

Eucharistic Holy Hour Guide *for* **Parishes**

2025

"HOPE IN THE LORD! HOLD FIRM,
TAKE HEART AND HOPE IN THE LORD!"



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:

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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
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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 the 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 in this Jubilee Year of Hope.

This year during our monthly Holy Hours we pray especially for an increased commitment to fan the flame of hope that has been given us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart, and a far-sighted vision.

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.



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

OPTION A: (only if a priest/deacon is present):

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

Presider: 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 Gospel Reading 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. Christ, have mercy. Lord, have mercy.

Jesus, the Most High 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

R./Lord, have mercy.

R./Christ, have mercy.

R./Lord, have mercy.

R./have mercy on us.

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.

(Short 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.

R: Amen.

Lord's Prayer

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

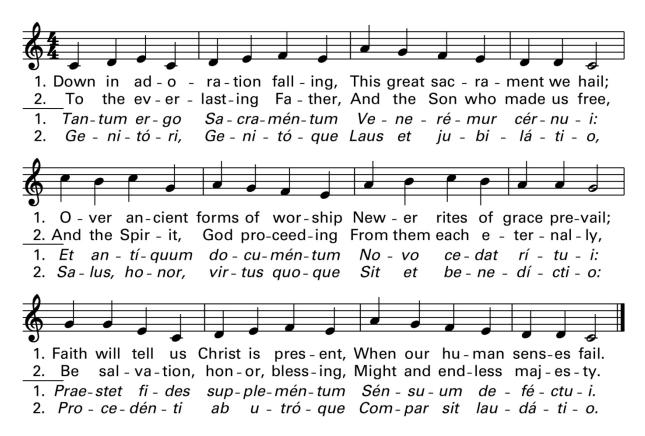
R: Our Father...

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).



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, God for ever and ever. R: 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 <u>NOT</u> 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:

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 Saint 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, goes before the altar, genuflects to the Tabernacle (or if the Tabernacle is not located in the Sanctuary, profoundly bows to the Altar) before exiting the Sanctuary.



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

December 30 – January 5
The Epiphany of the Lord Matthew 2:1-12 (20)

January 6 - 12
The Baptism of the Lord Luke 3:15-16, 21-22 (21)

January 13 - 19
2nd Sunday in Ordinary Time John 2:1-11 (66)

January 20 - 26
3rd Sunday in Ordinary Time Luke 1:1-4; 4:14-21 (69)

We hear from Pope Francis

"Hope does not disappoint" (*Rom* 5:5). In the spirit of hope, the Apostle Paul addressed these words of encouragement to the Christian community of Rome. Hope is also the central message of the coming Jubilee that, in accordance with an ancient tradition, the Pope proclaims every twenty-five years. My thoughts turn to all those *pilgrims of hope* who will travel to Rome in order to experience the Holy Year and to all those others who, though unable to visit the City of the Apostles Peter and Paul, will celebrate it in their local Churches. For everyone, may the Jubilee be a moment of genuine, personal encounter with the Lord Jesus, the "door" (cf. *Jn* 10:7.9) of our salvation, whom the Church is charged to proclaim always, everywhere and to all as "our hope" (1 *Tim* 1:1).

Everyone knows what it is to hope. In the heart of each person, hope dwells as the desire and expectation of good things to come, despite our not knowing what the future may bring. Even so, uncertainty about the future may at times give rise to conflicting feelings, ranging from confident trust to apprehensiveness, from serenity to anxiety, from firm conviction to hesitation and doubt. Often, we come across people who are discouraged, pessimistic and cynical about the future, as if nothing could possibly bring them happiness. For all of us, may the Jubilee be an opportunity to be renewed in hope. God's word helps us find reasons for that hope. Taking it as our guide, let us return to the message that the Apostle Paul wished to communicate to the Christians of Rome.

