

First Friday Holy Hour

Exposition of the Blessed Sacrament

People kneeling. Blessed Sacrament kept on the main Altar.

¶ O saving Victim, opening wide,
The gate of heaven to man below!
Our foes press on from every side;
Thine aid supply, thy strength bestow.
To Thy great name by endless praise,
Immortal Godhead, one in Three;
Oh, grant us endless length of days,
In our true native land with Thee. Amen ¶

Trinitarian Eucharistic Prayer (taught by Angel of Peace to the Children in Fathima)

MOST HOLY TRINITY, I adore Thee! My God, My God, I love Thee in the Most Blessed Sacrament.(3)

O Most Holy Trinity! Undivided unity! O Holy God! Mighty God! God Immortal be adored. Omnipotent Triune God, I adore and love You. My God, I love You in the Most Blessed Sacrament.

O Sacrament Most Holy, O Sacrament Divine, All Praise and All Thanksgiving be every moment Thine.(3)

¶ Father we adore You; lay our lives before You, how we love You.
Jesus we adore You; lay our lives before You, how we love You.
Spirit we adore You; lay our lives before You, how we love You.¶

Pardon Prayer (taught by Angel of Peace to the Children in Fathima)

MY GOD, I believe, I adore, I trust and I love Thee! I ask pardon for those who do not believe, do not adore, do not trust and do not love Thee.(3)Amen.

Most Holy Trinity, Father, Son and Holy Spirit, I adore Thee profoundly. I offer Thee the Most Precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences by which He is offended, and through the infinite merits of His Most Sacred Heart, and the Immaculate Heart of Mary, I beg of Thee the conversion of poor sinners. Amen.

¶ Open my eyes, Lord, help me to see your face
Open my eyes, Lord, help me to see
Open my ears, Lord, help me to hear your voice
Open my ears, Lord, help me to hear
Open my heart, Lord, help me to love like you
Open my heart, Lord, help me to love ¶

Instruct all to stand.

A reading from the holy Gospel according to

1.(October.) Jn 19:25-27

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala.²⁶When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "**Woman, behold, your son.**" Then he said to the disciple, "**Behold, your mother.**" And from that hour the disciple took her into his home.

The word of God.

R: Praise to You Lord Jesus Christ.

(Link this passage with the month of Rosary, and Mary's role in leading us to Jesus, in our lives.)

My dear brothers and sisters in Christ, let us reflect on the Gospel we just heard. Here we can see that Jesus is giving us His own mother to be our mother, as He knows that she will surely lead us to Him. We can also see how perfectly He is doing His duty as a Son even in such pain. We too are invited to do our duties and responsibilities especially towards those who are exclusively entrusted in our care.

In this month of the Holy Rosary, let us hold our loving mother's hands and reflecting on the mysteries of the life of Jesus with her, follow Him more closely.

2.(November) Jn 14:1-4

"Do not let your hearts be troubled. You have faith in God; have faith also in me. **In my Father's house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am you also may be.** Where I am going you know the way."

The word of God.

R: Praise to You Lord Jesus Christ.

(Link this passage with the month of souls, death and His immense love that He is waiting for us)
My dear brothers and sisters in Christ, let us reflect on the Gospel we just heard. Jesus died for us on the cross and paid for our sins. So the moment we repent of our sins from the heart, all our sins are completely wiped away. By His death and resurrection, He has ensured a place for us with Him. All we have to do, is to grab that privilege He is offering us by completely believing in His saving love and amend our ways.

3.(December) Jn 3:16-18

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through Him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God.

The word of God.

R: Praise to You Lord Jesus Christ.

