



MISSION HOLY HOUR 1:

"I am a living witness."



Gathering Hymn: *Brother, sister, let me serve you* (Richard Gillard)

(The Blessed Sacrament is exposed in a monstrance, as the hymn is sung)

Prayer: God our Father, we thank you that you have called us to follow Christ, the Saviour and Evangeliser. Passionately in love with your son and sharing in his compassion for humanity, we put ourselves at the service of the Church for the evangelisation of those most in need of your love.

Father, help us to reach out with the healing touch of Christ, who calls us to holiness and to mission.

Grant us the grace to build communities which are signs of your loving presence, living by your Good News.

For this, we dedicate ourselves afresh to share what we have received through Christ our Lord. Amen.

Introduction: By merit of our Baptism, we are all Missionaries. Whether we were Baptised as a child or an adult, we were Baptised into Christ's life; sons and daughters of God. During the Baptism ceremony a lighted candle is received and the words, "Receive the light of Christ. This light (of faith) is entrusted to you to be kept burning brightly. Keep the flame of faith alive in your heart." It is a powerful reminder of our responsibility to live and share our faith. This is our "Common vocation" in Christ; to share the faith entrusted to us in effective and affective ways.

Scripture Reading: Micah 6:8b

"This is what God asks of you: only this, to act justly, to love tenderly and to walk humbly with your God."

Reflection:

- I have received a personal invitation from God.
- I am invited to put my faith in Him into action in my life.
- My faith must find expression in practical ways each day.
- So many in the world are denied the justice which is their right. What can I do about that?

- Love is much misunderstood, corrupted and debased in the world today. How can I share the love which God pours into my life with those around me, near and far?
- The world judges today by what I have, rather than who I am. Valuing who I am, how can I "Walk humbly with my God"?
- How can my life become a clearer sign of my faith in God's Kingdom?
- By its nature, faith is compelled to be shared, to direct my life, to give my life purpose.

(Period of silent reflection)

Scripture Reading: Psalm 131:1-2

"Lord, my heart has no lofty ambitions, my eyes do not look too high. I am not concerned with great affairs or marvels beyond my scope. Enough for me to keep my soul tranquil and quiet like a child in its mother's arms, as content as a child that has been weaned."

Hymn: *O Lord, you search me and you know me* (Bernadette Farrell)

(Period of silent reflection)

Scripture Reading: Luke 4:16-22

Reflection:

- The very same Spirit is shared with us at Baptism, strengthened at Confirmation and renewed every time we received the sacraments.
- The invitation to all of us is that we submit ourselves to the promptings of God's Spirit each day, in all circumstances.
- In my prayer, do I actively invite the Spirit to work through me?
- Am I actively concerned for poor people, captives, disabled people, oppressed people?
- How do I "proclaim" the Lord's year of favour?

Hymn: *God's Spirit is in my heart* (Alan Dale and Hubert J. Richards)

(Period of silent reflection)

Benediction:

Hymn: *Tantum ergo Sacramentum* (St. Thomas Aquinas)

Prayer: V. You have given your people bread from heaven (Alleluia)

R. The bread which is full of all goodness (Alleluia)

O God, who in this wonderful sacrament has left us a memorial of your passion, help us so to reverence the sacred mysteries of your Body and Blood, that we may always experience in our lives the effects of your redemption, who live and reign forever and ever. Amen.

+ Blessing of the people with the monstrance. +

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 Saint Joseph, her spouse most chaste.

Blessed be God in his angels and in his saints.

Prayer of St. Francis Xavier for the conversion of the world:

O eternal God, remember that we are all the work of your hands, and that you have created us in your own likeness. Remember that Jesus Christ, your Son, suffered a most cruel death for our salvation.

Permit no longer that any of us should ever despise him. Be appeased by the prayers of the Church, the spouse of your Son, and remember your mercy.

Give all the grace ever to acknowledge that Jesus Christ is God; that he is our salvation, our life and our resurrection, and that by him we have been delivered from hell.

May glory be given to him forever and ever. Amen.

Hymn: *O sacrament most holy, O sacrament divine. All praise and all thanks giving be every moment thine.*

or

Hymn: *Jesus, remember me, when you come into your kingdom (Taize)*

(During this hymn the Blessed Sacrament is deposited)

Prayer to St. Therese of the Child Jesus, patroness of mission

Your servant of God, St. Therese, who in her dying moments did say, "I will spend my heaven doing good upon the earth", hasten to let fall upon me a shower of roses, that I too may be inflamed with that fire of love which burned so brightly in her heart and brought her so gloriously to the arms of Jesus, my Lord and my God. Amen.

Anthem to Our Lady: Salve Regina

Salve Regina, Mater misericordiae, vita dulcedo, et spes nostra salve.

Ad te clamamus exsules filii Havae, ad te suspiramus, gementes et flentes in hac lacrimarum valle.

Eia, ergo, advocata nostra, illos tuos misericordes oculos ad nos converte; et Jesum, benedictum fructum ventris tui, nobis post hoc exilium ostende.

O clemens, O pia, O dulcis Virgo Maria.

(Translation : Hail holy Queen, mother of mercy, hail our life, our sweetness and our hope. To thee do we cry poor banished children of Eve, do thee do we send up our sighs weeping and mourning in this vale of tears. Turn then, most gracious advocate, thine eyes of mercy upon us, and after this, our exile, show unto us the fruit of thy womb, Jesus. O clement, o loving, o sweet Virgin Mary.)

During Eastertide: Regina Caeli

Regina caeli, laetare, alleluia, (Queen of heaven, rejoice, alleluia,)

Quia quem meruisti portare, alleluia, (For he whom you were worthy to bear, alleluia,)

Resurrexit, sicut dixit, alleluia, (Has risen as he said, alleluia,)

Ora pro nobis Deum, alleluia. (Pray for us to God, alleluia.)