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HOLY HOUR FOR RELIGIOUS

An hour spent with Jesus
in
The Memorial of His Passion



"Could you not then watch one hour with Me?"

Matt. 26-40

For the use of the Community
or the private devotion of
the Religious.

By

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AN HOUR WITH JESUS IN THE MEMORIAL OF HIS PASSION

Preface

This Holy Hour Booklet is prepared especially for Religious. It thus answers a long felt need in Religious communities. The theme of this Holy Hour is the doctrine of the Blessed Sacrament as the Memorial of Christ's Passion. The meditations suggested apply directly to the life of a Religious.

If the Holy Hour is conducted by a priest the meditations can be read by him. The prayer, which follows the meditation, might best be recited by the community. The additional prayers included by way of appendix are intended for the private devotion of the individual.

Provision has been made in the text for the singing of four hymns. The hymns will, of course, be taken from the repertoire of the community.

In the meditations of this Holy Hour the virtues are seen, not in the abstract, but in the Sacred Person of our Saviour. Thus, not only is the Divine Honor and Glory envisioned as the objective of the hour before the Blessed Sacrament, but the spiritual growth of the Religious.

Indulgences

1. A plenary indulgence is granted to the faithful, who for one full hour take part in this devotion held publicly in a church, public or semi-public oratory. The conditions for gaining the indulgence are, confession of sin with true sorrow, reception of Holy Communion and prayers for the intentions of the Holy Father.

2. An indulgence of ten years is granted to all the faithful who, at least with contrite heart, make a Holy Hour either publicly or privately.

OPENING PRAYER

Meditation

Holy Mother Church surrounds the entronement of our Sacramental King with ceremonial splendour. Sense perception can detect only the appearance of bread, but faith supplies the defects of sense and reveals the Real Presence of Jesus, Our God. Through the vision of faith, we behold love in sacrificial glory, the love that led the captive Lover through the darkness of cruelty and disgrace to death on an accursed Cross. Malice destroyed His physical life, but His love is indestructible. His wisdom found a way of dying, yet living in the Holy Eucharist.

In the Last Supper Jesus empowered His Apostles and their successors in the sacred priesthood, to perpetuate His Sacrifice of the Cross. In the marvel of transubstantiation, He provides food and consolation for His beloved children. His spotless bride, the Church, always mindful that she came forth from His open, bleeding side, constantly recalls His Death that gave her life. Garbed in blood-stained robes, she seeks to impress the sufferings of Jesus on her children by reminding them that the Blessed Sacrament is the Memorial of His Passion. Consecrated Religious, Brides of Christ, are privileged to reciprocate His love by a service so loving and faithful that it unites human hearts to the Divine Heart.

Prayer

O Jesus* we, Thy favored souls* believe in Your Real Presence.* The most alert senses* and the keenest minds* cannot understand,* but Your Divinely bestowed faith* enlightens our darkness* and enables us to see.* What a delight, dear Jesus,* to know that Your undying love* which brought You to earth* and prompted Your cruel death,* still endures in the Blessed Sacrament.*

In the agony of Gethsemane,* You sought comfort* from Your Heavenly Father* and from Your cherished Apostles,* only to meet with keen disappointment.* Through St. Margaret Mary,* You have appealed to us* to spend an hour with You.* Most willingly do we respond.* Grant that our love* may comfort Your bruised Heart* in the Memorial of Your Passion.*
Amen.

ACT OF ADORATION

Meditation

The sweetest joy of angels and saints in heaven is to chant the eternal song of praise. Holy souls, on earth, catch the spirit of adoration and blend their voices with the heavenly chorus. Adoration is chiefly a habit, or attitude of the mind. Through our mental processes we recognize God's dominion and our absolute dependence on Him. This wholesome knowledge motivates the will to proclaim God's supremacy. Influenced by enlightening grace we understand God's sovereignty and our lowly origin. We grasp the fact that God, longing to share His goodness, breathed on nothingness and man was created. Infinite power adorned the soul with sublime gifts and charted its course to eternal life.

Man, however, foolishly sought to improve his state and rise above even God. His unholy ambition plunged him into helpless misery, but God's tender hand of mercy reached out and rescued Him by the death of His only begotten Son. Knowing man's weakness and not trusting him to his own feeble efforts, Jesus, our Saviour, remains with us in the Holy Sacrament. His establishment of heaven in our midst' enables us to join angels and Saints in adoring praise.

