

ORDER of PRAYERS-1

OPENING PRAYER

This short introductory prayer is traditional in our Society. It helps us to set the tone, spirit, and purpose of our recitation.

8
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pm

ALL KNEEL

Leader as all bless themselves with the Sign of the Cross.

In the name of the Father, the Son, and the Holy Spirit. Amen.

O Sacrament most holy, O Sacrament divine.

All All praise and all thanksgiving be ever yours.

Leader Blessed be the holy and immaculate Conception.

All Of the Blessed Virgin Mary, Mother of God.

THE INVITATION TO PRAYER

PSALM 95

ALL STAND and make the Sign of the Cross on their lips as the Leader says:

Leader O Lord, open my lips

All and I will proclaim your praise.

Leader Come, let us adore Christ, the Lord, the bread of life.

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All Come, let us adore Christ, the Lord, the bread of life.

Leader Come let us sing to the Lord and shout with joy to the Rock who saves us. Let us approach him with praise and thanksgiving, and sing joyful songs to the Lord.

All Come, let us adore Christ, the Lord, the bread of life.

Right Reader The Lord is God, the mighty God, the great king over all the gods. He holds in his hands the depths of the earth and the highest mountains as well. He made the sea; it belongs to him, the dry land, too, for it was formed by his hands.

All Come, let us adore Christ, the Lord, the bread of life.

Left Reader Come, then, let us bow down in worship, bending the knee before the Lord, our maker. For he is our God and we are his people, the flock he shepherds.

All Come, let us adore Christ, the Lord, the bread of life.

Leader Today, listen to the voice of the Lord: Do not grow stubborn, as your fathers did in the wilderness, when at Meriba and Massa they challenged me and provoked me, although they had seen all of my works.

All Come, let us adore Christ, the Lord, the bread of life.

Right Reader Forty years I endured that generation. I said, "They are a people whose

hearts go astray and they do not know my ways." So I swore in my anger, "They shall not enter into my rest."

All Come, let us adore Christ, the Lord, the bread of life.

Left Reader Glory be to the Father, the Son, and the Holy Spirit.

All As it was in the beginning, is now, and ever shall be. Amen.
Come, let us adore Christ, the Lord, the bread of life.

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Leader Be merciful to me, Lord

All And answer my prayer.

PSALM 4

(Right Reader)

This Psalm is King David's hymn of confidence in God. He sings: "Offer the right sacrifices to the Lord." That is what we do in the best way possible when we offer the Holy Sacrifice of the Mass.

Right Reader When I call, answer me, O God of justice;

ALL SIT

Right Side From anguish you release me; have mercy and hear me!

Left Side O men, how long will your hearts be closed, *
will you love what is futile and seek what is false?

R. It is the Lord who grants favors to those whom he loves; *
the Lord hears me whenever I call him.

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L. Fear him; do not sin: ponder on your bed and be still. *
Make justice your sacrifice, and trust in the Lord.

R. "What can bring us happiness?" many say. *
Let the light of your face shine on us, O Lord.

L. You have put into my heart a greater joy *
than they have from abundance of corn and new wine.

R. I will lie down in peace, and sleep comes at once *
for you alone, Lord, make me dwell in safety.

All Glory be to the Father, the Son, and the Holy Spirit. *
As it was in the beginning, is now, and ever shall be. Amen.

All Be merciful to me, Lord, and answer my prayer.

Left Reader STANDS

Left Reader In the silent hours of the night.

All Praise the Lord.

PSALM 134

(Left Reader)

The Psalmist invites those who serve the Lord in the night to praise Him. We are here to honor that invitation.

Left Reader O come, bless the Lord, all you who serve the Lord,

Left Reader SITS

Left Side All who stand in the house of the Lord, in the courts of the house of our God.

Right Side Lift up your hands to the holy place *
and bless the Lord through the night.

L. May the Lord bless you from Zion,*
he who made both heaven and earth.

All Glory be to the Father, the Son, and the Holy Spirit. *

As it was in the beginning, is now, and ever shall be. Amen.

