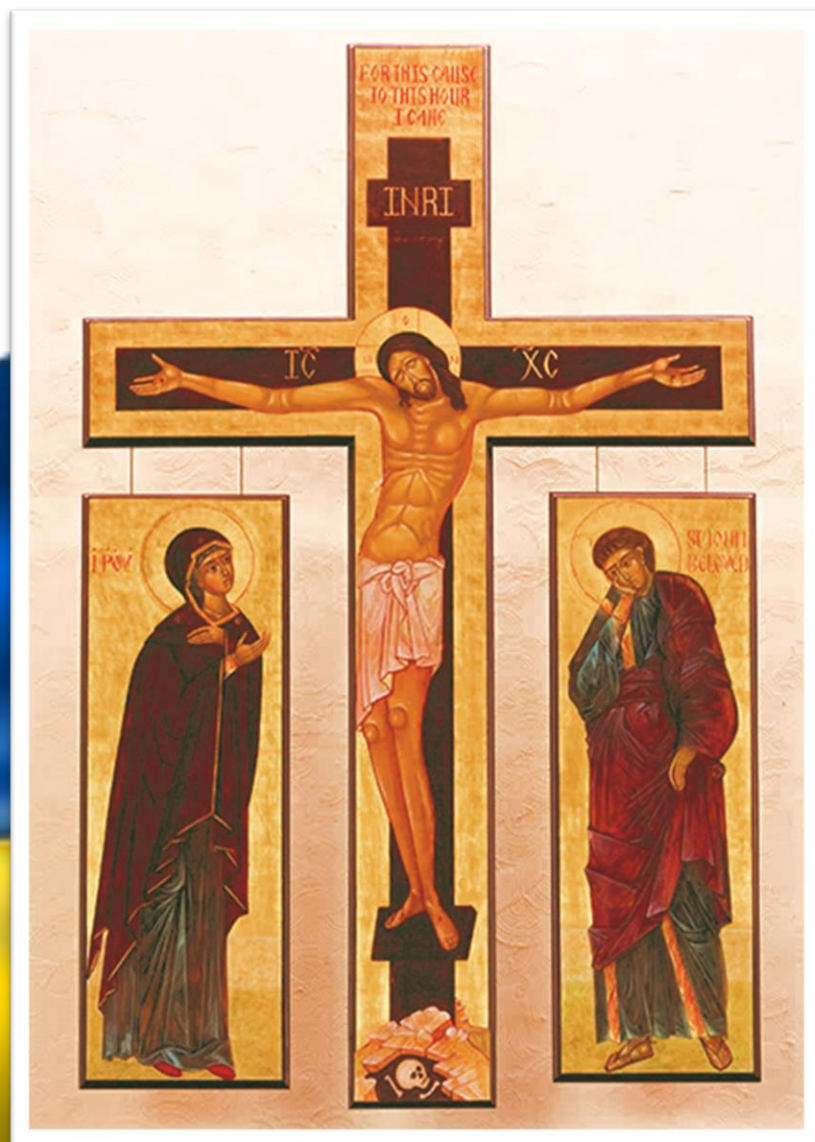


HOLY HOUR FOR UKRAINE



OPENING HYMN

- 1 **Be still, and know I am with you,
Be still, I am the Lord.
I will not leave you orphans.
I leave you with my world. Be one.**

- 2 **You fear the light may be fading,
You fear to lose your way.
Be still, and know I am near you.
I'll lead you to the day and the sun.**

- 3 **Be glad the day you have sorrow.
Be glad, for then you live.
The stars shine only in darkness,
and in your need I give my peace.**

INTRODUCTION

At the recitation of the Angelus on Sunday 27th February, Pope Francis made this appeal: “Dear brothers and sisters, in recent days we have been shaken by something tragic: war. Several times we have prayed that this road would not be taken. And let us not stop praying; indeed, let us implore God more intensely.” We gather here to heed this call, to pray intensely in the presence of Jesus, Prince of peace, for an end to war, relief for the oppressed, comfort for the afflicted, the return of exiles to their home, and peace to reign throughout our troubled world.

