

ORDER of PRAYERS-5

OPENING PRAYER

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

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.

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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.

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.

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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.

Leader The Lord is compassionate;

All He gives food to those who fear him, as
a remembrance of his great deeds.

P S A L M 107 — I

(Leader)

*Overwhelmed by the great goodness of God,
the Psalmist sings a hymn of praise and
thanksgiving to God for all that He has done
for His people. We use his words to praise
and thank God for all He has done for us.
Because of its length, the Psalm is divided
into three sections for this hour.*

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Leader O give thanks to the Lord for he is good;*

All SIT

Right Side For his love endures forever.

Left side Let them say this, the Lord's redeem-
ed, *

whom he redeemed from the hand of the
foe,

R. And gathered from far-off lands, *
from east and west, north and south.

L. Some wandered in the desert, in the
wilderness, *

finding no way to a city they could
dwell in.

R. Hungry they were and thirsty; *
their soul was fainting within them.

- L. Then they cried to the Lord in their
need *
- and he rescued them from their distress,
- R. And he lead them along the right way, *
to reach a city they could dwell in.
- L. Let them thank the Lord for his love, *
for the wonders he does for men.
- R. For he satisfies the thirsty soul; *
he fills the hungry with good things.
- L. Some lay in darkness and in gloom, *
prisoners in misery and chains.
- R. Having defied the word of God *
and spurned the counsels of the Most
High.
- L. He crushed their spirit with toil; *
they stumbled; there was no one to help.
- R. Then they cried to the Lord in their
need *
- and he rescued them from their distress.
- L. He led them forth from darkness to
gloom *
- and broke their chains to pieces.
- R. Let them thank the Lord for his good-
ness, *
- for the wonders he does for men:
- L. For he bursts the gates of bronze *
and shatters the iron bars.
- 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 is compassionate; he gives food
to those who fear him, as a remembrance
of his great deeds.

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Right Reader STANDS

Right Reader The Lord brings peace to his
Church,

All And fills us with the finest of wheat.

P S A L M 107 – II

Right Reader Some were sick on account of
their sins *

Right Reader SITS

Right Side And afflicted on account of their
guilt.

Left Side They had a loathing for every food; *
they came close to the gates of death.

R. Then they cried to the Lord in their
need *
and he rescued them from their distress.

L. He sent forth his word to heal them *
and saved their life from the grave.

R. Let them thank the Lord for his love, *
for the wonders he does for men.

L. Let them offer a sacrifice of thanks *
and tell of his deeds with rejoicing.

R. Some sailed to the sea in ships *
to trade on the mighty waters.

L. These men have seen the Lord's deeds, *
the wonders he does in the deep.

R. For he spoke; he summoned the gale, *
raising up the waves of the sea.

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- L. Tossed up to heaven, then into the deep,*
their soul melted away in their distress.
- R. They staggered, reeled like drunken men,*
for all their skill was gone.
- L. Then they cried to the Lord in their
need *
and he rescued them from their distress.
- R. He stilled the storm to a whisper: *
all the waves of the sea were hushed.
- L. They rejoiced because of the calm *
and he led them to the haven they de-
sired.
- R. Let them thank the Lord for his love, *
the wonders he does for men.
- L. Let them exalt him in the gathering of
the people *
and praise him in the meeting of the el-
ders.
- 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 brings peace to his Church,
and fills us with the finest of wheat.

Left Reader STANDS

Left Reader Truly I say to you:

- All Moses did not give you the bread from
heaven; my Father gives you the true
bread from heaven.

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P S A L M 107 – III

Left Reader He changes streams into a desert, *

Left Reader SITS

Left Side Springs of water into thirsty ground,

Right Side Fruitful land into a salty waste, *
for the wickedness of those who live
there.