(Link this passage with the incarnation of Jesus, the word made flesh, 9 months in the womb of Mary, 33 years of earthly life and His immense love for us which made Him do all that)

My dear brothers and sisters in Christ, let us reflect on the Gospel we just heard. This Gospel passage invites us to do the will of God. In fact only when we do that, we are doing something for the greater glory of God. When do we like someone else's likes? Obviously love and trust are the two key factors involved. Jesus humbled Himself as a baby ,and died on the cross for our redemption. Do we need anything more to realize His great sacrificial love and self denial involved in it. He is concerned about our ultimate good, our salvation. It is when we give priority to our earthly matters more than what really matters, we doubt Him and His love for us, His plans for us. He will arrange everything in such a way that we will get closer to Him each day. In order to do His will, we must first discern His will. But how? For that we have to be in constant communication with Him. Through our silent prayers, scripture readings, advice from our loved ones, the grace from the frequent reception of sacraments. Who is our role model for doing God's will. Of course Jesus, who went to the extent of dying while doing God's will. Then comes our Mother Mary, whose Solemnity we celebrate today. She always did God's will even when she lost Her husband and Son to death. That's what in the Gospel we just heard, Jesus is highlighting her willingness to do God's will at all times irrespective of all situations. It is that sublime degree of trust in God, and obedience to Him, which we have to nurture in us. Let us seek the intercession of Mary, St. Joseph to whom this year is dedicated and all the angels and saints, imitate them and keep God's will rather than our will, and do everything truly for the greater glory of God.

4.(January) Mt 12:46-50

While he was still speaking to the crowds, his mother and his brothers appeared outside, wishing to speak with Him. Someone told Him, “Your mother and your brothers are standing outside, asking to speak with You.” But He said in reply to the one who told Him, “Who is my mother? Who are my brothers?” And stretching out his hand toward his disciples, he said, “Here are my mother and my brothers. **For whoever does the will of my heavenly Father is my brother, and sister, and mother.**”

The word of God.

R: Praise to You Lord Jesus Christ.

(Link this passage to the message that Jesus loves anyone who does the will of God the Father, as His family member. Mary is the perfect role model for doing that, and strive to achieve that privilege He has given us.)

My dear brothers and sisters in Christ, let us reflect on the Gospel we just heard. This Gospel passage invites us to do the will of God. In fact only when we do that, we are doing something for the greater glory of God. When do we like someone else’s likes? Obviously love and trust are the two key factors involved. Jesus humbled Himself as a baby ,and died on the cross for our redemption. Do we need anything more to realize His great sacrificial love and self denial involved in it. He is concerned about our ultimate good, our salvation. It is when we give priority to our earthly matters more than what really matters, we doubt Him and His love for us, His plans for us. He will arrange everything in such a way that we will get closer to Him each day. In order to do His will, we must first discern His will. But how? For that we have to be in constant communication with Him. Through our silent prayers, scripture readings, advice from our loved ones, the grace from the frequent reception of sacraments. Who is our role model for doing God’s will. Of course Jesus, who went to the extent of dying while doing God’s will. Then comes our Mother Mary, whose Solemnity we celebrate today. She always did God’s will even when she lost Her husband and Son to death. That’s what in the Gospel we just heard, Jesus is highlighting her willingness to do God’s will at all times irrespective of all situations. It is that sublime degree of trust in God, and obedience to Him, which we have to nurture in us. Let us seek the intercession of Mary, St. Joseph to whom this year is dedicated and all the angels and saints, imitate them and keep God’s will rather than our will, and do everything truly for the greater glory of God.

5.(February) Jn 15:1-4

“I am the true vine, and my Father is the vine grower. He takes away every branch in me that does not bear fruit, and every one that does he prunes so that it bears more fruit. You are already pruned because of the word that I spoke to you. **Remain in me, as I remain in you.** Just as a branch

cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches. **Whoever remains in me and I in him will bear much fruit, because without me you can do nothing.**

The word of God.

R: Praise to You Lord Jesus Christ.

(Link this passage with the concept of Jesus' assurance to be with us. Also reminds that we can bear fruits if we remain with Him.)

My dear brothers and sisters in Christ, let us reflect on the Gospel we just heard. How much He wants us to be with us, and expect only that in return. Let us allow Him to work in and through us, and yield much fruits. As in all relationships, a relationship with Jesus also needs quality time with Him. He is the source of our very life and our strength. In the pandemic, we have seen how people had to pay for treatment and ventilators, and sustain life. Everyday we are getting this life as a gift from Him. Shortly we are entering the season of lent and many celebrate Valentine's day. How much we should think about His pure deep love for each one of us. How much we should be grateful to Him for all that He had already done for our salvation and on a daily basis.