EXPOSITION OF THE BLESSED SACRAMENT

EUCCHARISTIC HYMN

- 1 This is my body, broken for you,
 bringing you wholeness, making you free.
 Take it and eat it, and when you do,
 do it in love for me.

- 2 This is my blood poured out for you,
 bringing forgiveness, making you free.
 Take it and drink it, and when you do,
 do it in love for me.

- 3 Back to my Father soon I shall go.
 Do not forget me; then you will see
 I am still with you, and you will know
 you're very close to me.

- 4 Filled with my Spirit, how you will grow!
 You are my branches; I am the tree.
 If you are faithful, others will know
 you are alive in me.

- 5 Love one another - I have loved you,
 and I have shown you how to be free;
 serve one another, and when you do,
 do it in love for me.

*Verses 1 and 2 Jimmy Owens; verses 3-5 Damian Lundy©
1978 Bud John Songs/Fine Balance Music.*

OPENING PRAYER (FROM CAFOD)

- P: Let us pray.
Loving God, we pray for the people of Ukraine, for all those suffering or afraid, that you will be close to them and protect them. We pray for world leaders, for compassion, strength and wisdom to guide their choices. We pray for the world that in this moment of crisis, we may reach out in solidarity to our brothers and sisters in need. May we walk in your ways so that peace and justice become a reality for the people of Ukraine and for all the world. We ask this through Christ our Lord.
- A: Amen.

ADORATION AND SILENT PRAYER

A time of silent prayer and adoration should follow the exposition of the Blessed Sacrament.

LITURGY OF THE WORD

Four passages of scripture with reflections and hymns are suggested: all of these may be used throughout the holy hour, with times of silence between them.

READING 1: ISAIAH 2:1-5

The vision of Isaiah son of Amoz, concerning Judah and Jerusalem.

In the days to come
the mountain of the Temple of the Lord
shall tower above the mountains
and be lifted higher than the hills.

All the nations will stream to it,
peoples without number will come to it; and they will say:
'Come, let us go up to the mountain of the Lord,
to the Temple of the God of Jacob

that he may teach us his ways
so that we may walk in his paths;
since the Law will go out from Zion,
and the oracle of the Lord from Jerusalem.’
He will wield authority over the nations
and adjudicate between many peoples;
these will hammer their swords into ploughshares,
their spears into sickles.
Nation will not lift sword against nation,
there will be no more training for war.
O House of Jacob, come,
let us walk in the light of the Lord.

REFLECTION: FRATELLI TUTTI 226-227

Pope Francis writes: Renewed encounter does not mean returning to a time prior to conflicts. All of us change over time. Pain and conflict transform us. We no longer have use for empty diplomacy, dissimulation, double-speak, hidden agendas and good manners that mask reality. Those who were fierce enemies have to speak from the stark and clear truth. They have to learn how to cultivate a penitential memory, one that can accept the past in order not to cloud the future with their own regrets, problems and plans. Only by basing themselves on the historical truth of events will they be able to make a broad and persevering effort to understand one another and to strive for a new synthesis for the good of all. Every “peace process requires enduring commitment. It is a patient effort to seek truth and justice, to honour the memory of victims and to open the way, step by step, to a shared hope stronger than the desire for vengeance”. “Truth, in fact, is an inseparable companion of justice and mercy. All three together are essential to building peace; each, moreover, prevents the other from being altered... Truth should not lead to revenge, but rather to reconciliation and forgiveness. Truth means telling families torn apart by pain what happened to their missing relatives. Truth means confessing what happened to minors recruited by cruel and violent people. Truth means

recognizing the pain of women who are victims of violence and abuse... Every act of violence committed against a human being is a wound in humanity's flesh; every violent death diminishes us as people... Violence leads to more violence, hatred to more hatred, death to more death. We must break this cycle which seems inescapable”.

HYMN

1. Longing for light, we wait in darkness.
Longing for truth, we turn to you.
Make us your own, your holy people,
light for the world to see.
*Christ, be our light! Shine in our hearts.
Shine through the darkness.
Christ, be our light!
Shine in your church gathered today.*
2. Longing for peace, our world is troubled.
Longing for hope, many despair.
Your word alone has pow'r to save us.
Make us your living voice.
3. Longing for food, many are hungry.
Longing for water, many still thirst.
Make us your bread, broken for others,
shared until all are fed.
4. Longing for shelter, many are homeless.
Longing for warmth, many are cold.
Make us your building, sheltering others,
walls made of living stone.
5. Many the gifts, many the people,
many the hearts that yearn to belong.
Let us be servants to one another,
making your kingdom come.