All In the silent hours of the night, praise the Lord.

Leader STANDS A short reading from the Book of Deuteronomy. (6: 4 - 7)

Listen, Israel! The Lord and he alone is our God. You shall love the Lord, your God, with all your heart, with all your soul, with all your strength. Let these words I urge on you today be written in your heart. You shall repeat them to your children, and say them over and over to them, whether at rest in your house, or walking abroad, at your lying down or at your rising.

The Leader SITS and pauses for a couple of minutes to allow the adorers to think on the words he has just read.

All STAND

Right Reader Into your hands, Lord, we commend our spirit.

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All Yes, Lord, into your hands we commend our spirit.

Left Reader You have redeemed us, Lord, God of truth.

All Into your hands, Lord, we commend our spirit.

Leader Glory be to the Father, the Son, and the Holy Spirit.

All Into your hands, Lord, we commend our spirit.

Leader Save us, Lord,

All While we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

Leader as all bless themselves with the Sign of the Cross.

GOSPEL CANTICLE

Leader Lord, now you let your servant go in peace;

All Your word has been fulfilled:

Leader My own eyes have seen the salvation

All Which you have prepared in the sight of every people:

Leader A light to reveal you to the nations

All And the glory of your people Israel.

Leader Glory be to the Father, the Son, and the Holy Spirit.

All As it was in the beginning, is now, and ever shall be. Amen.

All Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

Leader Let us pray (Pause a moment here)
Lord, be with us throughout this night.
When the day comes, may we rise from sleep to rejoice in the Resurrection of your Son, our Lord and Savior, Jesus Christ who lives and reigns for ever and ever.

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All Amen.

All The Lord grant us a quiet night and a perfect end. Amen.

ANTIPHON IN HONOR OF THE BLESSED VIRGIN MARY

Leader Hail, Holy Queen,

All Mother of mercy, our life, our sweetness and our hope. *

To you do we cry, poor banished children of Eve. *

To you do we send up our sighs, mourning and weeping in this vale of tears. *

Turn, then, most gracious advocate, your eyes of mercy toward us, *

and after this our exile, show us the blessed fruit of your womb, Jesus. *

O clement, O loving, O sweet Virgin Mary!

All SIT

Here the Leader announces a period of silent meditative prayer. (5-7 minutes)

OFFICE OF READINGS

All STAND

Leader O God, come to my assistance.

All Lord, make haste to help me.

All Glory be to the Father, the Son, and the Holy Spirit.

As it was in the beginning, is now, and ever shall be. Amen.

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The following hymn may be recited or sung – preferably sung, whenever possible. *See No. 280 of the General Instruction on the Liturgy of the Hours.*) Any other better known hymn to the Blessed Sacrament may be substituted for this one, if so desired.

H Y M N

Leader

At that first Eucharist before you died,

Right Side

O Lord, you prayed that all be one in you;
At this our Eucharist again preside,
And in our hearts your law of love renew.

All

Thus may we all one Bread, one Body be;
Through this blest Sacrament of Unity.

Left Side

For all your Church, O Lord, we intercede;
O make our lack of charity to cease;
Draw us the nearer each to each we plead
By drawing all to you, O Prince of Peace.

All
Thus may we all one Bread, one Body be;
Through this blest Sacrament of Unity.

Right Side
We pray for those who wander from the fold;
O bring them back, Good Shepherd of the sheep
Back to the faith which saints believed of old,
Back to the Church which still that faith does
keep.

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All
Thus may we all one Bread, one Body be;
Through this blest Sacrament of Unity.

Leader Tell those who are invited:

All The meal is ready; come to the marriage
feast.

PSALM 23

(Leader)

*David marvels that God should be so good to
him, and should prepare a banquet for him.
How much truer are David's words for us
who feed on the very Body and Blood of
Christ!*

Leader The Lord is my shepherd;

All SIT

Right Side There is nothing I shall want.

Left Side Fresh and green are the pastures *
where he gives me repose.