6.(March) Jn 10:11-15

I am the good shepherd. A good shepherd lays down his life for the sheep. A hired man, who is not a shepherd and whose sheep are not his own, sees a wolf coming and leaves the sheep and runs away, and the wolf catches and scatters them. This is because he works for pay and has no concern for the sheep. **I am the good shepherd, and I know mine and mine know me, just as the Father knows me and I know the Father; and I will lay down my life for the sheep.**

The word of God.

R: Praise to You Lord Jesus Christ.

(Think about the extreme love of Jesus. He loved us to the extent of dying for us, while we were sinners)

My dear brothers and sisters in Christ, let us reflect on the Gospel we just heard. Jesus is the really the good shepherd, as He is more concerned about our salvation, than we ourselves are. Like the sheep, we also wander away from Him. But He comes after us, though He won't compel us. He waits patiently for our conversion, and when we return to Him, He receives us with all His love. Just like the sheep closer to the shepherd is safer from the wolves, the closer we are to Him, the safer we are from the devil and his traps. We are in the Lent season and are reflecting on His passion and death in a special way, these days. The devil tempted even Jesus to turn away from the cross which He was about to carry. But it was His immense love for us that made Him carry the cross and endure all the sufferings to save us, who are not even grateful most of the times.

7.(April);Jn 15:12 - 17

This is my commandment: love one another as I love you. **No one has greater love than this, to lay down one's life for one's friends.** You are my friends if you do what I command you. I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father. It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you. This I command you: love one another.

The word of God.

R: Praise to You Lord Jesus Christ.

(Think about the intense love by which He died for us, which no one else will do. Also tell about His desire for friendship with us.. He called us friend...)

My dear brothers and sisters in Christ, let us reflect on the Gospel we just heard. Jesus laid down His life on the cross, as a reparation for our sins, and He came down on earth for this sole purpose. How much we should be grateful for His love, and His mercy to consider us as His friends, though many times we take His love for granted. Let us take a firm decision that from now onwards we will spend at least 5minutes in gratitude for all that He has already done for us.

8.(May) Mt 22:34-40.

When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them a scholar of the law tested him by asking, "Teacher, which commandment in the law is the greatest?" He said to him, "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments."

The word of God.

R: Praise to You Lord Jesus Christ.

(Think that our first priority should always be love of God, and all our decisions and actions should be based on that only.)

My dear brothers and sisters in Christ, let us reflect on the Gospel we just heard. God nothings wants from us, other than our love for Him and others. As we celebrate mother's day this month, it's good to reflect on this a little deeper, which will enable us to understand the whole picture in a wider perspective. Our mothers also do not expect anything from us in return. Our little expressions of love, give them immense happiness. The only other thing she wants is peace and harmony in the family, among the family members and especially her children loving and caring each other. So let us consider our fellow beings as our brothers and sisters in Christ, and remain in peace with all. Let us help each other in which ever way possible and pray for all, and try our level best to make this world a heaven on earth.

9.(June) Jn 14:18-21

I will not leave you orphans; I will come to you. In a little while the world will no longer see me, but you will see me, because I live and you will live. On that day you will realize that I am in my Father and you are in me and I in you. **Whoever has my commandments and observes them is the one who loves me. And whoever loves me will be loved by my Father, and I will love him and reveal myself to him.**”

The word of God.

R: Praise to You Lord Jesus Christ.

(Think about His concern for us and how much He wants to be loved by us, how much He wants to make His “home” with in us.to dwell within us)

My dear brothers and sisters in Christ, let us reflect on the Gospel we just heard. Jesus has given us the assurance that He will not leave us as orphans. Do we need anything else? If we truly love God, we will realize that He has given us the commandments, not to burden us, but to guide us to eternal life. If we love God, how can we not love our fellow humans who are our brothers and sisters in Christ.

