

Holy Hour

Wednesday, January 20, 2021

Text in *bold italics* is for all to pray together.

HYMN - O SALUTARIS HOSTIA

O salutaris Hostia,
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.
Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen.

INTRODUCTION

God, + (make sign of cross) come to my assistance.
– *Lord, make haste to help me.*

Glory to the Father, and to the Son, and to the Holy Spirit:
– *as it was in the beginning, is now, and will be for ever. Amen.*

HYMN

PSALMODY

Psalm 62

Ant. 1 Eagerly we await the fulfillment of our hope, the glorious coming of our Savior.
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In God alone is my soul at rest; *
my help comes from him.
He alone is my rock, my stronghold, *
my fortress: I stand firm.

*How long will you all attack one man *
to break him down,
as though he were a tottering wall, *
or a tumbling fence?*

Their plan is only to destroy; *
they take pleasure in lies.
With their mouth they utter blessing *
but in their heart they curse.

*In God alone be at rest, my soul; *
for my hope comes from him.
He alone is my rock, my stronghold, *
my fortress: I stand firm.*

In God is my safety and glory, *
the rock of my strength.
Take refuge in God, all you people. *
Trust him at all times.
Pour out your hearts before him *
for God is our refuge.

***Common folk are only a breath, *
great men an illusion.
Placed in the scales, they rise; *
they weigh less than a breath.***

Do not put your trust in oppression *
nor vain hopes on plunder.
Do not set your heart on riches *
even when they increase.

Ant. 1 Eagerly we await the fulfillment of our hope, the glorious coming of our Savior.

Psalm 67

Ant. 2 May God turn his radiant face toward us, and fill us with his blessings.

Ant. 2 ***May God turn his radiant face toward us, and fill us with his blessings.***

O God, be gracious and bless us *
and let your face shed its light upon us.
So will your ways be known upon earth *
and all nations learn your saving help.

***Let the peoples praise you, O God; *
let all the peoples praise you.***

Let the nations be glad and exult *
for you rule the world with justice.
With fairness you rule the peoples, *
you guide the nations on earth.

Ant. 2 ***May God turn his radiant face toward us, and fill us with his blessings.***

***For God has said only one thing: *
only two do I know:
that to God alone belongs power *
and to you, Lord, love;
and that you repay each man *
according to his deeds.***

Glory to the Father, and to the Son *
and to the Holy Spirit:

***as it was in the beginning, is now, *
and will be for ever. Amen.***

***Let the peoples praise you, O God; *
let all the peoples praise you.***

The earth has yielded its fruit *
for God, our God, has blessed us.
May God still give us his blessing *
till the ends of the earth revere him.

***Glory to the Father, and to the Son *
and to the Holy Spirit:***

***as it was in the beginning, is now, *
and will be for ever. Amen.***

Canticle: Colossians 1:12-20

Ant. 3 Through him all things were made; he holds all creation together in himself.

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Let us give thanks to the Father *
for having made you worthy
to share the lot of the saints *
in light.

*He rescued us *
from the power of darkness
and brought us *
into the kingdom of his beloved Son.
Through him we have redemption, *
the forgiveness of our sins.*

He is the image of the invisible God, *
the first-born of all creatures.
In him everything in heaven and on earth was
created, *
things visible and invisible.

*All were created through him; *
all were created for him.
He is before all else that is. *
In him everything continues in being.*

Ant. 3 He is the first-born of all creation; in every way the primacy is his.

READING (Lector)

A reading from the 1 Letter to Peter (5-5b-7)

In your relations with one another, clothe yourselves with humility, because God “is stern with the arrogant but to the humble he shows kindness.” Bow humbly under God’s mighty hand, so that in due time he may lift you high. Cast all your cares on him because he cares for you.

RESPONSORY

Keep us, O Lord, as the apple of your eye.
– *Keep us, O Lord, as the apple of your eye.*

Gather us under the shadow of your wings and keep us,
– *as the apple of your eye.*

Glory to the Father, and to the Son, and to the Holy Spirit.
– *Keep us, O Lord, as the apple of your eye*

It is he who is head of the body, the church! *
he who is the beginning,
the first-born of the dead, *
so that primacy may be his in everything.

