

Additional Resources

HOLY HOUR 1: Thanks to God

Suggested Hymns

Opening Hymn: Praise my soul the king of heaven/Blest be the Lord.

Closing Hymn: Oh Lord my God.

Quote of Saint Mother Teresa of Calcutta

If we really want to pray, we must first learn to listen, for in the silence of the heart, God speaks. Jesus spent thirty years out of thirty-three in silence, began His public life by spending forty days in silence, and often retired alone to spend the night on a mountain in silence. He who spoke with authority, now spends His earthly life in silence. Let us adore Jesus in His Eucharistic silence!

Quote on Presence by Joan Chittister (Breath of the Soul)

"as a culture we are forever on our way to somewhere else. Being here now, bringing to the present moment all the self we have, is more myth than reality. It is an ideal fondly to be acclaimed, seldom to be achieved. ... We simply do not have much luxury to listen to ourselves anymore, let alone listen to God within. Even most of the praying we do is noisy. We say prayers; we seldom simply sit in the presence of God and wait. The very thought of simply listening for the whisper of the soft, still voice within is not only rare, it is uncomfortable these days. Shouldn't we be doing something, our souls shout at us. Shouldn't we be going somewhere, doing something, at least saying something holy?"

Simple Intercessions

Y For our lives and for the lives of those who love us...

R We thank you, Lord.

Y For the gift of health...

R We thank you, Lord.

Y For the gifts of food, shelter, and clothing...

R We thank you, Lord.

Y For the gift of our minds and our bodies...

R We thank you, Lord.

Y For all our gifts and talents.

R We thank you, Lord.

Reflection on Saying Thankyou

(from *Twenty-Third Publications* Prayer Services for Teens)

Speaker One

I'm tired of being around people who are selfish. It's not much fun. "It's mine, what's in it for me, I earned it, I'm going to take care of number one." These are the attitudes and thoughts that accompany selfishness. I'm sick of it.

Speaker Two

It's easy for all of us to be self-centred. We live in a society that tells us selfishness is a virtue, a strength. Independence is so emphasized that we forget we are also inter-dependent. I believe when we are awake to our relatedness we will also awaken to life. We will never be bored or boring. But it's easy to take others for granted. It's easy to fall asleep to the beauty and richness of the world that God has entrusted to us. We forget that life is a gift to us. We think we deserve it.

Speaker Three

I believe that the happiness which we all seek is not so much found in getting what we want as in

finding a new reason to be grateful every day of our lives. What about you? What do you think?

HOLY HOUR 2: Meeting Jesus

Suggested Hymns

Opening Hymn: Be still for the presence of the Lord/O Salutaris Hostia.

Closing Hymn: Holy Virgin, by God's decree (or other suitable Marian Hymn).

Litany of The Holy Face of Jesus

O adorable Face which was adored, with profound respect, by Mary and Joseph when they saw Thee for the first time, **have mercy on us.**

O adorable Face which did ravish with joy, in the stable of Bethlehem, the Angels, the shepherds and the magi, **have mercy on us.**

O adorable Face which did transpierce with a dart of love in the Temple, the saintly old man Simeon and the prophetess Anna, **have mercy on us.**

O adorable Face which filled with admiration the Doctors of the law when Thou didst appear in the Temple at the age of twelve years, **have mercy on us.**

O adorable Face which possesses beauty always ancient and always new, **have mercy on us.**

O adorable Face which is the masterpiece of the Holy Ghost, in which the Eternal Father is well pleased, **have mercy on us.**

O adorable Face which is the ineffable mirror of the divine perfection, **have mercy on us.**

O adorable Face which became brilliant like the sun and radiant with glory, on the Mountain of Tabor, **have mercy on us.**

O adorable Face which wept and was troubled at the tomb of Lazarus, **have mercy on us.**

O adorable Face which was rendered sad at the sight of Jerusalem, and shed tears on that ungrateful city, **have mercy on us.**

O adorable Face which was bowed down to the ground in the Garden of Olives, and covered with confusion for our sins, **have mercy on us.**

