

**Australian Catholic Bishops Conference
Liturgical and Prayer Resources for Days of
Fasting and Reparation
following the Royal Commission into Institutional Responses
to Child Sexual Abuse
Lent 2018**

**HOLY HOUR WITH EXPOSITION AND
BENEDICTION OF THE BLESSED SACRAMENT**

A. Simple Form

The Blessed Sacrament is exposed by placing the ciborium on the altar between two or more candles and incense may be used but is not mandatory.

B. Solemn Form

The Blessed Sacrament is exposed in the monstrance, therefore at least four candles are lit at the altar, and incense must be used.

EXPOSITION

After the people have assembled, a suitable hymn or song (e.g. O saving victim/O salutaris Hostia) may be sung while the minister comes to the altar. If the Blessed Sacrament is not reserved at the altar where the exposition is to take place, the minister puts on a humeral veil and brings the sacrament from the place of reservation; he is accompanied by servers or by the faithful with lighted candles.

GREETING AND INTRODUCTION

The minister then opens the tabernacle and places the ciborium on the altar, or he places the Host in the monstrance and incenses it. As he does so, a suitable hymn is sung. If the Holy Eucharist is not reserved at the altar where the exposition is to take place, the minister puts on a humeral veil and brings the sacrament from the place of reservation.

The ciborium or monstrance should be placed upon the table of the altar which is covered with a cloth. If exposition with the monstrance is to extend over a long period, a throne in an elevated position may be used, but this should not be too lofty or distant. After exposition, if the monstrance is used, the minister incenses the sacrament. If the adoration is to be lengthy, he may then withdraw.

ADORATION

During the exposition there should be prayers, songs and readings to direct the attention of the faithful to the worship of Christ the Lord.

To encourage a prayerful spirit, there should be readings from scripture with a homily or brief exhortations to develop a better understanding of the Eucharistic mystery. It is also desirable for the people to respond to the word of God by singing and to spend some periods of time in religious silence.

SILENT PRAYER

SUGGESTED SCRIPTURE READINGS [relevant refs to *Australian Lectionary* (1981)]

Isaiah 49:8-15	<i>I have given you as covenant of the people to establish the land (Lect, Vol. I, p. 288)</i>
Isaiah 59:6b-8, 15-18	<i>The Lord is appalled by evil and injustice</i>
Joel 2:12-18	<i>Let your hearts be broken, and not your garments torn (Lect, Vol. I, p. 187)</i>
Job 3:1-26	<i>Lamentation of Job</i>
Lamentations 3:1-24	<i>I am one who knows affliction</i>
Lamentations 3:49-59	<i>When I called, you came to my aid.</i>
Micah 4:1-4	<i>There will be no more training for war. (Lect, Vol. III, p. 615)</i>
Matt 5:1-12	<i>Happy are the poor in spirit. (Lect, Vol. I, p. 631)</i>
Matt 5:43-48	<i>Love your enemies. (Lect, Vol. II, p. 129)</i>
Matt 10:28-33	<i>Do not fear those who kill the body. (Lect, Vol. II, p. 858)</i>
Matt 11:28-30	<i>I am gentle and humble in heart (Lect, Vol. II, p. 185)</i>
Matt 18:5-7a, 10	<i>Be careful never to despise one of these little ones</i>
Mark 4:35-41	<i>Who can this be? Even the wind and the sea obey him. (Lect, Vol. II, p. 36)</i>
Mark 10:13-16	<i>Whoever does not accept the kingdom of God like a child will never enter it. (Lect, Vol. II, p. 86)</i>
Luke 10:25-37	<i>Who is my neighbour? (Lect, Vol. II, p. 327)</i>
John 10:11-16	<i>The good shepherd is one who lays down his life for his sheep. (Lect, Vol. II, p. 989)</i>
John 14:1-6	<i>I am the way, the truth and the life (Lect, Vol. I, p. 493)</i>

HOMILY

SILENT PRAYER

PRAYERS OF THE FAITHFUL

Celebrant/Leader: When the crowds came to Jesus, he did not turn them away but fed those who were hungry. In our prayer, let us be mindful of all victims of crime, particularly those who have suffered sexual abuse.

Reader: For those whose lives are affected by the enduring and painful memory of sexual abuse and physical violence: May their families, friends and supporters renew their trust and security in loving relationships. May all members of the Church be instruments of healing.
We pray to the Lord. **All: Lord, hear our prayer.**

Reader: For the children of our land: May all families, institutions and social settings work together to ensure the happiness of every child and create an environment of safety and protection where children may flourish.
We pray to the Lord. **All: Lord, hear our prayer.**

Reader: For the Catholic Church in Australia, especially for our bishops and leaders of religious congregations and institutes: May their words and gestures acknowledge repentance for past failures in responding to child sexual abuse and bring comfort and reconciliation to victims.
We pray to the Lord. **All: Lord, hear our prayer.**

Reader: For the work of the Australian Government as it considers the report of the Royal Commission into Institutional Responses to Child Sexual Abuse: May its processes and its legacy acknowledge truth, bring healing and support our nation in ensuring the safety of all children.
We pray to the Lord. **All: Lord, hear our prayer.**

Celebrant/Leader: Gracious and loving God, with confidence we place these prayers before you in the name of Jesus who is Lord, for ever and ever.
Amen.

The following prayer might then be recited:

PRAYER FOR THE HEALING OF VICTIMS OF ABUSE

Loving Father

Since your mercy has been revealed
in the tenderness of your Son Jesus Christ,
who said to his disciples:
"Let the little children come to me",
we pray that your Church may be a secure home
where all children and vulnerable adults
are brought closer to your Beloved Son.
May all those who have been abused
physically, emotionally and sexually by your ministers,
be respected and accompanied by
tangible gestures of justice and reparation so that
they may feel healed with the balm of your compassion.
We ask this through Jesus Christ our Lord
Amen

BENEDICTION

Toward the end of the exposition, the priest or deacon goes to the altar, genuflects and kneels. Then a hymn or other Eucharistic song is sung (e.g. Pange lingua, Adoro te devote, Ubi caritas). Meanwhile the minister, while kneeling, incenses the sacrament if the exposition has taken place with the monstrance. Afterward the minister rises and sings or says.

Let us pray.

(Brief period of silence)

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, for ever and ever.

All: Amen

After the prayer the priest or deacon puts on the humeral veil, genuflects and takes the monstrance or ciborium. He makes the sign of the cross over the people with the monstrance or ciborium, in silence.

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 Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

REPOSITION

*After the blessing the priest or deacon who gave the blessing, or another priest or deacon, replaces the Blessed Sacrament in the tabernacle and genuflects. Meanwhile the people may sing (e.g. *Adoremus in aeternum*) or say an acclamation, and the minister then leaves.*

Sources

Holy Communion and Worship of the Eucharist Outside Mass (Sydney: E. J. Dwyer, 1975); *Together We Pray: General Intercessions for Sundays, Solemnities, Feasts and Other Celebrations*, ed. Robert Borg (Sydney: E. J. Dwyer, 1993); Catholic Archdiocese of Sydney - Office for Liturgy
<http://www.liturgy.sydneycatholic.org/images/uploads/images/uploads/royal%20communion%20prayers.pdf>. alt.

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