

The rubrics are taken from the ritual, Holy Communion and worship of the Eucharist outside Mass

The altar is prepared as at Mass, i.e. it is covered with a white cloth. The Corporal is open on the altar (or the throne if this is used). The monstrance is placed to the left outside the corporal. The minister will need at least two servers, one to act as M.C. and the other to act as thurifer. The servers will vest in an alb, or a cassock and surplice.

1. For Exposition of the Blessed Sacrament in the monstrance, four to six candles are lighted, as at Mass and incense is used. For exposition of the Blessed Sacrament in the ciborium at least two candles should be lighted and incense may be used (85).
2. The ordinary minister for exposition of the Eucharist is the priest or deacon. At the end of the period of adoration, he blesses the people with the sacrament.
3. The minister, if he is a priest or deacon, should vest in an alb, or a surplice over a cassock, and a stole. The priest or deacon should wear a white (or a gold) cope and a humeral veil to give the blessing at the end of adoration (92).
4. After the people have assembled, the procession goes to the altar with the ministers and the servers. The minister goes to the tabernacle and removes the Blessed Sacrament. He places the Blessed Sacrament on the corporal and then puts the Sacred Host in the monstrance, genuflecting, he then returns to the foot of the altar. The exposition hymn is begun; the minister and servers stand to prepare the incense. (*The Bishop has requested that this hymn always be **O Salutaris Hostia***) Kneeling, the minister incenses the Blessed Sacrament with three double swings. All bow after the incensation. The minister hands the thurible back to the server. The minister may remain at the foot of the altar or go to a suitable place for the period of adoration.
5. During the exposition there should be prayers, songs and readings to direct the attention of the faithful to the worship of Christ the Lord, sacred silence is needed to respond to the Word of God(95)
6. The Rosary, Liturgy of the Hours or litanies may be prayed at this period (*see no 165, Directory on popular piety and the Liturgy*).
7. After the period of Adoration and prayer, the minister and servers return to the foot of the altar. The *Tantum Ergo* or some other Eucharistic Hymn is then sung.(*The Bishop asks that this hymn always be the **Tantum Ergo***) At the beginning of the second verse of the *Tantum Ergo* or hymn, the minister stands to put incense in the Thurible. All kneel as the minister incenses the Blessed Sacrament with three double swings.
8. The minister stands and sings or says *Let us pray* and follows with the *collect*; he then receives the humeral veil from the M.C. and goes up behind the altar, facing the people. The server goes to the place where the minister was kneeling to incense the Blessed Sacrament during the blessing. The minister genuflects and taking the monstrance with veiled hands, makes the sign of the cross over the faithful. The bells may be rung during the blessing. After the

- Benediction he places the monstrance back on the altar, returns to his place and gives the humeral veil to the M.C. As is customary, the *Divine Praises* are now prayed by all.
9. He now returns to the altar and placing the monstrance on his left side, takes the Blessed Sacrament and places it back into the tabernacle. A hymn such as *Holy God we Praise Thy Name* may be sung at this time, or some other antiphon or Hymn.
 10. The priest returns to the foot of the Altar, the previous hymn may continue or a Marian Hymn may be sung as the minister and servers go in procession to the sacristy.

Glossary:

Monstrance- The sacred vessel that is used to expose the Sacred Host.

Pyx- The sacred vessel that holds the Sacred Host for Benediction. A pyx is also used to carry Holy Communion to the sick.

Cope- A Sacred Vestment, shaped like a cloak used in processions, blessings, and other liturgical rites that do not require the use of the chasuble or dalmatic.

Humeral Veil: The Sacred Vestment that covers the shoulders and hands of the minister to carry the Blessed Sacrament or give Benediction. It is also used at the Chrism Mass to carry the Holy Oils.

Throne: A special stand to place the Monstrance on for Adoration. It is also called a Mount Tabor stand. It is made from the same material as the Monstrance.

Thurible- The vessel that is used to burn incense.

Boat- The vessel used to hold the incense.

Thurifer- The server who takes care of the Thurible and incense during Liturgies.

M.C. - The server who acts as Master of ceremonies. Their function is to direct and assist the sacred ministers in the Liturgy.

Dear Father,

At the request of our Bishop, we will begin the celebration of the Eucharistic Year, with an hour of Eucharistic Adoration in our parishes on October 7th, 2004, the Feast of the Holy Rosary.

Please find enclosed some materials to assist you in the celebration of the Holy Hour. Attached also are the particular rubrics and norms for Exposition and Benediction of the Blessed Sacrament.

May the Eucharistic Heart of Jesus guide and protect you always.

Yours in Christ

Rev. Morgan M. White
Diocesan Liturgical Commission

**A Holy Hour for the Opening of the Year of the Eucharist
October 7th 2002**

All is prepared as above. At the Exposition the following Eucharistic Hymn is sung.

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

Period of Adoration

To open the time of prayer the minister may speak in his own words and introduce the theme of the Holy Hour. During the adoration it is essential to have moments of silence that all may hear in prayer what the Lord is speaking to us as we respond to His Holy Word

Opening Prayer

We come to You Lord, like the apostles saying, "Increase our faith". Give us a strong and lively faith in Your Real Presence here in the Sacrament of the Altar.