O adorable Face which was covered with the sweat of blood, **have mercy on us.**

O adorable Face which was struck by a vile servant, covered with a veil of shame, and profaned by the sacrilegious hands of Thy enemies, **have mercy on us.**

O adorable Face which by Its divine glance, wounded the heart of St. Peter with a dart of sorrow and love, **have mercy on us.**

O adorable Face which was washed and anointed by Mary and the holy women and covered with a shroud, **have mercy on us.**

O adorable Face which was all resplendent with glory and beauty on the day of the Resurrection, **have mercy on us.**

O adorable Face which is hidden in the Eucharist, **have mercy on us.**

O adorable Face which will appear at the end of time in the clouds with great power and great majesty, **have mercy on us.**

O adorable Face which will make sinners tremble, **have mercy on us.**

O adorable Face which will fill the just with joy for all eternity, **have mercy on us.**

O adorable Face which merits all our reverence, our homage and our adoration, **have mercy on us.**

O Lord, **show us Thy Face, and we shall be saved!**

O Lord, **show us Thy Face, and we shall be saved!**

O Lord, **show us Thy Face, and we shall be saved!**

Prayer

You know better than I how much I love you, Lord. You know it and I know it not, for nothing is more hidden from me than the depths of my own heart. I desire to love you; I fear that I do not love you enough. I beg you to grant the fullness of pure love. Behold my desire; you have given it to me. Behold what you have placed in your creature. O God, you love me enough to inspire what you have placed

into your creature. O God, you love me enough to inspire me to love you for ever; do not look on my sins, but on your mercy and love.

Francois Fénelon

Prayer

Be light to my eyes, music to my ears, sweetness to my taste, and full contentment to my heart. Be my sunshine in the day, my food at table, my repose at night, my clothing in my nakedness, my support in all necessities. Lord Jesus, I give you my body, my soul, all I have, my fame, my friends, my liberty and my life. Dispose of me and all that is mine as seems best to you and to the glory of your name.

John Cosin

Quote of St Teresa of Jesus

Entre los pucheros anda el Señor.

Find God amongst the pots and pans of life.

HOLY HOUR 3: Called and Sent: Missionary Disciples

Suggested Hymns

Opening Hymn: Christ be our Light (Bernadette Farrell).

Closing Hymn: As I Kneel before you (or other hymn to Our Lady).

Reflection Points

These can be used as the basis for a meditative homily or they could be used for a group discussion.

In his document *Evangelii Gaudium* (The Joy of the Gospel) Pope Francis states clearly:

“We can evangelise only because God has loved us first.”

An evangelising community knows that the Lord has taken the initiative, he has loved us first (cf. 1 Jn 4:19), and therefore we can move forward, boldly take the initiative, go out to others, seek those who have fallen away, stand at the crossroads and welcome the outcast.

Missionary Disciple

The term “missionary disciple” is used throughout the document. The two terms are used to hold in tension the need both for a relationship with our Lord and the need to go to the outskirts to preach the Gospel. One thing is very clear. **Every baptized member of the Catholic faith is called to evangelise and is called to be a missionary disciple.**

“In virtue of their baptism, **all the members of the People of God have become missionary disciples** (cf. Mt 28:19). **All the baptized**, whatever their position in the Church or their level of instruction in the faith, **are agents of evangelisation**” (#120).

“What I would like to propose is something in the line of an evangelical discernment. It is the approach of a missionary disciple, an approach ‘nourished by the light and strength of the Holy Spirit’” (#51).

“The Church is herself a missionary disciple” (#40).

The Parish

Pope Francis spends a considerable amount of time on the parish as he looks to see how a missionary impulse would change parish life.