L. But he changes desert into streams, *
thirsty ground into springs of water.

R. There he settles the hungry *
and they build a city to dwell in.

L. They sow fields and plant their vines; *
these yield crops for the harvest.

R. He blesses them; they grow in numbers.*
He does not let their herds decrease.

L. He pours contempt upon princes, *
makes them wander in tractless wastes.

R. They diminish, are reduced to nothing *
by oppression, evil and sorrow.

L. But he raises the needy from distress; *
makes families numerous as a flock.

R. The upright see it and rejoice *
but all who do wrong are silenced.

L. Whoever is wise let him heed these things*
and consider the love of the Lord.

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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 Truly I say to you: Moses did not give you the bread from heaven; my Father gives you the true bread from heaven.

Leader STANDS

Leader You nourished your people with the food of angels

All And furnished them bread from heaven.

Leader A Reading from the Book of Exodus.

(16: 1-8, 13-17, 31, 35)

Faith and trust in God can be a very fragile thing! The Israelites after generations of painful servitude in Egypt had seen their prayers answered. Their march to freedom and a promised land had been preceded and accompanied by startling miracles. There had been the "Plagues" in Egypt, and the spectacular crossing of the Red Sea. But in spite of such and many other wonders, their faith began to waver when the going got particularly hard. Trekking through the heat and aridity of desert lands, with food scarce and unpalatable when it could be had, they complained bitterly, and were loudly vocal to Moses and Aaron against a God hard-hearted enough to bring them to such a plight. Their ingratitude stirred the Almighty to anger. But at the intercession of Moses, rather than visit punishment on His people, the Almighty rained down a special food for them – quails in the evening and manna in the morning. The manna has from the earliest Christian times been considered as a prefigure of the Bread of the Eucharist, whereby Christ gives Himself as the food of our souls. (Pause a few moments here.)

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In the desert, the whole Israelite community began to complain against Moses and Aaron, and said to them: "Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat, and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!"

Then the Lord said to Moses: "Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not. On the sixth day, when they prepare what they have brought in, this will be twice as much as the daily gathering."

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Moses and Aaron said to the whole community of the Israelites: "In the evening you shall learn that it was the Lord who brought you out of the land of Egypt, and in the morning you shall see the glory of the Lord, for he has heard your complaints against him — it is not against us you complain, for what are we? . . . In the evening the Lord will give you meat to eat, in the morning bread to your heart's content, for the Lord has heard your complaints against him; your complaining is not against us — for what are we? — but against the Lord."

And so it came about: quails flew up in the evening, and they covered the camp; in the morning, there was a coating of dew all around the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the Israelites said to one another: "What is that?" not knowing what it

was. "That," said Moses to them, "is the bread the Lord gives you to eat. This is the Lord's command: Everyone must gather enough of it for his needs, one omer a head, according to the number of persons in your families. Each one of you will gather for those who share his tent."

The House of Israel named it "Manna." It was like coriander seed; it was white, and its taste was like that of wafers made with honey.

The sons of Israel ate manna for forty years up to the time they reached inhabited country; they ate manna up to the time they reached the frontier of the land of Chanaan.

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

Leader STANDS

Leader You gave your people the food of angels, sending them bread from heaven already prepared.

All Containing every delight, satisfying every taste.

Leader It was not Moses who gave you bread from heaven; it is my Father who gives you the true bread from heaven.

All Containing every delight, satisfying every taste.

Leader SITS

Reader (Optional Left or Right) STANDS

Reader A reading from Saint Hilary's Treatise on the Holy Trinity.

The Manna was a great miracle of God's compassion for His rebellious people. An even greater miracle was

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the fact that through it He sustained His Chosen People for forty long years.

Saint Hilary, the great Bishop of Poitiers in France, who lived in the 4th century, was deeply struck by the sight of God's goodness in sustaining the physical life of His people for so many years. But he was much more impressed by the mystery of the Eucharist sustaining man's spiritual life. Studying the mystery of the Blessed Trinity, he marveled that man should share the very life of God through grace. But he felt his words inadequate to explain the goodness of God in sustaining that life through the food of the Holy Eucharist. The following extract gives us his deep thought in the matter. (Pause a moment here)

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If the Word was truly made flesh, and if we truly receive the Word made flesh in the Lord's food, why should we not hold that he remains within us naturally? For when he was born as a man, he assumed the nature of our flesh in such a way that it became inseparable from himself; and he joined the nature of his flesh to the nature of his eternity in the sacrament of his flesh which he allows us to share. Accordingly, we are all one, because the Father is in Christ, and Christ is in us. He is in us through the flesh, and we are in him; and being united with him, what we are is in God.

