

# EUCCHARISTIC HOLY HOUR GUIDE FOR PARISHES

EXTRAORDINARY JUBILEE YEAR OF MERCY  
DECEMBER 2015 – NOVEMBER 2016



“DISCIPLES ON THE WAY”

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Diocese of  
Green Bay

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(DISTRIBUTED SEPARATELY BY QUARTER)	

## 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, in accordance with the expectations of Bishop Ricken within *“Teach My People to Pray”*, 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.

## 2015-2016 THEMES: WORKS OF MERCY

*“It is my burning desire that, during this Jubilee, the Christian people may reflect on the corporal and spiritual works of mercy. It will be a way to reawaken our conscience, too often grown dull in the face of poverty. And let us enter more deeply into the heart of the Gospel where the poor have a special experience of God’s mercy. Jesus introduces us to these works of mercy in his preaching so that we can know whether or not we are living as his disciples. Let us rediscover these corporal works of mercy: to feed the hungry, give drink to the thirsty, clothe the naked, welcome the stranger, heal the sick, visit the imprisoned, and bury the dead. And let us not forget the spiritual works of mercy: to counsel the doubtful, instruct the ignorant, admonish sinners, comfort the afflicted, forgive offences, bear patiently those who do us ill, and pray for the living and the dead.”*  
- Pope Francis, *Misericordiae Vultus*, 15

In response to the Jubilee Year of Mercy (December 2015 – November 2016), this year’s Eucharistic Holy Hours will be based upon the Corporal and Spiritual Works of Mercy.

## MONTHLY THEMES

<b>December</b> .....	Welcome the Stranger (C)
<b>January</b> .....	Clothe the Naked (C)
<b>February</b> .....	Care for the Sick (C)
<b>March</b> .....	Forgive Offences (S); Bear Patiently Those Who Do Us Ill (S)
<b>April</b> .....	Counsel the Doubtful (S)
<b>May</b> .....	Comfort the Afflicted (S)
<b>June</b> .....	Visit the Imprisoned (C)
<b>July</b> .....	Admonish Sinners (S)
<b>August</b> .....	Give Drink to the Thirsty (C)
<b>September</b> .....	Instruct the Ignorant (S)
<b>October</b> .....	Feed the Hungry (C)
<b>November</b> .....	Bury the Dead (C); Pray for the Living and the Dead (S)

(An Appendix Insert [starting at pg. 22] will be distributed quarterly for readings/intercessions)

## 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)*

## **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 as our Diocese celebrates, in union with the Universal Church, the Extraordinary Jubilee Year of Mercy.**

**We gather in the presence of Christ, truly present Body and Blood, Soul and Divinity, in the Blessed Sacrament, to reflect upon the corporal and spiritual works of mercy. We also gather as our Diocese journeys in our six year journey, ‘Disciples on the Way’, to pray for the work of the New Evangelization, the proclaiming of the Christ’s Gospel of joy to all, within our parish, our diocese, and our world. We recognize that through prayer and the strengthening of our personal relationship and communication with Jesus Christ, we may come to know better the Lord ourselves, in order to share His merciful love with our family, friends, and with those we meet as intentional ‘disciples on the way’.**

**During this Holy Hour, after exposing the Blessed Sacrament we will spend time in silence and reflection on three passages related to this month’s theme of:**

- December** .....Welcome the Stranger (C)
- January**..... Clothe the Naked (C)
- February**..... Care for the Sick (C)
- March**.....Forgive Offences (S); Bear Patiently Those Who Do Us Ill (S)
- April** ..... Counsel the Doubtful (S)
- May** ..... Comfort the Afflicted (S)
- June**..... Visit the Imprisoned (C)
- July** ..... Admonish Sinners (S)
- August**..... Give Drink to the Thirsty (C)
- September** ..... Instruct the Ignorant (S)
- October** ..... Feed the Hungry (C)
- November** ..... Bury the Dead (C); Pray for the Living and the Dead (S)

**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:

### O Saving Victim

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 - ta - ris Ho - sti - a, Quae cae - li  
2. U - ni tri - no - que Do - mi - no Sit sem - pi

1.heav'n to us be - low, Our foes press on from  
2.God - head, One in Three; O grant us end - less

1. pan - dis o - sti - um: Bel - la pre - munt ho -  
2. ter - na glo - ri - a, Qui vi - tam si - ne

1.ev - 'ry side; Your aid sup - ply, your strength be - stow.  
2.length of days, When our true na - tive land we see.

1. sti - li - a, Da ro - bur - fer au - xi - li - um.  
2. ter - mi - no No - bis do - net in pa - tri - a.

Text: LM; *O Salutaris*; St. Thomas Aquinas, OP, 1227-1275; tr. by Edward Caswall, 1814-1878, alt.  
Music: DUGUET; attr. to Abbe Dieudonne duguët, 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:**

**PRESIDER: (Priest/Deacon Only): 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 22** 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 22 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.



**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**

have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
have mercy on us  
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, graciously hear us**  
**Lord Jesus, hear our prayer**

Christ, hear us  
Christ, graciously hear us  
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.

### **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 22 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 monthly theme and 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.

That the Jubilee of Mercy may be a year of grace for the Church so that all, with renewed enthusiasm, may bring good news to the poor, proclaim liberty to captives and the oppressed, and restore sight to the blind; 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 (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)

*Tan - tum er - go Sa - cra - men - tum Ve - ne - re - mur*  
*Gen - i - tor - i Gen - i - to - que Laus et ju - bi -*  
 Come a - dore this won - drous pre - sence, Bow to Christ the  
 Glo - ry be to God the Fa - ther, Praise to his co -

*cer - nu - i: Et an - ti - quum do - cu - men - tum*  
*la - ti - o Sa - lus, ho - nor, vir - tus quo - que*  
 source of grace. Here is kept the an - cient pro - mise  
 e - qual Son, A - dor - a - tion to the Spir - it,

*No - vo ce - dat ri - tu - i: Prae - stet fi - des*  
*Sit et ben - e - dic - ti - o Pro - ce - den - ti*  
 Of God's earth - ly dwell - ing place. Sight is blind be -  
 Bond of love, in God - head one. Blest be God by

*sup - ple - men - tum Sen - su - um de - fe - ctu - i.*  
*ab u - tro - que Com - par sit lau - da - ti - o*  
 fore God's glo - ry, Faith a - lone may see his face.  
 all cre - a - tion Joy - ous - ly while a - ges run.

Text: Thomas Aquinas, 1227-1274; Tr. by James Quinn, SJ, b. 1919, ©1969  
 Tune: ST. THOMAS, 8 7 8 7 8 7; 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.

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## 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.*

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## 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.



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 Walsworth, 1820-1900  
Tune: GROSSER GOTT, 7 8 7 8 7 7; *Katholisches Gesangbuch*, Vienna, c. 1774

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.

*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.*