

ACN HOLY HOUR SERVICE SHEET March 2021

Hymn

Godhead here in hiding, whom I do adore,
Masked by these bare shadows, shape and nothing more,
See, Lord, at thy service low lies here a heart
Lost, all lost in wonder at the God thou art.

Seeing, touching, tasting are in thee deceived:
How says trusty hearing? that shall be believed;
What God's Son has told me, take for truth I do;
Truth himself speaks truly or there's nothing true.

On the cross thy godhead made no sign to men,
Here thy very manhood steals from human ken:
Both are my confession, Both are my belief,
And I pray the prayer of the dying thief.

I am not like Thomas, wounds I cannot see,
But can plainly call thee Lord and God as he;
Let me to a deeper faith daily nearer move,
Daily make me harder Hope and dearer love.

O thou our reminder Of Christ crucified,
Living Bread, the life of us for whom he died,
Lend this life to me then: Feed and feast my mind,
There be thou the sweetness Man was meant to find.

Jesu, whom I look at shrouded here below,
I beseech thee send me what I thirst for so,
Some day to gaze on thee face to face in light
And be blest for ever with thy glory's sight.

Prayer

Response: **We adore you, O Christ, in this holy Sacrament.**

Jesus has made Himself the Bread of Life to give us life. Night and Day. He is here. If you really want to grow in love, come back to the Eucharist, Come back to him in Adoration. **R.**

Nowhere on earth are you more welcomed.

Nowhere on earth are you more loved, than by Jesus, living and truly present in the Most Blessed Sacrament. He is really here in Person waiting just for you.” **R.**

“Fix your eyes on Him in this Eucharist; bring your hearts close to His Divine Heart; ask Him to grant you the grace of knowing Him, the love of loving Him, the courage to serve Him. Seek Him fervently.” **R.**

“We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature—trees, flowers, grass—grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to allow him to touch our souls.” **R.**

Scripture Reading

A Reading from the Prophet Joel

2: 27-32

You will know

that I am the LORD your God,
and that there is no other;

never again will my people be shamed.

I will pour out my Spirit on all people.

Your sons and daughters will prophesy,

your old men will dream dreams,

your young men will see visions.

Even on my servants, both men and women,

I will pour out my Spirit in those days.

And everyone who calls

on the name of the LORD will be saved;

The Word of the Lord. **Thanks be to God.**

Reflection

Prayer

Lord, in this Holy Hour we put before you our dream for the following people who Aid to the Church in Need is seeking to help.

We dream of better days for all people in Nigeria.

All Sing

O Lord hear my prayer
O Lord hear my prayer
When I call answer me
O Lord hear my prayer
O Lord hear my prayer
Come and listen to me.

We dream of better days for the poor in South America.

All Sing

O Lord hear my prayer
O Lord hear my prayer
When I call answer me
O Lord hear my prayer
O Lord hear my prayer
Come and listen to me.

We dream of better days for Farah and the girls of Pakistan.

All Sing

O Lord hear my prayer
O Lord hear my prayer
When I call answer me
O Lord hear my prayer
O Lord hear my prayer
Come and listen to me.

We dream of better days for the People of Syria.

All Sing

O Lord hear my prayer
O Lord hear my prayer
When I call answer me
O Lord hear my prayer
O Lord hear my prayer
Come and listen to me.

We dream of better days for all people in the Middle East.

All Sing

O Lord hear my prayer
O Lord hear my prayer
When I call answer me

O Lord hear my prayer
O Lord hear my prayer
Come and listen to me.

Lord our God, grant Pope Francis health and safety to carry out successfully this eagerly awaited visit to Iraq. Bless his effort to promote dialogue, enhance fraternal reconciliation, build confidence, consolidate peace values and human dignity, in Iraq and in all places where people have been through such painful events.

Mother Mary, we entrust Pope Francis' visit to your maternal care so that the Lord may grant us the grace of living in full national communion with each other in our world, cooperating fraternally to build a better future for our countries and our citizens. **Amen.**

Song:

When my mind is still and my heart is open,
your word springs fresh to my ear.
And I hear your voice speaking softly, softly
purging all my fear.

And I hear you Lord calling softly, softly
over the noise of the crowd in the street
and I hold your word ever closer, closer,
guiding my wayward feet.

When my heart is proud and I say I don't need you;
your word cuts into my pride,
and I hear your voice speaking firmly,
firmly taking me to your side.

When the daylight dies and I look for slumber,
your word is there with me still
And I hear your voice speaking gently, gently
keeping me from ill.

Your word is truth. Your word is living.
It fills my mind with its light;
and the word is love, falling softly, softly,
leading me from the night.

Poem

Let us listen now to part of the poem written and read by Amanda Gorman at the recent Presidential inauguration in the USA.