Give us the splendid faith of the centurion which drew from you such praise.

Give us the faith of the beloved disciple to recognize You and say: "It is the Lord!"

Give us the faith of Saint Peter to confess, "You are the Christ, the Son of the Living God".

Give us the faith of Saint Mary Magdalene to fall at your feet crying, "Rabbi, Master!"

Give us Lord Jesus the perfect faith of your Holy Mother, who was totally open to the will of the Father. Teach us to be generous in faith, hope and love as she was. Teach us to love her, as you love her with your Sacred Heart. She will teach us to love You with her immaculate heart.

Give us Lord Jesus the faith of all your saints to whom the Blessed Sacrament was heaven begun on earth. In every Holy Communion, and every visit to You in the Eucharist increase our faith and love, our humility and reverence and all good things will come to us. Dear Lord, increase our faith as we adore you here in the Sacrament of your Love.

Reading from Sacred Scripture:

A Reading from the Holy Gospel according to Saint John

Jesus said to the Jews who were present:

"I am the living bread that came down from heaven;

Whoever eats this bread will live forever;
And the bread that I will give
is my Flesh for the life of the world.”

The Jews quarreled among themselves, saying,
How can this man give us his Flesh to eat?”

Jesus said to them,

“Amen, amen, I say to you,
unless you eat the Flesh of the Son of Man and drink his Blood,
you do not have life within you.

Whoever eats my Flesh and drinks my Blood
has eternal life,
and I will raise him on the last day.

For my Flesh is true food,
and my Blood is true drink.

Whoever eats my Flesh and drinks my Blood
remains in me and I in him.

Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me
will have life because of me.

This is the bread that came down from heaven.

Unlike your ancestors who ate and still died,
whoever eats this bread will live forever.”

The Gospel of the Lord.

Or any other suitable texts may be chosen. The Scriptures are read from the ambo as at Mass.

Act of Consecration to Jesus Christ

In a spirit of love and praise we rededicate ourselves as disciples of the Lord Jesus

O Jesus receive our poor offering. You have given yourselves to us, now we give ourselves to you. We give you our bodies that they may be chaste and pure. We give you our souls that they may be free from sin. We give you our hearts that we may love you alone. We give you all our thoughts words and actions, that all may be served in your kingdom. Most Sacred Heart of Jesus, we place all our trust in You.

During the Holy Hour all the faithful in the Diocese are invited to recite the Luminous Mysteries of the Holy Rosary. We begin this Eucharistic Year with Mary our Mother. As we continue to fall in love with her Son through the Liturgical and Sacramental Life of the Church, we ponder with her the saving word of God in the Holy Rosary as we contemplate the face of Christ in each mystery. This Eucharistic year is part of the new springtime in the life of the Church. The Paschal Mystery,

made present in the Eucharist, continues to form the image of the Trinity in us. We have in the Rosary a unique way to ponder these mysteries of Christ. Jesus is inviting us to trust Him, love Him and adore him as we experience the power of the Holy Spirit in our renewed prayer lives. Let us begin this Rosary in renewed faith and love.

The Rosary is prayed in the usual way. Individuals may lead the meditations and prayers. Sacred Silence is fittingly observed or hymns may be sung during each decade.

The Mysteries of Light

1. The Baptism of Jesus in the Jordan Mt. 3:17

Lord Jesus may the grace of this mystery come and transform our hearts. Here we contemplate Jesus as he descends in to the water and is baptized by John. The heavens open and the voice of the Father declares Him the beloved Son. The Spirit descends upon Jesus and fills Him with God's mission to save the world from sin. I have been baptized too. I have received the Spirit. Do I do what I can to make present the mission of Jesus?

Dear Master, You who are without sin took on our sin because you love us. In your Baptism you give us an example and show your solidarity with us. Help us not to loose courage with our daily battle to die to sin.

Our Father, Ten Hail Mary's, Glory Be.

2. The Wedding at Cana Jn.2:1-12

Lord Jesus may the grace of the mystery come and transform our hearts. In this mystery Jesus changes water into wine at the request of Mary, who was first among believers. The disciples witness this miracle, their hearts are open to faith, and they begin to believe in Him. God cares. Even in the small things of our lives. Our Mother is here as intercessor at the beginning of the ministry of Jesus. She will remain faithful to the end and become Mother to all humanity at the foot of the cross. Let us ask our Mother to intercede for us that the waters of sorrow may be turned to the wine of Christian joy. We will experience joy as we remain united to her Son in Eucharistic Communion.

Dear Master, change us as you changed the waters at Cana. We have united ourselves to you in Baptism. Teach us in our prayer what our discipleship means and give us the grace to fulfill your will.