His own words testify to the fact that we are in him through the sacrament by which we share in his flesh and blood: "And this world will see me no more, but you will see me; because I live, you will live also. For I am in my Father, and you in me, and I in you." If he wished us to conceive solely of a unity of will, why did he speak of a kind of graduated scale to be achieved? Surely it was to teach us that, while he is in the Father by the nature of his divinity,

we on the contrary are in him through his bodily birth, and he again is in us by the mystery of the sacraments. From this we can learn the unity which has been achieved through the Mediator; for we abide in him and he abides in the Father, and while abiding in the Father he abides in us. In this way, we attain to unity with the Father. For while Christ is in the Father naturally according to his birth, we too are in Christ naturally, since he abides in us naturally.

We can learn how natural this unity is from his own words: "He who eats my flesh and drinks my blood abides in me, and I in him." No one can be in Christ unless Christ is in him; for Christ has taken to himself the flesh only of those who receive his flesh.

He had earlier revealed to us the sacrament of this unity when he said: "As the living Father sent me, and I live because of the Father, so he who eats my flesh will live because of me." He lives because of the Father; and just as he lives because of the Father, we live because of his flesh.

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

Reader STANDS

Reader I am the bread of life. Your forefathers ate manna in the desert, and they died.*

All I am speaking of the bread that comes down from heaven, which a man may eat and never die.

Reader I am the living bread which comes down from heaven; if anyone eats this bread he shall live forever.

All I am speaking of the bread that comes down from heaven, which a man may eat and never die.

All STAND

Leader Let us pray (a slight pause here)

Lord, Jesus Christ, you gave your Church an admirable sacrament as the abiding memorial of your passion. Teach us so to worship the sacred mystery of your Body and Blood, that its redeeming power may sanctify us always, who live and reign with the Father and the Holy Spirit, one God, for ever and ever.

All Amen.

ANTIPHON IN HONOR OF THE BLESSED VIRGIN MARY

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Leader Loving mother of the Redeemer,

All Gate of heaven, and star of the sea, assist your people who have fallen yet strive to rise again. To the wonderment of nature, you bore your Creator, yet remained a virgin after as before. You who received Gabriel's joyful greeting, have pity on us poor sinners.

All SIT

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

MORNING PRAYER

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.

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.

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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.

All

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

Leader You fed your people with the bread of
angels;

All You gave them bread from heaven.

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PSALM 92

(Leader)

*Looking over God's incredible goodness to
him, King David finds deep satisfaction in
sending up his praises to the Almighty. We,
too, realizing God's great goodness in giving
us the Sacrament of the Eucharist, sing our
praises to God in David's words.*

Leader It is good to give thanks to the Lord *

All SIT

Right Side To make music to your name, O
Most High,

Left Side To proclaim your love in the morn-
ing *
and your truth in the watches of the
night.

- R. On the ten-stringed lyre and the lute, *
with the murmuring sound of the harp.
- L. Your deeds, O Lord, have made me glad;*
for the work of your hands I shout with
joy.
- R. O Lord, how great are your works! *
How deep are your designs!
- L. The foolish man cannot know this *
and the fool cannot understand.
- R. Though the wicked spring up like grass*
and all who do evil thrive:
- L. They are doomed to be eternally des-
troyed. *
- But you, Lord, are eternally on high.
- R. See how your enemies perish; *
all doers of evil are scattered.
- L. To me you give the wild-ox's strength; *
you anoint me with the purest oil.
- R. My eyes looked in triumph on my foes;*
my ears heard gladly of their fall.
- L. The just will flourish like the palm-tree*
and grow like a Lebanon cedar.
- R. Planted in the house of the Lord *
they will flourish in the courts of our
God,
- L. Still bearing fruit when they are old, *
still full of sap, still green,
- R. To proclaim that the Lord is just. *
In him, my rock, there is no wrong.
- All Glory be to the Father, the Son, and the
Holy Spirit.