R. Near restful waters he leads me, *
to revive my drooping spirit.

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- L. He guides me along the right path; *
He is true to his name.
- R. If I should walk in the valley of darkness *
no evil would I fear.
- L. You are there with your crook and your staff; *
with these you give me comfort.
- R. You have prepared a banquet for me *
in the sight of my foes.
- L. My head you have anointed with oil; *
my cup is overflowing.
- R. Surely goodness and kindness shall follow me *
all the days of my life.
- L. In the Lord's own house shall I dwell *
for ever and ever.
- All Glory be to the Father, the Son, and the Holy Spirit. *
As it was in the beginning, is now, and ever shall be. Amen.
- All Tell those who are invited: The meal is ready; come to the marriage feast.

Right Reader STANDS

Right Reader If anyone thirsts,

All Let him come to me and drink from the ever-flowing streams.

PSALM 42

(Right Reader)

An exile prays to be delivered from his enemies and restored to the privileges of the sanctuary. We make of this Psalm a prayer to Christ that He may lead us to His altar and His banquet.

Right Reader Like the deer that yearns for running streams,

Right Reader SITS

Right Side So my soul is yearning for you, my God.

Left Side My soul is thirsting for God, *
the God of my life;

R. When can I enter and see *
the face of God?

L. My tears have become my bread, *
by night, by day,

R. As I hear it said all the day long: *
“Where is your God?”

L. These things will I remember *
as I pour out my soul:

R. How I would lead the rejoicing crowd *
into the house of God,

L. Amid cries of gladness and thanksgiving*
the throng wild with joy.

R. Why are you cast down, my soul, *
why groan within me?

L. Hope in God; I will praise him still, *
my savior and my God.

R. My soul is cast down within me *
as I think of you,

L. From the country of Jordan and Mount
Hermon, *

from the Hill of Mizar.

R. Deep is calling on deep, *
in the roar of the waters:

L. Your torrents and all your waves *
swept over me.

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- R. By day the Lord will send *
his loving kindness;
- L. By night I will sing to him, *
praise the God of my life.
- R. I will say to God my rock: *
“Why have you forgotten me?
- L. Why do I go mourning *
oppressed by the foe? ”
- R. With cries that pierce me to the heart, *
my enemies revile me,
- L. Saying to me all the day long: *
“Where is your God?”
- R. Why are you cast down my soul, *
why groan within me?
- L Hope in God; I will praise him still, *
my savior and my God.
- All Glory be to the Father, the Son, and the
Holy Spirit.
As it was in the beginning, is now, and
ever shall be. Amen.
- All If anyone thirsts, let him come to me
and drink from the ever-flowing streams.

Left Reader STANDS

Left Reader The Lord fed us with the finest
wheat

All And filled us with wild honey.

PSALM 81

(Left Reader)

*This Psalm is a song of joy for a festival. It
spells out some of the nice things God did
for Israel, not the least of which was: “Open*

your mouth and I will feed you.” We use the Psalm to celebrate the greatness of God who feeds us not with manna, but with His own Body and Blood.

Left Reader Ring out your joy to God our strength,

Left Reader SITS

Left Side Shout in triumph to the God of Jacob.

Right Side Raise a song and sound the timbrel,*
the sweet-sounding harp and the lute,

L. Blow the trumpet at the new moon,*
when the moon is full, on our feast.

R. For this is Israel’s law,*
a command of the God of Jacob.

L. He imposed it as a rule on Joseph,*
when he went out against the land of Egypt.

R. A voice I did not know said to me:*
“I freed your shoulder from the burden;

L. Your hands were freed from the load.*
You called in distress, and I saved you.

R. I answered, concealed in the storm
cloud,*

at the waters of Meriba I tested you.

L. Listen, my people to my warning,*
O Israel, if only you would heed!

R. Let there be no foreign god among you,*
no worship of an alien god.

L. I am the Lord your God, who brought
you from the land of Egypt.*

Open wide your mouth and I will fill it.