¶ Amazing Grace, how sweet the sound,
That saved a wretch like me.
I once was lost but now am found,
Was blind, but now I see.
Through many dangers, toils and snares
I have already come;
'Tis Grace that brought me safe thus far
and Grace will lead me home.¶

Think about His immense love for us, and make a firm decision to love Him above all, and completely give ourselves to Him. Like St. Therese of Lisieux, Lord we too pray, ”O Jesus, who, in Thy cruel Passion didst become the 'reproach of men and the Man of Sorrows,' I worship Thy divine Face. Once it shone with the beauty and sweetness of the Divinity; but now, for my sake, it is become as 'the face of a leper.' Yet, in that disfigured Countenance, I recognize Thy infinite love, and I am consumed with the desire of making Thee loved by all mankind. “.

¶ Heart of Jesus, Heart of Jesus, burning with love for me..
Inflame my heart, inflame my heart, with love, with love for Thee.¶

Let us and think on the love and mercy of Jesus. **Silent Meditation/Reflection for 5mts.**

¶ Jesus ! my Lord, my God, my all !
How can I love Thee as I ought ?
And, how revere this wondrous gift,
So far surpassing hope or thought ?
Sweet Sacrament! we Thee adore !
O, make us love Thee more and more! ¶

PRAYER OF PRAISE AND THANKSGIVING TO THE SACRED HEART

Lord, you deserve all honor and praise, because your love is perfect and your heart sublime. My heart is filled with gratitude for the many blessings and graces you give me and those whom I love. I cannot do anything to deserve this love, but may I always be attentive and never take for granted the gifts of mercy and love that flow freely and generously from your Sacred Heart. Most Sacred Heart of Jesus, have mercy on us. Amen.

Let us praise and thank God for all the sufferings He endured in reparation for our sins to ensure salvation for us. Let us also thank Him for all that happened in the last month, good or bad, realizing that some were blessings and others were lessons, but all as per His Divine plan for a greater purpose.

Silent Meditation for another 5mts

Now let us present all our desires and petitions which we hold deep inside our heart and seek His blessings in all that we do, especially for the coming month.

Silence for 5mts.

Prayer of Reparation for insults and blasphemies

O Jesus, my Savior and Redeemer, Son of the living God, behold, we kneel before Thee and offer Thee our reparation; we would make amends for all the blasphemies uttered against Thy holy name, for all the injuries done to Thee in the Blessed Sacrament, for all the irreverence shown toward Thine immaculate Virgin Mother, for all the calumnies and slanders spoken against Thy spouse, the holy Catholic and Roman Church. O Jesus, who hast said: "If you ask the Father anything in My name, He will give it to you", we pray and beseech Thee for all our brethren who are in danger of sin; shield them from every temptation to fall away from the true faith; save those who are even now standing on the brink of the abyss; to all of them give light and knowledge of the truth, courage and strength for the conflict with evil, perseverance in faith and active charity! For this do we pray, most merciful Jesus, in Thy name, unto God the Father, with whom Thou lives and reigns in the unity of the Holy Spirit world without end. Amen

¶ All that I am, all that I have
I lay them down before You, oh Lord

All my regrets, all my acclaims
The joy and the pain, I'm making them Yours
Lord, I offer my life to You
Everything I've been through, use it for Your glory
Lord I offer my days to You
Lifting my praise to You as a pleasing sacrifice
Lord I offer You my life
Things in the past, things yet unseen
Wishes and dreams that are yet to come true
All of my heart, all of my praise
My heart and my hands are lifted to You ¶

Offering To The Sacred Heart

O Lord Jesus Christ, while on earth You gave praise to the Father through Your most Sacred Heart. Today, You continue to give praise to Him in the Sacrament of the Eucharist everywhere, even to the end of the world. In union with Your divine offering, we offer to You during this whole day all our intentions and thoughts, all our affections and desires, all our words and actions, and we pledge not to withhold even the smallest part from You, O Lord.