*It pleased God to make absolute fullness reside
in him *
and, by means of him, to reconcile everything
in his person,
both on earth and in the heavens, *
making peace through the blood of his cross.*

Glory to the Father, and to the Son *
and to the Holy Spirit:

*as it was in the beginning, is now, *
and will be for ever. Amen.*

GOSPEL CANTICLE

Ant. Lord, with the strength of your arm scatter the proud and lift up the lowly.
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Canticle of Mary (ALL PROCLAIM)

Luke 1:46-55

My + (make sign of cross) soul proclaims the greatness of the Lord, †
my spirit rejoices in God my Savior *
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed: †
the Almighty has done great things for me, *
and holy is his Name.

He has mercy on those who fear him *
in every generation.

He has shown the strength of his arm, *
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, *
and has lifted up the lowly.

He has filled the hungry with good things, *
and the rich he has sent away empty.

He has come to the help of his servant Israel *
for he has remembered his promise of mercy,
the promise he made to our fathers, *
to Abraham and his children for ever.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Ant. Lord, with the strength of your arm scatter the proud and lift up the lowly.

INTERCESSIONS

Beloved brothers and sisters, let us rejoice in our God, for he takes great delight in bestowing benefits on his people. Let us fervently pray:

Increase your grace and your peace, Lord.

Eternal God, for whom a thousand years are like the passing day, help us to remember that life is like a flower which blossoms in the morning, but withers in the evening.

Increase your grace and your peace, Lord.

Give your people manna to satisfy their hunger, and living water to quench their thirst for all eternity.

Increase your grace and your peace, Lord.

Let your faithful ones seek and taste the things that are above, and let them direct their work and their leisure to your glory. ***Increase your grace and your peace, Lord.***

Deliver us from all harm, Lord, and pour out your abundant blessings on our homes.

Increase your grace and your peace, Lord.

Show the faithful departed the vision of your face, let them rejoice in the contemplation of your presence. ***Increase your grace and your peace, Lord.***

THE LORD'S PRAYER

(With longing for the coming of God's kingdom, let us offer our prayer to the Father:)

CONCLUDING PRAYER

Lord God,
holy is your name,
and renowned your compassion,
cherished by every generation.
Hear our evening prayer
and let us sing your praise,
and proclaim your greatness for ever.
We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.
– Amen.

SPECIAL PRAYERS

Prayer for Evangelization (*ALL*)

Loving God, You called us each by name and gave your only Son to redeem us. In your faithfulness You sent the Holy Spirit to complete the mission of Jesus among us. Open our hearts to Jesus; give us the courage to speak his name to those who are close to us; and the generosity to share his love with those who are far away. We pray that every person throughout the world be invited to know and love Jesus as Savior and Redeemer. May they come to know his all-surpassing love; may that love transform every element of our society. We ask this through Christ, Our Lord. Amen

Prayer for Vocations (*ALL*)

Loving God, by Your Spirit lead people to religious life and the priesthood. We also pray in particular for vocations to the Society of Mary and our USA Province. We ask this in the name of Jesus, through the intercession of Mary, our Mother. Amen.

BENEDICTION

Tantum Ergo

Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui

Genitori, Genitoque
Laus et iubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.

Deacon: You have given them bread from heaven.
R. Having all sweetness within it.

Deacon: 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 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.

Blessing

The deacon will then bless all present with the Eucharist.

Divine Praises

All repeat each line after the Deacon proclaims it.

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. Amen.

Hymn - Holy God, We Praise Your Name

Holy God,
we praise your name;
Lord of all, we bow before you;
all on earth your scepter claim,
all in heav'n above adore you.
Infinite your vast domain,
everlasting is your reign.

Hark, the loud celestial hymn
angel choirs above are raising;
cherubim and seraphim
in unceasing chorus praising,
fill the heav'ns with sweet accord:
"Holy, holy, holy Lord."