord...

℟: Lord, Hear our Prayer. or ℟: Strengthen us Lord.

That the New Evangelization may be a time of spiritual renewal and personal encounter with Christ for all people, especially within our Diocese; we pray to the Lord...

℟: Lord, Hear our Prayer. or ℟: Strengthen us Lord.

Please turn to / insert page 23 (in Appendix) for Pope Francis' and Bishop Ricken's Monthly Intentions to be inserted at this time.

LORD'S PRAYER

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

℟: Our Father...

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

INCENSATION & CHANT

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 (found on next page)** is to be sung in either English or Latin (it is appropriate to adjust the accompaniment depending upon the time of the Liturgical Year)



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 - bí - 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 - ctí - 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

R: 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, one God for ever and ever. **R:** Amen.

EUCCHARISTIC 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: The Divine Praises:

℟: 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 and 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).

RECESSIONAL

The song *Holy God, We Praise Thy Name* (or another appropriate hymn of praise) is then sung.

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

Remove this page and insert Quarterly Appendix for applicable quarter found in Parish Pages and at <http://www.qbdio.org/disciples-on-the-way.html> for intercessions and readings/selections.