¶ Come, now is the time to worship
Come, now is the time to give your heart
Come, just as you are to worship
Come, just as you are before your God, Come ¶

An Act Of Adoration

O great God, the Sovereign Lord of Heaven and Earth we prostrate ourselves before You. With all the angels and saints, we adore Thee. We acknowledge You to be our Creator and Sovereign Lord, our first beginning and last end. We render to You the homage of our being and lives. We submit ourselves to Your holy will and we devote ourselves to Your divine service this day and forever. We wish and purpose to gain today all the indulgences which it is possible for us to gain.

Eucharistic Heart of Jesus, gracious companion of my exile, we adore Thee. Eucharistic Heart of Jesus, lonely Heart, humiliated Heart, abandoned Heart, forgotten Heart, despised Heart, outraged Heart, Heart ignored by men, Heart which loves our own hearts; Heart pleading for our love, Heart so patient in waiting for us, Heart so eager to listen to our prayers, Heart so anxious for my requests, Heart, unending source of new graces, Heart so silent, yet desiring to speak to souls, Heart, welcome refuge of the hidden life, Heart, teacher of the secrets of union with God, Heart of Him Who sleeps but watches always, Eucharistic Heart of Jesus, have mercy on us. Jesus Victim, we desire to comfort Thee; we unite ourselves to Thee; we offer ourselves in union with Thee. We regard ourselves as nothing in Thy Presence. Grant that we may satisfy Thy thirst for our salvation, Thy burning thirst for our holiness, and that we may give Thee a sincere and pure love. We give Thee all our actions, our minds to be enlightened, our hearts to be directed, our will to be stabilized, our

wretchedness to be relieved,our soul and body to be nourished by Thee.Eucharistic Heart of Our Saviour,Whose Blood is the life of our souls, may we love You deeply.Amen.

Act of Consecration to the Sacred Heart of Jesus

O Sacred Heart of Jesus, to Thee I consecrate and offer up my person and my life, my actions, trials, and sufferings, that my entire being may henceforth only be employed in loving, honoring and glorifying Thee. This is my irrevocable will, to belong entirely to Thee, and to do all for Thy love, renouncing with my whole heart all that can displease Thee.I take Thee, O Sacred Heart, for the sole object of my love, the protection of my life, the pledge of my salvation, the remedy of my frailty and inconstancy, the reparation for all the defects of my life, and my secure refuge at the hour of my death. Be Thou, O Most Merciful Heart, my justification before God Thy Father, and screen me from His anger which I have so justly merited. I fear all from my own weakness and malice, but placing my entire confidence in Thee, O Heart of Love, I hope all from Thine infinite Goodness. Annihilate in me all that can displease or resist Thee. Imprint Thy pure love so deeply in my heart that I may never forget Thee or be separated from Thee.I beseech Thee, through Thine infinite Goodness, grant that my name be engraved upon Thy Heart, for in this I place all my happiness and all my glory, to live and to die as one of Thy devoted servants.Amen.

Litany of the Sacred Heart of Jesus

Lord, have mercy. *Lord, have mercy.*

Christ, have mercy. *Christ, have mercy.*

Lord, have mercy. *Lord, have mercy.*

Christ hear us, *Christ graciously hear us.*

God our Father in heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God the Holy Spirit, *have mercy on us.*

