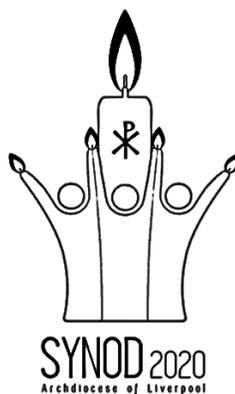


HOLY HOUR

Thanks to God



Opening Hymn

(Suggested hymns are available on additional sheet.)

Introduction to the theme

As we gather before the Blessed Sacrament we focus our minds on God's presence among us as we gaze upon Christ in the Eucharist.

"To gaze is not simply to see. Rather to gaze is to be drawn into the object that one sees. We may liken a gaze to a visual experience of embrace.

An embrace begins with opening the arms. "Open arms are a gesture of the body reaching for the other."

A self that is "full of itself" can neither receive the other nor make genuine movement toward the other. Open arms signify that I have "created space in myself for the other to come in and that I have made a movement out of myself so as to enter the space created by the other."

Joan Chittister

We are joining the pilgrimage towards the Eucharistic congress.

Eucharist means Thanksgiving. In the words of Joan Chittister thanksgiving is:

"...not only the posture of praise but it is also the basic element of real belief in God.

When we bow our heads in gratitude, we acknowledge that the works of God are good. We recognise that we cannot, of ourselves, save ourselves. We proclaim that our existence and all its goods come not from our own devices but are part of the works of God. Gratitude is the alleluia to existence."

Let us pause and for a few moments, letting go of all of life's distractions as we give this hour to God. (2 mins silence.)

A Prayer for our Earth (Pope Francis)

Pope Francis reminds us of all that we need to give thanks to God for in creation.

So let us pray with Pope Francis, giving thanks for all God has created.

(This prayer is powerfully presented in video format on YouTube, information available in additional resources.)

A Prayer for our Earth

All-powerful God, you are present in the whole universe and in the smallest of your creatures.

You embrace with your tenderness all that exists.

Pour out upon us the power of your love, that we may protect life and beauty.

Fill us with peace, that we may live as brothers and sisters, harming no one.

O God of the poor,

help us to rescue the abandoned and forgotten of this earth,

so precious in your eyes.

Bring healing to our lives,

that we may protect the world and not prey on it,

that we may sow beauty, not pollution and destruction.

Touch the hearts

of those who look only for gain

at the expense of the poor and the earth.

Teach us to discover the worth of each thing,

to be filled with awe and contemplation,

to recognize that we are profoundly united

with every creature
as we journey towards your infinite light.
We thank you for being with us each day.
Encourage us, we pray, in our struggle
for justice, love and peace.
Amen.

† **Let us reflect on the beauty of creation and what we need to be thankful to God for within creation. (10 mins silence.)**

Reading

A reading from St Paul's letter to the Romans 1:8-12

I thank my God through Jesus Christ for all of you, because your faith is proclaimed in all the world. For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I mention you always in my prayers, asking that somehow by God's will I may now at last succeed in coming to you. For I long to see you, that I may impart to you some spiritual gift to strengthen you, that is, that we may be mutually encouraged by each other's faith, both yours and mine.

† **As we pause we reflect on what in our lives we wish to thank God for? (10 mins silence)**

Gospel

A reading from the Holy Gospel according to Luke 10:17-22

The seventy came back full of joy. They said, "Lord, even the demons obeyed us when we used Your name." Jesus said to them, "I saw Satan fall from heaven like lightning. Listen! I have given you power to walk on

snakes. I have given you power over small animals with a sting of poison. I have given you power over all the power of the one who works against you. Nothing will hurt you. Even so, you should not be happy because the demons obey you but be happy because your names are written in heaven.”

At this time Jesus was full of the joy of the Holy Spirit. He said, “I thank You, Father, Lord of heaven and earth. You have kept these things hidden from the wise and from those who have much learning. You have shown them to little children. Yes, Father, it was what you wanted done.

“Everything has been given to Me by My Father. No one knows the Son but the Father. No one knows the Father but the Son and the Son makes the Father known to those He chooses.”

The Gospel of the Lord.

Praise to you Lord, Jesus Christ.

† **Let us now spend some time in silence reflecting on our Gospel in the presence of Christ. (10 mins silence.)**

Intercessions

As Meister Eckhart says “If the only prayer you say in your life is ‘thank you,’ that would suffice” so let us now thank our God.

℞ We praise and thank our God.

℣ Let us adore the Lord.

℞ We praise and thank our God.

**℣ He is the creator of all.
Maker of sun and moon.**

Setter of the stars in order.

Let us adore the Lord.

R We praise and thank our God.

V He brought forth the earth:

Put in rivers and oceans,

Moulded the dry land.

Let us adore the Lord.

R We praise and thank our God.

V He made all green things:

The fruit bearing trees.

The riches of the harvest.

Let us adore the Lord.

R We praise and thank our God.

V He is the life giver:

Makes the birds to fly,

Causes the fish to swim.

Let us adore the Lord.

R We praise and thank our God.

V He is the maker of all human beings:

Gives breath and life,

Gives us love to share.

Let us adore the Lord.

R We praise and thank our God.

Benediction

(Benediction may take place now, if there is a Priest or Deacon, before the Blessed Sacrament is reposed.)

Closing Hymn

(After the Blessed Sacrament is reposed a final hymn is sung, suggested hymns are available on additional sheet.)