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- R. But my people did not heed my voice *
and Israel would not obey,
L. So I left them in their stubbornness of
heart *
to follow their own designs.
R. O that my people would heed me, *
that Israel would walk in my ways!
L. At once I would subdue their foes, *
turn my hand against their enemies.
R. The Lord's enemies would cringe at their
feet *
and their subjection would last forever.
L. But Israel I would feed with finest
wheat *
and fill them with honey from the rock."'
All Glory be to the Father, the Son, and the
Holy Spirit. *
As it was in the beginning, is now, and
ever shall be. Amen.
All The Lord fed us with finest wheat and
filled us with wild honey.

Leader STANDS

Leader Wisdom built herself a house,

All She mixed her wine and set her table.

Leader A reading from St. Paul's first letter to
the Christians of the City of Corinth.
(I Cor. 11 : 17-33.)

*To understand St. Paul's message, we have to
know the circumstances that provoked him to write. In*

those early days of the Church, the celebration of the Eucharist was linked to a brotherly meal. Unfortunately that meal had degenerated into anything but a brotherly gathering. The rich brought their own fancy foods which they did not share with the poor; they overate, they overdrank, and gathered into divisive cliques. This was hardly the right spirit for the Eucharistic celebration that followed! It was to put a stop to those abuses, that St. Paul wrote the following words: (Pause a few moments.)

In the following instructions I do not praise you; for your meetings actually do more harm than good. In the first place, I have been told that there are opposing groups in your meetings; and this, I believe, is partly true.... When you meet together as a group, you do not come to eat the Lord's Supper. For as you eat, each one goes ahead with his own meal, so that some go hungry while others get drunk. Don't you have your own homes in which to eat and drink? Or would you rather despise the Church of God, and put to shame the people who are in need? What do you expect me to say about this? Should I praise you? Of course, I do not praise you!

For from the Lord I received the teaching that I passed on to you: that the Lord Jesus, on the night he was betrayed, took the bread, gave thanks to God, broke it, and said: "This is my body, which is for you. Do this in memory of me." In the same way, he took the cup after the supper and said: "This cup is God's new covenant, sealed with my blood. Whenever you drink it, do it in memory of me." For until the Lord comes, you proclaim his death whenever you eat this bread and drink from this cup.

It follows, then, that if anyone eats this bread or drinks from the Lord's cup unworthily,

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he is guilty of profaning the body and blood of the Lord. Everyone should examine himself, therefore, before eating the bread and drinking from the cup. For if he does not recognize the Lord's body when he eats the bread and drinks from the cup, he brings judgment on himself as he eats and drinks.... So then, brothers, when you gather together to eat the Lord's meal, wait for one another.

Leader SITS for at least two minutes to give the adorers time to think upon the words he has just read to them.

Leader STANDS

Leader I am the bread of life. Your forefathers ate Manna in the desert, and they died.

All This is the bread that comes down from heaven; anyone who eats this bread will never die.

Leader I am the living bread come down from heaven. Anyone who eats this bread will live forever.

All This is the bread that comes down from heaven; anyone who eats this bread will never die.

Leader SITS

Reader (Optional, Left or Right) STANDS

A reading from one of Saint Thomas Aquinas' many sermons on the Holy Eucharist. (Pause a moment here.)

Saint Thomas is perhaps the greatest theologian the Church has ever had. Certainly he was one of its great saints. His thinking has deeply influenced the Church ever since he expounded it to his students. His holiness has been a shining example to the entire Chris-

tian world. His keen mind not only applied itself to the theological depths of the Eucharistic Mystery, it also inspired him in the many sermons he preached on the Blessed Sacrament. The following is an example of his fine blend of theology and piety.

God in His great goodness has bestowed on Christians a privilege beyond compare. In fact, there is not today, nor was there ever at any time, a people with their gods as close to them as our God is close to us. God's only begotten Son, our Lord Jesus Christ, in His eagerness to have us share in His divine life, took on Himself our human nature and became a man like us, so that through Him we might become godlike. Whatever of our nature he took to Himself, He turned into instruments of our salvation: His body He offered on the Cross as a victim to God the Father for our redemption; His blood He shed in payment of our reconciliation with God, by cleansing us from sin, and freeing us from the slavery of evil. And lest we forget that tremendous reality, He left us, under the appearances of bread and wine, His Body as food and His Blood as drink.