Holy Trinity, one God, *have mercy on us.*

Heart of Jesus, Son of the eternal Father, *have mercy on us.*

Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother,
have mercy on us

Heart of Jesus, one with the eternal Word, *have mercy on us.*

Heart of Jesus, infinite in majesty, *have mercy on us.*

Heart of Jesus, holy temple of God, *have mercy on us.*

Heart of Jesus, tabernacle of the Most High, *have mercy on us.*

Heart of Jesus, house of God and gate of heaven, *have mercy on us.*

Heart of Jesus, aflame with love for us, *have mercy on us.*

Heart of Jesus, source of justice and love, *have mercy on us.*

Heart of Jesus, full of goodness and love, *have mercy on us.*

Heart of Jesus, well-spring of all virtue, *have mercy on us.*

Heart of Jesus, worthy of all praise, *have mercy on us.*
Heart of Jesus, king and center of all hearts, *have mercy on us.*
Heart of Jesus, treasure-house of wisdom and knowledge, *have mercy on us.*
Heart of Jesus, in whom there dwells the fullness of God, *have mercy on us.*
Heart of Jesus, in whom the Father is well pleased, *have mercy on us.*
Heart of Jesus, from whose fullness we have all received, *have mercy on us.*
Heart of Jesus, desire of the eternal hills, *have mercy on us.*
Heart of Jesus, patient and full of mercy, *have mercy on us.*
Heart of Jesus, generous to all who turn to you, *have mercy on us.*
Heart of Jesus, fountain of life and holiness, *have mercy on us.*
Heart of Jesus, atonement for our sins, *have mercy on us.*
Heart of Jesus, overwhelmed with insults, *have mercy on us.*
Heart of Jesus, broken for our sins, *have mercy on us.*
Heart of Jesus, obedient even to death, *have mercy on us.*
Heart of Jesus, pierced by a lance, *have mercy on us.*
Heart of Jesus, source of all consolation, *have mercy on us.*
Heart of Jesus, our life and resurrection, *have mercy on us.*
Heart of Jesus, our peace and reconciliation, *have mercy on us.*
Heart of Jesus, victim of our sins, *have mercy on us.*
Heart of Jesus, salvation of all who trust in you, *have mercy on us.*
Heart of Jesus, hope of all who die in you, *have mercy on us.*
Heart of Jesus, delight of all the saints, *have mercy on us.*
Lamb of God, Who take away the sins of the world, *spare us O Lord.*
Lamb of God, Who take away the sins of the world, *graciously hear us O Lord.*
Lamb of God, Who take away the sins of the world, *have mercy on us O Lord.*

Jesus meek and humble of hearts, make our hearts like unto Thine.

Let us pray. Almighty and eternal God, look upon the Heart of Thy most beloved Son and upon the praises and satisfaction which He offers Thee in the name of sinners; and to those who implore Thy mercy, in Thy great goodness, grant forgiveness in the name of the same Jesus Christ, Thy Son, who lives and reigns with Thee forever and ever. Amen.

¶ Sweet Heart of Jesus! Fount of love and mercy,
Today we come thy blessings to implore;
Oh touch our hearts so cold and so ungrateful,
And make them Lord, thine own for evermore.
{Sweet Heart of Jesus! We Thee implore,
Oh, make us love thee, more and more. }R
Sweet Heart of Jesus! Make us know and love thee.

Unfold to us the treasures of thy grace.
That so our hearts, from things of earth uplifted,
May long above all to gaze upon thy face. R
Sweet Heart of Jesus! Make us pure and gentle
And teach us how to do thy blessed will;
To follow close the print of thy dear footsteps,
And when we fall, sweet heart oh love us still. R
Sweet Heart of Jesus! Bless all hearts that love thee,
And make thine own heart ever blessed be.
Bless us dear Lord, and bless the friends we cherish,
And keep us true to Mary and to thee. ¶

Benediction of the Blessed Sacrament

All Kneel

Tantum Ergo

¶ Down in adoration falling,
Lo! the sacred Host we hail;
Lo! o'er ancient forms departing,
newer rites of grace prevail;
faith for all defects supplying,
where the feeble senses fail.
To the everlasting Father,
and the Son who reigns on high,
with the Holy Ghost proceeding
forth from Each eternally,
be salvation, honor, blessing,
might and endless majesty. Amen. ¶

Priest: You have given them Bread from Heaven

Response: Having within it all sweetness.

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 won for us, and the peace of the Kingdom where You live with the Father, and the Holy Spirit, one God forever and ever. Amen.

The Divine Praises

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.

Eucharistic Blessing

After the Blessing, the Blessed Sacrament is taken to the adoration chapel.

¶ Holy God, we praise Thy Name;
Lord of all, we bow before Thee!
All on earth Thy rule acclaim,
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.
Holy Father, Holy Son, Holy Spirit,
Three we name Thee;
While in essence only One,
Undivided God we claim Thee;
And adoring bend the knee,
while we own the mystery. ¶