READING 2: PSALM 121(122):1-2,4-5,6-9

I rejoiced when I heard them say:
‘Let us go to God’s house.’
And now our feet are standing
within your gates, O Jerusalem.

It is there that the tribes go up,
the tribes of the Lord.
For Israel’s law it is,
there to praise the Lord’s name.
There were set the thrones of judgement
of the house of David.

For the peace of Jerusalem pray:
‘Peace be to your homes!
May peace reign in your walls,
in your palaces, peace!’

For love of my brethren and friends
I say: ‘Peace upon you!’
For love of the house of the Lord
I will ask for your good.

REFLECTION: FRATELLI TUTTL 261

Pope Francis writes: “Every war leaves our world worse than it was before. War is a failure of politics and of humanity, a shameful capitulation, a stinging defeat before the forces of evil. Let us not remain mired in theoretical discussions, but touch the wounded flesh of the victims. Let us look once more at all those civilians whose killing was considered “collateral damage”. Let us ask the victims themselves. Let us think of the refugees and displaced, those who suffered the effects of atomic radiation or chemical attacks, the mothers who lost their children, and the boys and girls maimed or deprived of their childhood. Let us hear the true stories of these victims of violence, look at reality through

their eyes, and listen with an open heart to the stories they tell. In this way, we will be able to grasp the abyss of evil at the heart of war. Nor will it trouble us to be deemed naive for choosing peace.”

HYMN

- 1 For the healing of the nations,
 Lord, we pray with one accord,
 for a just and equal sharing
 of the things that earth affords.
 To a life of love in action
 help us rise and pledge our word.

- 2 Lead us, father, into freedom,
 from despair your world release,
 that, redeemed from war and hatred,
 men may come and go in peace.
 Show us how through care and goodness
 fear will die and hope increase.

- 3 All that kills abundant living,
 let it from the earth be banned;
 pride of status, race or schooling,
 dogmas keeping man from man.
 In our common quest for justice
 may we hallow life's brief span.

- 4 You, creator-God, have written
 your great name on all mankind;
 for our growing in your likeness
 bring the life of Christ to mind;
 that by our response and service
 earth its destiny may find.

Fred Kaan © 1968 Stainer & Bell Ltd

READING 3: JOHN 13:25-31

Jesus said to his disciples: “I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. You heard me say to you, “I am going away, and I am coming to you.” If you loved me, you would rejoice that I am going to the Father, because the Father is greater than I. And now I have told you this before it occurs, so that when it does occur, you may believe. I will no longer talk much with you, for the ruler of this world is coming. He has no power over me; but I do as the Father has commanded me, so that the world may know that I love the Father.”

REFLECTION: PACEM IN TERRIS 171

Pope Saint John XXIII wrote: “Let us, then, pray with all fervour for this peace which our divine Redeemer came to bring us. May He banish from the souls of men and women whatever might endanger peace. May He transform all peoples into witnesses of truth, justice and fraternal love. May He illumine with His light the minds of rulers, so that, besides caring for the proper material welfare of their peoples, they may also guarantee them the fairest gift of peace. Finally, may Christ inflame the desires of all to break through the barriers which divide them, to strengthen the bonds of mutual love, to learn to understand one another, and to pardon those who have done them wrong. Through His power and inspiration may all peoples welcome each other to their hearts as brothers and sisters, and may the peace they long for ever flower and ever reign among them.

HYMN

- 1 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 ...
- 3 Faith, perfect faith ...
- 4 Hope, perfect hope ...
- 5 Joy, perfect joy ...

Kevin Mayhew © Kevin Mayhew Ltd

READING 4: GALATIANS 5:22-26

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another.