Spes Non Confindit – Bull of Indiction of the Ordinary Jubilee Year of 2025

FEBRUARY

Selection I:

January 27 – Februa	nry 2 The Presentation of the Lord	Luke 2:22-40	(524)
February 3 – 9	5 th Sunday in Ordinary Time	Luke 5:1-11	(75)
February 10 - 16	6 th Sunday in Ordinary Time	Luke 6:17, 20-26	(78)
February 17 - 23	7 th Sunday in Ordinary Time	Luke 6:27-38	(81)

Like a flame my hope is burning, may my song arise to you: Source of life that has no ending, on life's path I trust in you.

Every nation, tongue, and people find a light within your Word. Scattered fragile sons and daughters find a home in your dear Son.

God, so tender and so patient, dawn of hope, you care for all. Heav'n and earth are recreated by the Spirit of Life set free.

Like a flame my hope is burning, may my song arise to you: Source of life that has no ending, on life's path I trust in you.

Raise your eyes, the wind is blowing, for our God is born in time.
Son made man for you and many who will find the way in him.

Jubilee Hymn

MARCH

Selection I:

February 24 – Marc	h 2		
	8th Sunday in Ordinary Time	Luke 6:39-45	(84)
March 3 - 9	1st Sunday of Lent	Luke 4:1-13	(24)
1. 1. 10. 16	1 Suriday of Left	Luke 4.1-13	(24)
March 10 - 16	2 nd Sunday of Lent	Luke 9:28b-36	(27)
March 17 - 23			
	3 rd Sunday of Lent	Luke 13:1-9	(30)
March 24 - 30			
	4 th Sunday of Lent	Luke 15:1-3, 11-3	32 (33)

We hear from Pope Benedict

In hope we were saved.

A first essential setting for learning hope is prayer. When no one listens to me any more, God still listens to me. When I can no longer talk to anyone or call upon anyone, I can always talk to God. When there is no longer anyone to help me deal with a need or expectation that goes beyond the human capacity for hope, he can help me. When I have been plunged into complete solitude ...; if I pray I am never totally alone. The late Cardinal Nguyen Van Thuan, a prisoner for thirteen years, nine of them spent in solitary confinement, has left us a precious little book: *Prayers of Hope*. During thirteen years in jail, in a situation of seemingly utter hopelessness, the fact that he could listen and speak to God became for him an increasing power of hope, which enabled him, after his release, to become for people all over the world a witness to hope — to that great hope which does not wane even in the nights of solitude.

Encyclical Letter SPE SALVI

APRIL

Selection I:

March 31 - April 6	5 th Sunday of Lent	John 8:1-11	(36)
April 7 – 13	Palm Sunday	Luke 22:14-23:56	(38)
April 14 – 20	Easter Sunday	Luke 24:1-12	(41)
April 21 – 27	2 nd Sunday of Easter <i>Divine Mercy Sunday</i>	John 20:19-31	(45)

We hear from Cardinal Nguyen van Thuan

My dear friends,

I do not wish to speak about the negative aspects of captivity. I offered all that up to Jesus, Mary and Joseph. What will interest you most is sincere, fraternal sharing of my experience - understanding God's liberating power in my day-to-day existence.

During those thirteen years I became aware of all my weaknesses, physical as well as mental. There were moments when I could not concentrate at all, when I could not even pray. Jesus then sent me light. "I must live the testament of Christ" - In his testament, just before dying, Jesus left me his word, his body, his mother, his Church, his priesthood, his new commandment, his mission, the duty to make all things one. Several times a day, I repeated to myself, "I must live the testament of Christ" - It's simple, it's inexhaustible. I will try to explain how I received the strength of God's liberating power by citing 10 rules.

Rule #4 - I will see in the Holy Eucharist my only power

You believe in one power: the Blessed Eucharist, the Body and Blood of Our Lord which make you live. "I have come that they may have life, and have it more abundantly" (John 10:10). As the manna fed the Israelites on their way to the Promised Land, so will the Blessed Eucharist nourish you as you travel on the Road of Hope.