What a wonderful thing this is! Indeed, can anything be greater for us than this sacred meal in which is eaten, not the flesh of animals as in the sacrifices of the Old Testament, but the very Body and Blood of Jesus Christ? Can anything on earth compare with this?

No other sacrament does as much for us as does the Holy Eucharist. By it we are purged of our sins; our virtues are strengthened and increased; our soul is filled with an abundance of spiritual benefits that draw us ever closer to God. Because the Holy Eucharist was instituted for the salvation of all, the Church offers it

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for both the living and the dead, that all may share its treasures. Words fail us when we try to express the spiritual joy this Sacrament brings us, since it gives us the very source of joy, Christ Himself. It also is, for us, a continuous reminder of the great love Christ had for us in undergoing the torments of His passion and death.

It was to firmly impress on us the vastness of this love, that our Lord, at the Last Supper, after He had celebrated the Passover with His disciples and was on the point of leaving this world to go back to the Father, instituted this Sacrament as a perpetual memorial of His passion. In this He was fulfilling the types and figures of the Old Testament, and giving us His greatest miracle. To those tempted to feel sad over His going away from this earth, this Sacrament was destined to be a unique and abiding comfort.

Reader SITS and pauses for at least two minutes to give the adorers time to think on what he has just read to them.

Same Reader STANDS

Reader See in this bread the body of Christ which hung upon the cross, and in this cup the blood which flowed from his side.

All Take his body, then, and eat it; take his blood and drink it, and you will become his members.

Reader The body of Christ is the bond which unites you to him; eat it, or you will have no part in him. The blood is the price he paid for your redemption; drink

it, lest you despair of your sinfulness.
All Take his body, then, and eat it; take his
blood and drink it, and you will become
his members.

All STAND

Leader Let us pray (Pause a moment here)
Lord, Jesus Christ, we worship you living
among us in the sacrament of your body
and blood. May we offer to our Father
in heaven a solemn pledge of undivided
love. May we offer to all a life truly dedi-
cated to the service of that kingdom
where you live with the Father and the
Holy Spirit, one God, forever and ever.

All Amen.

All KNEEL

Leader Prayer to our Lady of the Blessed
Sacrament.

All O Virgin Immaculate, Mother of Jesus
and our own Mother, our Lady of the
most Blessed Sacrament, we honor you.
It was from you that our Savior, present
and living in the Holy Eucharist, took his
flesh and blood, – the same flesh and
blood which he offered in sacrifice to
the Father, and with which he feeds us
in Holy Communion. Give us a deeper
appreciation of the Eucharistic Mystery,
an unwavering loyalty to the words of
your Son: "This is my body....this is my
blood," a practical faith in what the
Holy Eucharist means to the Church. In-

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crease our love for Christ whose living presence we honor by our presence here. May we be blessed through your intercession, for, in the divine plan, it was you who made it possible for us to receive the source of life, our Lord, Jesus Christ, your Son, who lives and reigns in the Holy Eucharist for love of us. Amen.

All SIT

- The Leader announces a period of silent prayer stating how many minutes it will last (usually 5 - 7 minutes).
- When that time is over he announces one of the prayers in PART III (pages 137-160), Prayer of Adoration, or Thanksgiving, or Reparation, or Petition.

N.B. The idea is to offer variety by using different sections every month. If there is time two sections may be used - for example adoration and reparation, one month; thanksgiving and petition, another month; adoration and thanksgiving, etc., etc. in any combination, different each month. The Moderator will determine what practice to follow.

- Five minutes before the end of the hour the Leader says:

Prayers for the Deceased, page 161.

- He finishes the Hour with
Prayers for the intentions of the Holy Father, to gain the Plenary Indulgence granted for the Hour.

Our Father (once)

Hail Mary (once)