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

All You fed your people with the bread of
angels; you gave them bread from
heaven.

Right Reader STANDS

Right Reader Holy priests

All Will offer incense and bread to God.

CANTICLE (*Deuteronomy, 32: 1 - 12*)

(Right Reader)

*This is the "swan song" of Moses. For a long
span of years he had faithfully served God
and his fellowmen. Knowing that his death
was very near, he spoke the words of this
canticle which celebrates the unique power
of God. That same divine power has been
good to us too.*

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Right Reader Listen, heavens, while I speak; *

Right Reader SITS

Right Side Earth, hear the words that I am say-
ing.

Left Side May my teaching fall like the rain, *
may my word drop down like dew,

R. Like showers on fresh grass, *
and light rain on the turf.

L. For I proclaim the name of the Lord. *
Oh, tell the greatness of our God!

R. He is the Rock; his work is perfect, *
for all his ways are justice.

L. A God faithful, without unfairness, *
Uprightness itself and Justice.

- R. They have acted corruptly with him, *
they are no longer his children because
of their blemish; they are a perverse and
a crooked generation.
- L. Is this the return you make to the
Lord? *
O foolish, unwise people!
- R. Is not this your father who gave you
being, *
who made you, by whom you subsist?
- L. Think back on the days of old, *
think over the years, down the ages.
- R. Ask of your father, let him teach you; *
ask of your elders, let them enlighten
you.
- L. When the Most High gave the nations
their inheritance, when he divided the
sons of men, *
he fixed their bounds according to the
number of the sons of God;
- R. But the Lord's portion was his people, *
Jacob his share of inheritance.
- L. He found him in a desert land, and in the
howling waste of the wilderness; *
he encircled him, he cared for him, he
kept him as the apple of his eye.
- R. Like an eagle watching its nest, flut-
tering over its young, *
he spreads out his wings to hold him, he
supports him on his pinions.
- L. The Lord alone was his guide, *
and there was no foreign God with him.
- All Holy priests will offer incense and bread
to God.

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Left Reader STANDS

Left Reader I will give to the victorious

All The hidden bread and a new name.

PSALM 8

(Left Reader)

Here King David extolls the glory of God and the greatness of man's dignity. Our dignity as Christians comes mainly from the Sacrament of Christ's death. David's words express our sentiments perfectly.

Left Reader How great is your name, O Lord,
our God, *

Left Reader SITS

Left Side Through all the earth!

Right Side Your majesty is praised above the
heavens; *

L. on the lips of children and of babes,
You have found praise to foil your ene-
my, *

R. to silence the foe and the rebel.
When I see the heavens, the work of
your hands, *
the moon and the stars which you ar-
ranged,

L. What is man that you should keep him
in mind, *
mortal man that you care for him?

R. Yet you have made him little less than a
god; *

L. with glory and honor you crowned him,
Gave him power over the works of your
hand, *

R. put all things under his feet.
All of them, sheep and cattle, *

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- yes, even the savage beasts,
 L. Birds of the air, and fish *
 that make their way through the waters.
 R. How great is your name, O Lord our
 God, *
 through all the 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 I will give to the victorious the hidden
 bread and a new name.

Leader STANDS

Leader A short reading from the Acts of the
 Apostles (2:42, 46, 47)
 They remained faithful to the teachings
 of the Apostles, to the brotherhood, to
 the breaking of the bread, and to the
 prayers. They went as a body to the
 Temple every day, but met in their
 houses for the breaking of bread; they
 shared their food gladly and generously;
 they praised God and were looked up to
 by every one.