Ten Rules of Life of Cardinal Nguyen van Thuan

MAY

Selection I:

April 28 - May 4	3 rd Sunday of Easter	John 21:1-19	(48)
May 5 - 11	4 th Sunday of Easter	John 10:27-30	(51)
May 12 - 18	5 th Sunday of Easter	John 13:31-33a, 34-35	(54)
May 19 – 25	6 th Sunday of Easter	John 14:23-29	(57)

We hear from Saint Pope John Paul II

Do not be afraid. Do not be satisfied with mediocrity. Put out into the deep and let down your nets for a catch.... I plead with you--never, ever give up on hope, never doubt, never tire, and never become discouraged. Be not afraid.

Do not let that hope die! Stake your lives on it! We are not the sum of our weaknesses and failures; we are the sum of the Father's love for us and our real capacity to become the image of his Son.

World Youth Day, Toronto 2002

<u>JUNE</u>

Selection I:

May 26 – June 1	Solemnity of the Ascension	Luke 24:46-53	(58)
June 2 - 8	Pentecost Sunday	John 20:19-23	(63)
June 9 - 15	Trinity Sunday	John 16:12-15	(166)
June 16 - 22	Corpus Christi	Luke 9:11b-17	(169)
June 23 - 29	Saints Peter and Paul	Matthew 16:13-19	(591)

We hear from the Catechism of the Catholic Church

Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. "Let us hold fast the confession of our hope without wavering, for he who promised is faithful." "The Holy Spirit ... he poured out upon us richly through Jesus Christ our Savior, so that we might be justified by his grace and become heirs in hope of eternal life."

The virtue of hope responds to the aspiration to happiness which God has placed in the heart of every man; it takes up the hopes that inspire men's activities and purifies them so as to order them to the Kingdom of heaven; it keeps man from discouragement; it sustains him during times of abandonment; it opens up his heart in expectation of eternal beatitude. Buoyed up by hope, he is preserved from selfishness and led to the happiness that flows from charity.

We can therefore hope in the glory of heaven promised by God to those who love him and do his will. In every circumstance, each one of us should hope, with the grace of God, to persevere "to the end" and to obtain the joy of heaven, as God's eternal reward for the good works accomplished with the grace of Christ. In hope, the Church prays for "all men to be saved." She longs to be united with Christ, her Bridegroom, in the glory of heaven

#2117, 2118, 2221Cathechesim of the Catholic Church

JULY

Selection I:

June 30 - July 6	14 th Sunday Ordinary Time	Luke 10:1-12, 17-	20 (102)
July 7 – 13	15 th Sunday Ordinary Time	Luke 10:25-3	(105)
July 14 - 20	16 th Sunday Ordinary Time	Luke 10:38-42	(108)
July 21 - 27	17 th Sunday Ordinary Time	Luke 11:1-13	(111)

We hear from St. Paul.

Brothers and sisters:

Hope does not disappoint,

because the love of God has been poured out into our hearts through the Holy Spirit who has been given to us.

For Christ, while we were still helpless, died at the appointed time for the ungodly.

Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die.

But God proves his love for us

in that while we were still sinners Christ died for us.

How much more then, since we are now justified by his Blood, will we be saved through him from the wrath.

Indeed, if, while we were enemies,

we were reconciled to God through the death of his Son, how much more, once reconciled, will we be saved by his life.

Not only that,

but we also boast of God through our Lord Jesus Christ, through whom we have now received reconciliation.

Romans 5:5-11

AUGUST

Selection I:

July 28 – August 3	18 th Sunday Ordinary Time	Luke 12:13-21	(114)
August 4 - 10	19 th Sunday Ordinary Time	Luke 12:32-48	(117)
August 11 - 17	20 th Sunday Ordinary Time	Luke 12:49-53	(120)
August 18 – 24	21st Sunday Ordinary Time	Luke 13:22-30	(123)

We hear from St. Francis de Sales.