REFLECTION: FRATELLI TUTTI 40-41

Pope Francis writes: “Migrations, more than ever before, will play a pivotal role in the future of our world”. At present, however, migration is affected by the “loss of that sense of responsibility for our brothers and sisters on which every civil society is based”. Europe, for example, seriously risks taking this path. Nonetheless, “aided by its great cultural and religious heritage, it has the means to defend the centrality of the human person and to find the right balance between its twofold moral responsibility to protect the rights of its citizens and to assure assistance and

acceptance to migrants”. I realize that some people are hesitant and fearful with regard to migrants. I consider this part of our natural instinct of self-defence. Yet it is also true that an individual and a people are only fruitful and productive if they are able to develop a creative openness to others. I ask everyone to move beyond those primal reactions because “there is a problem when doubts and fears condition our way of thinking and acting to the point of making us intolerant, closed and perhaps even – without realizing it – racist. In this way, fear deprives us of the desire and the ability to encounter the other”.

HYMN

- 1 **Come, Holy Ghost, Creator, come
from thy bright heavenly throne,
come, take possession of our souls,
and make them all thine own.**

- 2 **Thou who art called the Paraclete,
best gift of God above,
the living spring, the living fire,
sweet unction and true love.**

- 3 **Thou who are sev'nfold in thy grace,
finger of God's right hand;
his promise, teaching little ones
to speak and understand.**

- 4 **O guide our minds with thy blest light,
with love our hearts inflame;
and with thy strength, which ne'er decays,
confirm our mortal frame.**

- 5 **Far from us drive our deadly foe;
true peace unto us bring;
and through all perils lead us safe
beneath thy sacred wing.**

6 Through thee may we the Father know,
through thee th'eternal Son,
and thee the Spirit of them both,
thrice-blessed Three in One.

7 All glory to the Father be,
with his co-equal Son:
the same to thee, great Paraclete,
while endless ages run.

Ascribed to Rabanus Maurus (776-856) tr. Anonymous

PRAYERS OF INTERCESSION

THE GREAT LITANY OF EXPIATION

Priest: Blessed be the kingdom of the Father, and of the Son, and
of the Holy Spirit, now and for ever and ever.

All: Amen.

Priest: In peace let us pray to the Lord.

All: Lord, have mercy.

Priest: For the peace from on high and for the salvation of our
souls, let us pray to the Lord.

All: Lord, have mercy.

Priest: For peace throughout the world, for the well-being of God's
holy churches and for the unity of all, let us pray to the Lord.

All: Lord, have mercy.

Priest: For this holy church and for all who enter it with faith,
reverence, and fear of God, let us pray to the Lord.

All: Lord, have mercy.

Priest: For the most holy universal Pontiff, Francis, Pope of Rome,
for our God loving Bishop, John, for the reverend
priesthood, the diaconate in Christ, and all the clergy and
the people, let us pray to the Lord.

All: Lord, have mercy.

Priest: For our nation under God, for our government, and for all
those engaged in the service and protection of our country,
let us pray to the Lord.

All: Lord, have mercy.

Priest: For this city, for every city and country and for the faithful who live in them, let us pray to the Lord.

All: Lord, have mercy.

Priest: For favourable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

All: Lord, have mercy.

Priest: For the seafarers and travellers, for the sick and the suffering, for those held captive, and for their salvation, let us pray to the Lord.

All: Lord, have mercy.

Priest: That we may be delivered from all tribulation, wrath, and misfortune, let us pray to the Lord.

All: Lord, have mercy.

Priest: Help and save, have mercy and protect us, O God, by Your grace.

All: Lord, have mercy.

Priest: Remembering our most Holy and Immaculate, most blessed and glorious Lady, the Mother of God and ever-virgin Mary, together with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

All: To you, O Lord.

Priest: For all glory, honour, and worship befit You, Father, Son and Holy Spirit, now and for ever and ever.

All: Amen.

INTERCESSORY PRAYER (FROM CAFOD)

Reader: We pray for the Church: that in this time of crisis, she may speak words of truth and justice, act with compassion and be a sign of Christ's love for all those who are suffering. Lord in your mercy...

All: Hear our prayer.

Reader: We pray for world leaders, that guided by integrity and wisdom, they may work together so that peace may flourish. Lord in your mercy...

All: Hear our prayer.