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Leader SITS and pauses a couple of minutes to
 allow the adorers to think on what he
 has just read to them.

All STAND

Leader The lowly shall eat their fill.
 All The lowly shall eat their fill.
 Leader Those who seek the Lord shall praise
 him.

All The lowly shall eat their fill.

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

All The lowly shall eat their fill.

Leader How holy is this mystery

All In which Christ is our food; His passion is recalled; grace fills our hearts; and we receive a pledge of the glory to come.

GOSPEL CANTICLE (*Luke, 1:68-79*)

Right Reader, as all sign themselves with the Sign of the Cross:

Blessed be the Lord, the God of Israel;*

Right Side He has come to set his people free.

Left Side He has raised up for us a mighty Savior, *

born of the house of his servant David.

R. Through his holy prophets he promised of old that he would save us from our enemies, *

from the hands of all who hate us.

L. He promised to show mercy to our fathers *

and to remember his holy covenant.

R. This was the oath he swore to our father Abraham: *

to set us free from the hand of our enemies,

L. Free to worship him without fear, *
holy and righteous in his sight all the days of our life.

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R. You, my child, shall be called the prophet of the Most High *
for you will go before the Lord to prepare his way,

L. To give his people knowledge of salvation *
by the forgiveness of their sins.

R. In the tender compassion of our God *
the dawn from on high shall break upon us,

L. To shine on those who dwell in darkness and the shadow of death, *
and to guide our feet on the road to peace.

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 How holy is this mystery in which Christ is our food; His passion is recalled; grace fills our hearts; and we receive a pledge of the glory to come.

INTERCESSIONS

Leader Let us pray to Jesus for the Bread of life, by saying:

All Happy those who eat bread in your kingdom.

Leader Christ, priest of the new and eternal covenant, you offered to the Father the perfect sacrifice on the altar of the Cross,

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All Teach us to frequently offer it with you.

Right Reader Christ, ever concerned for peace and justice, you consecrated bread and wine as the sign and renewal of your sacrifice,

All Let our offering of ourselves, our lives and actions, share in yours for the glory of your name.

Right Reader Christ, model of dedication to the Father, your pure sacrifice is offered by the Church from east to west, and from dawn to dusk,

All Through that sacrifice unite into one body — your body — those you have fed with the Bread of life.

Left Reader Christ, Manna from heaven, you feed the Church and keep it alive and fruitful by your Body and Blood,

All May we all walk in the strength of that food, and be instruments of your redemption on this earth.

Left Reader Christ, the invisible guest at our banquet, you stand at the door of our souls, and knock,

All May we always answer your call, welcome you, and eat your heavenly Bread.

Leader We are spending this time in prayer and sacrifice in union with you and in direct answer to your invitation to “watch with you,”

All Make us true adorers in spirit and in

truth, fully and lovingly aware of your
sacrificial presence in the Eucharist.

Leader Christ, you died that we might live,
and commanded us to renew your death
on our altars,

All Bring those of our Society who have
died,, to eternal resurrection with you,
that they may continue in eternity the
adoration they gave you while they were
on earth with us.

Leader We pause a few moments to formulate
our personal intentions.

*Here adorers are encouraged to make known
and share their intentions. They should be
brief and direct.*

When all have spoken. . .

Leader Lord, we have made known and shared
with each other our needs,

All In your goodness hear our confident
prayers.

Leader And now, let us pattern our prayer on
the prayer of Christ, our Lord, and say:

All Our Father who art in heaven;
Hallowed be thy name;
Thy kingdom come;
Thy will be done on earth as it is in
heaven;
Give us this day our daily bread;
Forgive us our trespasses as we forgive
those who trespass against us;
And lead us not into temptation, but
deliver us from evil.

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Leader Let us pray. (Pause a moment)

Leader 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 dedicated to the service of that kingdom where you live with the Father and the Holy Spirit, one God, forever and ever.

All Amen.

Leader May the Lord bless us all, protect us from all evil, and bring us to everlasting life.

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)

3
5
am