Hope is simply the loving complacence that we take in looking towards and striving for our supreme good, in that good is all love. As soon as faith has shown me my supreme good, I have loved it; since it was absent from me, I have desired it; and having learned that it would give itself to me, I have loved and desired it all the more ardently, for its goodness is all the more lovable and desirable the more it is disposed to communicate itself. Love has turned its desire into hope, striving, and expectation, so that hope is a love that expects and desires.

God is that supreme good which hope waits for, and because hope expects this good solely from God himself, for whom and by whom it hopes and aspires, therefore this holy virtue of hope is connected in every way with God and in consequently a divine or theological virtue.

From Treasure in Clay – the Autobiography of Fulton J. Sheen

SEPTEMBER

Selection I:

August 25 – Augus	t 31 22 nd Sunday Ordinary Time	Luke 14:1, 7-14	(126)
September 1 – 7	23 rd Sunday Ordinary Time	Luke 14:25-33	(129)
September 8 – 14	Exaltation of the Holy Cross	John 3:13-17	(638)
September 15 – 21	25 th Sunday Ordinary Time	Luke 16:1-13	(135)
September 22 – 28	26 th Sunday Ordinary Time	Luke 16:19-31	(138)

We hear from St. Augustine.

There is no love without hope, no hope without love, and neither hope nor love without faith.

He who loves the coming of the Lord is not he who affirms it is far off nor is it he who says it is near, but rather he, who whether it be far off or near, awaits with sincere faith, steadfast hope and fervent love.

For in our hope we are saved.

Attributed Quotes to St. Augustine

OCTOBER

Selection I:

September 29 – Oc	tober 5 27 th Sunday Ordinary Time	Luke 17:5-10	(141)
October 6 – 12	28 th Sunday Ordinary Time	Luke 17:11-19	(144)
October 13 – 19	29 th Sunday Ordinary Time	Luke 18:1-8	(147)
October 20 – 26	30 th Sunday Ordinary Time	Luke 18:9-14	(150)

We hear from St. Francis of Assisi.

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Prayer for Peace

NOVEMBER

Selection I:

October 27 – Nover	mber 2		
	All Souls	John 14:1-6	(1016)
November 3 - 9			
	Dedication of the Lateran Bas	silica	
		John 2:13-22	(671)
November 10 - 16			
	33 rd Sunday Ordinary Time	Luke 21:5-19	(159)
NI 1 17 00			
November 17 - 23		I 1 22 25 42	(1.60)
	Christ the King	Luke 23:35-43	(162)

We hear from the Book of Lamentations.

My soul is deprived of peace,
 I have forgotten what happiness is;
I tell myself my future is lost,
 all that I hoped for from the LORD.
The thought of my homeless poverty
 is wormwood and gall;
Remembering it over and over
 leaves my soul downcast within me.
But I will call this to mind,
 as my reason to have hope:

The favors of the LORD are not exhausted, his mercies are not spent;
They are renewed each morning, so great is his faithfulness.
My portion is the LORD, says my soul; therefore will I hope in him.

Good is the LORD to one who waits for him, to the soul that seeks him;
It is good to hope in silence for the saving help of the LORD.

Lamentations 3:17-26

DECEMBER

Selection I:

November 24 – 30	1 st Sunday of Advent	Matthew 24:37-44	(1)
December 1 – 7	2 nd Sunday of Advent	Matthew 3:1-12	(4)
December 8 – 14	3 rd Sunday of Advent	Matthew 11:2-11	(7)
December 15 - 21	4 th Sunday of Advent	Matthew 1:18-24	(10)

We hear from the Church's liturgy.

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

For he assumed at his first coming the lowliness of human flesh, and so fulfilled the design you formed long ago, and opened for us the way to eternal salvation, that, when he comes again in glory and majesty and all is at last made manifest, we who watch for that day may inherit the great promise in which now we dare to hope.

Preface I for Advent

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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.

Diocese of Green Bay; Office of Divine Worship