We pray for all those caught up in violence, remembering especially the people of Ukraine; that in this time of fear and conflict, they may know God's presence and peace. Lord in your mercy...

All: **Hear our prayer.**

Reader: We pray for all refugees fleeing war and conflict in so many places in our world: that nations and individuals may be generous in welcoming and assisting them. Lord in your mercy...

All: **Hear our prayer.**

Reader: We pray for our parish and our local community: that in this time of Lent, we may reach out in solidarity to our brothers and sisters in need. Lord in your mercy...

All: **Hear our prayer.**

THE LORD'S PRAYER

Priest: At the Saviour's command and formed by divine teaching, we dare to 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, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.**

Priest: You bless those who bless You, O Lord, and sanctify those who trust in You. Save Your people and bless Your inheritance. Protect the fullness of Your Church. Sanctify those who love the beauty of Your house and glorify them by Your divine power. Do not forsake us who hope in You. Grant peace to Your world, to Your churches, to the priests, to our nation under God, to our government, and to all Your people. For all good giving and every perfect gift is from above, coming down from You, the Father of Lights. And we give glory, thanks, and worship to You, Father, Son, and Holy Spirit, now and for ever and ever.

All: **Amen.**

BENEDICTION OF THE BLESSED SACRAMENT

EUCHARISTIC HYMN

1 Tantum ergo Sacramentum
 Veneremur cernui:
 Et antiquum documentum
 Novo cedat ritui:
 Praestet fides supplementum
 Sensuum defectui.

2 Genitori genitoque
 Laus et iubilatio
 Salus, honor, virtus quoque
 Sit, et benedictio;
 Procedenti ab utroque;
 Compar sit laudatio. Amen.

or

1 Therefore we, before him bending,
 this great Sacrament revere;
 types and shadows have their ending,
 for the newer rite is here;
 faith, our outward sense befriending,
 makes our inward vision clear.

2 Glory let us give, and blessing
 to the Father and the Son,
 honour, might and praise addressing,
 while eternal ages run;
 ever too his love confessing,
 who from Both with Both is One.

PRAYER

P: Panem de caelo praestitisti eis.
All: **Omne delectamentum in se habentem.**

P: You gave them bread from heaven
All: **The bread which is full of all goodness**

P: Oremus; Deus, qui nobis sub Sacramento mirabili passionis tuae memoriam reliquisti: tribue, quaesumus; ita nos Corporis et Sanguinis tui sacra mysteria venerari, ut redemptionis tuae fructum in nobis iugiter sentiamus. Qui vivis et regnas in saecula saeculorum.
All: **Amen.**

Let us pray. God, who in this Sacrament have left for us a marvellous memorial of your passion, grant, we pray, that we may so venerate the sacred mysteries of your Body and Blood that we may feel the fruit of your redemption in our lives. Who live and reign for ever and ever. Amen.

BLESSING

The priest takes the monstrance containing the Blessed Sacrament and blesses all present with the Sign of the Cross. All bow to receive the blessing.

REPOSITION AND ACCLAMATION

After the Blessing, while the priest reposes the Blessed Sacrament in the tabernacle, all join in singing:
**O Sacrament most holy, O sacrament Divine,
All praise and all thanksgiving be every moment thine!**

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 spouse most chaste.
Blessed be God in His angels and in His Saints.

CONCLUSION

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

All: Amen.

Priest: Go and proclaim the Gospel of the Lord.

All: Thanks be to God.

FINAL HYMN

1 To Christ, the Prince of peace,
and Son of God most high,
the father of the world to come,
sing we with holy joy.

2 Deep in his heart for us
the wound of love he bore:
that love wherewith he still inflames
the hearts that him adore.

3 O Jesu, victim blest,
what else but love divine
could thee constrain to open thus
that sacred heart of thine?

- 4 O fount of endless life,
O spring of water clear,
O flame celestial, cleansing all
who unto thee draw near!
- 5 Hide us in thy dear heart,
for thither we do fly;
there seek thy grace through life, in death
thine immortality.
- 6 Praise to the Father be,
and sole-begotten Son;
praise, holy Paraclete, to thee
while endless ages run.

Catholicum Hymnologium Germanicum (1587) tr. E. Caswall (1814-78)