“In **all its activities** the parish encourages and trains its members to be evangelisers. It is a community of communities, a sanctuary where the thirsty come to drink in the midst of their journey, and **a centre of constant missionary outreach**. We must admit, though, that the call to review and renew our parishes has not yet sufficed to bring them nearer to people, to make them environments of living communion and participation, and to make them completely mission-oriented” (#28)

St David	<i>Pray for us</i>
St Columba	<i>Pray for us</i>
St Aidan	<i>Pray for us</i>
St Bede	<i>Pray for us</i>
St Chad	<i>Pray for us</i>
St Gregory the Great	<i>Pray for us</i>
St Augustine	<i>Pray for us</i>
All Holy Missionaries to our country	<i>Pray for us</i>
St John XXIII	<i>Pray for us</i>
St John Paul II	<i>Pray for us</i>
St Jacques Berthieu	<i>Pray for us</i>
St Pedro Calungsod	<i>Pray for us</i>
St Giovanni Battista Piamarta	<i>Pray for us</i>
St María Carmen Sallés y Barangueras	<i>Pray for us</i>
St Marianne Cope	<i>Pray for us</i>
St Kateri Tekakwitha	<i>Pray for us</i>
St Anna Schäffer	<i>Pray for us</i>
Blessed Pope Paul VI	<i>Pray for us</i>
Blessed John Henry Newman	<i>Pray for us</i>
Saint Teresa of Calcutta	<i>Pray for us</i>
Blessed Oscar Romero	<i>Pray for us</i>
All Holy Saints of the New Evangelisation	<i>Pray for us</i>
Lamb of God, Who takes away the sins of the world,	<i>Spare us, O Lord.</i>
Lamb of God, Who takes away the sins of the world,	<i>Graciously hear us, O Lord.</i>
Lamb of God, Who takes away the sins of the world,	<i>Have mercy on us.</i>

Additional Prayers

Our entire existence and being
should shout the Gospel from the rooftops.
Our entire person should breathe Jesus.
All our actions and our entire life
should proclaim that we belong to Jesus.
Our lives should be a mirror of an evangelical life.
Our entire being should be a living sermon,
a reflection of Jesus. something that proclaims Jesus.
that makes others see Jesus,
and that shines like an image of Jesus.

Blessed Charles de Foucauld

Prayer of St Teresa of Avila

Christ has no body now on earth but yours,
no hands but yours,
no feet but yours,
yours are the eyes through which Christ's compassion
is to look out to the earth,
yours are the feet by which He is to go about doing good
and yours are the hands by which He is to bless us now.

Prayer to say at Home

Dear Jesus, help us to spread your fragrance everywhere we go.
Flood our souls with your spirit and life.
Penetrate and possess our whole being so utterly that
our lives may only be a radiance of yours.

Shine through us, and be so in us, that every soul we come
in contact with may feel your presence in our soul.
Let them look up and see no longer us but only Jesus!
Stay with us, and then we shall begin to shine as you shine;
so to shine as to be a light to others; the light O Jesus,
will be all from you, none of it will be ours;
it will be you, shining on others through us.
Let us thus praise you in the way you love best by shining on those around us.
Let us preach you without preaching, not by words
but by our example, by the catching force, the
sympathetic influence of what we do.
The evident fullness of the love our hearts bear to you.

Radiating Christ, Blessed John Henry Newman (1801 – 1890)

This passage (attributed to Archbishop Romero, but probably not written by him) invites us to a particular way of thinking.

On your own underline the phrases that stand out for you and then share this.

It helps, now and then, to step back and take a long view.
The kingdom is not only beyond our efforts,
it is even beyond our vision.
We accomplish in our lifetime only a tiny fraction
of the magnificent enterprise that is God's work.
Nothing we do is complete, which is a way of saying
that the kingdom always lies beyond us.
No statement says all that could be said.
No prayer fully expresses our faith.
No confession brings perfection.
No pastoral visit brings wholeness.
No program accomplishes the church's mission.
No set of goals and objectives includes everything.
This is what we are about.
We plant the seeds that one day will grow.
We water seeds already planted,
knowing that they hold future promise.
We lay foundations that will need further development.
We provide yeast that produces far beyond our capabilities.
We cannot do everything, and there is a sense of liberation
in realizing that. This enables us to do something,
and to do it very well. It may be incomplete,
but it is a beginning, a step along the way,
an opportunity for the Lord's grace to enter and do the rest.
We may never see the end results, but that is the difference
between the master builder and the worker.
We are workers, not master builders; ministers, not messiahs.
We are prophets of a future not our own.
Amen.

Oscar Romero