And so we lift our gazes not to what stands between us,
but what stands before us.
We close the divide because we know,
to put our future first, we must first put our differences aside.
We lay down our arms so we can reach out our arms to one another.
We seek harm to none and harmony for all.
Let the globe, if nothing else, say this is true:
That even as we grieved, we grew.
That even as we hurt, we hoped.
That even as we tired, we tried.
That we'll forever be tied together, victorious.
Not because we will never again know defeat, but because we will never again sow division.
Scripture tells us to envision that everyone shall sit under their own vine and fig tree and no one shall make them afraid.....
If we're to live up to our own time,
then victory won't lie in the blade, but in all the bridges we've made.
That is the promise to glade, the hill we climb, if only we dare.....

This is the era of just redemption.
We feared it at its inception.
We did not feel prepared to be the heirs of such a terrifying hour,
but within it, we found the power to author a new chapter, to offer hope and laughter to ourselves.
So while once we asked, 'How could we possibly prevail over catastrophe?' now we assert,
'How could catastrophe possibly prevail over us?'
We will not march back to what was, but move to what shall be:....
one thing is certain:
If we merge mercy with might, and might with right,
then love becomes our legacy
and change, our children's birthright.
So let us leave behind a country better than the one we were left.....
The new dawn blooms as we free it.
For there is always light,
if only we're brave enough to see it.
If only we're brave enough to be it.

Peace, Perfect Peace

Peace, perfect peace is the gift of Christ our Lord

Peace, perfect peace is the gift of Christ our Lord
Thus, says the Lord, will the world know my friends.
Peace, perfect Peace is the gift of Christ our Lord.

2. Love, perfect Love
4. Hope, perfect Hope
5. Joy, perfect Joy

Gospel

John 13 1,3-15

Jesus had always loved those who were his in the world, but now he showed how perfect his love was. He got up from table, removed his outer garment and, taking a towel, wrapped it round his waist; he then poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'At the moment you do not know what I am doing, but later you will understand. 'Never!' said Peter 'You shall never wash my feet. Jesus replied, 'If I do not wash you, you can have nothing in common with me.' 'Then, Lord,' said Simon Peter 'not only my feet, but my hands and my head as well!' Jesus said, 'No one who has taken a bath needs washing, he is clean all over. You too are clean, though not all of you are.' He knew who was going to betray him, that was why he said, 'though not all of you are.' When he had washed their feet and put on his clothes again he went back to the table. 'Do you understand' he said 'what I have done to you? You call me Master and Lord, and rightly so I am. If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done to you.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Homily

Silent Prayer

Solo: Panis Angelicus

Panis angelicus

Fit panis hominum

Dat panis coelicus

Figuris terminum

O res mirabilis

Manducat dominum

Pauper, pauper
Servus et humilis

May the Bread of Angels
Become bread for mankind;
The Bread of Heaven puts
All foreshadowings to an end;
Oh, thing miraculous!
The body of the Lord will nourish
the poor, the poor,
the servile, and the humble.

Prayers

On behalf of all those we are praying for here today we say:

Response: Hold them close to you, Lord.

In their darkness. **R.**

In their doubts. **R.**

In their fears. **R.**

In their tears. **R.**

In their deafness. **R.**

In their sense of isolation. **R.**

In their pain and in their woundedness. **R.**

In their inability to see the way forward. **R.**

In their tiredness and in their hopelessness. **R.**

In their distress. **R.**

All sing:

In our darkness there is no darkness with you O Lord
The deepest night is clear as the day.

Prayer

Lord be close to your people in their distress
Bless all those who work for in Aid to the Church in Need
who are trying to alleviate the suffering of your children.
Bless those who help this work with their fundraising and financial support.
We dream of a better world.
By the help of your Grace and by the gifts of your Holy Spirit may our dreams be realized
We ask this of you Christ Our Lord. Amen

Silent Prayer

All Sing:

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.

Priest:

Panem de caelo praestitisti eis.

(You have given them bread from heaven).

Response:

Omne delectamentum in se habentem.

(Containing in itself all sweetness.)

Let us pray,
O God, who in this wonderful Sacrament
left us a memorial of Your passion;
we ask that we may honour
the sacred mysteries of Your Body and Blood,

so that we may feel continually within us
the fruit of Your redemption.
You who live and reign for ever and ever. **Amen.**

The Benediction

The Divine Praises (Repeat after the Priest)

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.

Final Hymn

Glory and praise to our God,
Who alone gives light to our days.
Many are the blessings He bears,
To those who trust in His ways.

We the daughters and sons of Him,
Who built the valleys and plains.
Praise the wonders our God has done,
In every heart that sings.

In His wisdom He strengthens us,
Like gold that's tested in fire.
Though the power of sin prevails,
Our God is there to save.

Every moment of every day,
Our God is waiting to save.
Always ready to seek the lost,
To answer those who pray.

Thank you very much for joining us in prayer for suffering and persecuted Christians around the world and for the work of ACN.