



HOPE IN THE FUTURE



PARISH FORMATION – MISSION & EVANGELISATION

PRAYER

Before using the parish resources it is a good idea to start with prayer. Jesus must be at the centre of all our mission and evangelisation efforts: we are introducing people to Him, and He is the one who guides and inspires us in all we do. A very simple yet effective prayer suggestion is to pray as a parish team before Jesus in the Blessed Sacrament.

Here is a suggested structure for a Holy Hour/Half Hour.

This is the usual format for Exposition of the Eucharist outside of Mass. The Blessed Sacrament should be exposed by a Priest or Deacon, but special permission can be given to Extra-Ordinary Ministers of the Eucharist.

EXPOSITION

Begin with an opening Hymn. The Blessed Sacrament is then taken from the tabernacle and placed in a monstrance on the altar.

ADORATION

During this time there could be moments of silence, spoken intentions, pieces of scripture, reflective music and litanies.

Suggested Scripture

- Mark 14:22-24
- John 6:51, 6:53-58
- 1 Corinthians 10:16-17
- Acts 2:42

Suggested Music

- Adoration – Matt Maher
- Be Still for the Presence of the Lord – David Evans
- Behold the Lamb – CJM Music
- Bread of Life – CJM Music
- Here I am to worship – Tim Hughes
- Come to the Altar – Elevation Worship
- Sweet Sacrament Divine – Francis Stanfield

Suggested Reflection Points

- How is God calling me to serve in my parish?
- What are the next steps for our Parish Hope in the Future Team?
- How can we reach out to those who do not know the Gospel message?
- How can we engage those who have lost contact with the Church?
- How can I grow in faith and help others to grow in faith too?

Suggested Quotes on Adoration

- “When the Eucharist is being celebrated, the sanctuary is filled with countless angels who adore the divine victim sacrificed on the altar.” *St. John Chrysostom*
- “Only in adoration can a profound and genuine reception mature. And it is precisely this personal encounter with the Lord that then strengthens the social mission contained in the Eucharist.” Pope Benedict XVI
- “Jesus in the Blessed Sacrament is the living Heart of our parishes” Pope Paul VI
- Spend as much time as possible in front of the Blessed Sacrament and He will fill you with His strength and His power.” St Teresa of Calcutta

Suggested Closing Prayer

Lord our God, may this holy sacrament of new life warm our hearts with your love and make us eager to spread the Good News that Jesus is Lord of our lives. May we stay close to Him always. We ask this in His name. Amen.

BENEDICTION

The people are blessed with the monstrance in silence.

The Divine Praises may be said.

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.

REPOSITION

As the Blessed Sacrament is replaced in the tabernacle a song can be sung (e.g. O Sacrament most Holy).

FORMATION VIDEO 1

HOPE IN THE FUTURE PRAYER

God, our loving Father, we thank you for blessing our parishes with all that we need to respond to our vocation to be missionary communities in our localities.

We thank you for all our parish members who, in response to your call, give of themselves so freely to enrich our parishes in the ways of love and service.

We ask you now to pour out afresh the gifts of your Spirit upon each one of us, that we may be inspired to serve you in new and creative ways as missionary disciples bringing your Light to the world.

We ask your blessing upon us, as we journey together in hope, through Christ our Lord. Amen.

REFLECTION POINTS

Vigour: Are we enthusiastic, indifferent, or cynical about the *Hope in the Future* vision?

Family: How can we deepen the quality of our relationships in the parish community?

Prayer: How is our prayer life: personal, shared, liturgical?

Service: How does the parish serve the local community?

Ecumenism: Do we share activities with other Christians?

Aggiornamento: What aspects of our parish life have out-lived their fruitfulness?

Evangelisation: How do we reach out to those who do not play a part in our parish community?

FORMATION VIDEO 2

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REFLECTION POINTS

What would I say has been an experience of the *Joy of the Gospel* in my life?

Have I met Jesus in one of his disciples or in an experience of his Spirit in my life?

Am I experiencing the excitement of God doing a new thing in the Church in this diocese?

To which place, event or meeting would you invite somebody in the hope that they would encounter Jesus?

Do you sense that the Lord might be calling you to a new way of serving him?

FORMATION VIDEO 3

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REFLECTION POINTS



The Parish Hope in the Future Mission Team

How can we develop as a Parish Mission Team?

FORMATION VIDEO 4

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REFLECTION POINTS

How have you seen the Holy Spirit at work in your parish?

How is the Holy Spirit prompting you at this time?

Are you falling in love with Jesus?

Are you praying for the Holy Spirit as individuals, as a *Hope in the Future* team, as a parish?

CLOSING PRAYER

Glory Be to Him
whose power working in us,
can do infinitely more
than we can ask or imagine.

Glory be to Him
from generation to generation
in the Church and in Christ Jesus.
Amen

From St. Paul's letter to the Ephesians