Our Father, Ten Hail Mary's, Glory Be

3. The Proclamation of the Kingdom Mk. 1:15

Lord Jesus may the Grace of this mystery come and remain in our hearts forever. Jesus preaches the Gospel in Galilee. He proclaims this is the time for fulfillment, for the Kingdom of God is at hand. He asks all to repent and forgives the sins of those who believe

in Him. Do I realize that I am personally called by Jesus to repentance? Am I aware that all sin destroys the joy that should be mine as a child of God? Let us resolve, as we meditate on this mystery, to stop listening to the lies of Satan as he tempts us into sin. United to Christ in the Sacraments of Penance and the Holy Eucharist, the Kingdom will reign in us.

Dear Master, help me to understand that you are constant in your love for me. In times of temptation and sin give me the grace to turn to you in trust and love. Let me never give up but have the courage to always start again.

Our Father, Ten Hail Mary's Glory Be.

4. The Transfiguration of Jesus **Lk. 9:35**

Lord Jesus may the grace of this mystery come and remain with us forever. On Mount Tabor the Apostles see the glory of God shining forth from the face of Jesus. The voice of the Father, coming forth from the crowd says: "This is my beloved Son listen to Him."

Lord Jesus this mystery foretells of your Resurrection and Ascension into heaven and anticipates for us the glory of eternal life. We shall see you face to face in heaven, but now in faith, we share your Divine life through the Sacraments of Your Church. Renew within us a strong desire for you that we may with the entire Church share your glory in heaven

Our Father, Ten Hail Mary's, Glory Be

5. The Institution of the Holy Eucharist **Jn.13:1**

Lord Jesus may the grace of this mystery come into our hearts and remain with us forever. At the Last Supper, Jesus offers His Body and Blood under the signs of bread and wine, and washes the feet of His Apostles. He knows Judas has betrayed Him and His hour has come. Jesus testifies to His everlasting love for each one of us by letting us share the Sacrament of the Eucharist.

At this Sacred Banquet in which Christ is received, the memory of His Passion is renewed, our lives are filled with grace and a pledge of future glory is given to us.

Dear Master, the Church and the world have a great need for Eucharistic Worship. You await us in the Sacrament of Love. Let us not refuse the time to go to meet you in the Eucharistic Sacrifice and in adoration, in contemplation full of faith being open to make amends for the serious offences and crimes of the world. Let our Adoration never cease.

Our Father, Ten Hail Mary's, Glory Be

The Rosary concludes in the usual way with the Hail, Holy Queen and prayer after the Rosary.

Let us continue in our acts of praise and worship as we publicly dedicate ourselves to Christ our King.

Loving Jesus, Redeemer of the world, we are yours and yours we wish to be. To bind ourselves to you even more closely we kneel before You today to offer ourselves to Your Most Sacred Heart.

R. Praise to You our Savior and our King

Have mercy on all who have never known You, and on all who reject you and refuse to obey you: gentle Lord draw them to Yourself.

R. Praise to You our Savior and our King

Reign over the faithful who have never left you, reign over those who have squandered their inheritance, the prodigal children who are now starving, bring them back to our Fathers house.

R. Praise to You our Savior and our King

Reign over those who are misled by error or divided by discord. Hasten the day when we shall be one in faith and truth, one flock with you the Good Shepard. Give Your Church, freedom and peace, and to all nations justice and order. Make the earth resound from pole to pole with a single cry: Praise to the Divine Heart of Jesus that gained our salvation glory and honor be His forever and ever Amen.

Benediction of the Blessed Sacrament

After the period of Adoration, the minister and servers return to the foot of the Altar and kneel. The *Tantum Ergo* is sung. During the hymn the Blessed Eucharist is incensed.

**Tantum Ergo Sacramentum
Veneremur cernui
Et antiquum documentum
Novo cedat ritui
Praestet fides supplementum
Sensum defectui**

**Genitoque Genitoque
Laus et jubilatio
Salus honor virtus quoque
Sit et benedictio
Procedenti ab utroque
Compar sit laudatio Amen**

The following is sung or recited in Latin or the vernacular.

V. Panem de caelo praestitistieis
R. Omne delectamentum in se habentem

Oremus

Deus qui nobis sub sacramento mirabilis, passionis tuae memoriam reliquisti: tribue, quaesumus, ita nos Corporis et Sanguinis tui sacra mysteria venerari, ut redemptionis tuae fructum in nobis iugiter sentiamus: Qui vivis et regnas in saecula saeculorum. Amen

V. You gave them Bread from heaven to be their food
R. And this Bread contained all goodness

Let us pray

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 have won for us and the peace of the Kingdom where you live with the Father and the Holy Spirit on God, for ever and ever.

After the blessing the Divine Praises are recited together.

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 His saints.

The Blessed Sacrament is now reposed, and the following hymn may be sung to conclude the Holy Hour

Holy God we Praise Thy Name
Lord of all we bow before Thee
All on earth Thy scepter claim
All in heaven above adore Thee
Infinite Thy vast Domain
Everlasting is Thy Reign

Hark the loud celestial Hymn
Angel choirs above are raising
Cherubim and seraphim
In unceasing chorus praising
Fill the heavens with sweet accord
Holy, Holy, Holy Lord.