He calls all souls to adoration, but comparatively few respond. Consequently He has selected certain souls to devote their whole lives to adoration. It is our supreme privilege to adore our God and recruit other souls for adoration of the Sacrament Most Holy.

Prayer

O Jesus,* we humbly acknowledge* that we belong to You.* By creation* You have made us in Your image.* By Your plenteous redemption* You have cleansed us in Your Blood* and You desire our sanctification* by the indwelling of the Holy Spirit.* That we may be bound* to You more securely* You have called us from the world* of endless sinful attractions* that we may become holocausts* to Your Divine Majesty.* Infuse the spirit of adoration* into our consecrated souls* so that our entire lives* may be pleasing sacrifices* before Your Holy Presence. Amen.

ACT OF LOVE

Meditation

"God is love and he who abides in love, abides in God and God in Him". What a simple formula for holiness, these words of the beloved Apostle convey! Religious are often lost in the maelstrom of conflicting opinions and frightened by the austere demands of sanctity. God is simple and direct in His requirements and this statement reveals an infallible prescription. If we are looking for a safe and sure way, this is it. By following God's plan closely we shall attain sainthood.

The love of Jesus breathed sweetness and diffused peace, yet, His love was tried in the furnace of tribulation. He encountered poverty, ridicule, mockery, disgrace and cruelty. These seeming insurmountable obstacles did not deter Him or chill His love. He lovingly endured the death march to Calvary and crucifixion. As He hung dying on the infamous gibbet, He could have proclaimed, "Greater love than this no one has, that one lay down his life for his friends". His love died not on the Cross but continues in the Memorial of His Passion. Love unto death is enthroned on our altar. As Divinely appointed friends, our pleasant duty is to reciprocate His love.

Prayer

O Jesus, Love Divine,* we offer You our feeble love.* Your love was proved in Your Passion* and is extended in Your wonderful Mystery of love.* May our love* always meet the acid test* of faithful service.* Sweet consolations* rendered our love entrancing* at the beginning of our consecration.* When consolations vanished* we thought You had transferred us* from Thabor to Calvary. Your Cross of love was heavy* and we fell into discouragement;* we may have permitted our fervour to cool* and our religious fidelity to slacken.* We enjoyed drinking from Your cup of joy,* but, we found* the gall and vinegar* too bitter for our delicate tastes.* We realize now* that our love* must follow the course* marked by Your blood-stained footprints* the way of the Cross.* We beg for the grace* to always endeavour* to match our love* with Your love unto death.* May our sacrificial love* faintly but truly* resemble Your love* in the Memorial of Your Passion. Amen.

ACT OF THANKSGIVING

Meditation

Holy Mother Church leads her children in offering thanks to God for His many benefits. In her preface of the Mass she declares that it is meet and just to give thanks to our Lord. In all of her liturgical prayers she strongly emphasizes the note of thanksgiving. She carefully trains her children in spiritual refinement.

Gratitude is not as strict in its demands as justice. A person dispensing gifts is prompted more by the joy of giving than by the hope of thanks. Jesus stated this principle when He reminded His children, "Freely have you received, freely give". Divine liberality springs from His boundless goodness. Since that perfection is infinite a thorough grasp of His benefactions is beyond the human mind. His goodness to fallen man began with the bestowal of a priceless Christmas gift and continued through His earthly life. His generosity climbed to sublime heights in His dreadful agony and death on the Cross, but, it reached its climax in the Holy Eucharist. His bounty has dispensed personal gifts along our way through life.

In loving kindness He has called us to share more abundantly in His blessings. He has placed us in the company of angels who surround His Sacramental throne. Our consecrated hearts should overflow with gratitude to our Eucharistic Lord.

Prayer

O Jesus,* our generous Benefactor,* we offer humble thanks.* While Your excessive goodness* does not demand thanks,* yet, we remember Your disappointment* at the selfish forgetfulness* of the ten lepers.* You have enlightened and strengthened us* and we thank You.* You have arrayed us* in the heavenly robe of sanctifying grace* and we thank You.* You have bestowed special friendship on us* and we thank You.* You have promised us a hundred fold in the religious state* and assured us of eternal life* and we thank You.* In sweet trust* You have appointed us* Your comforters* in the Memorial of Your Passion* and we thank You.* Grant that our entire religious lives* may be perpetual thank-offerings.* In our humble, but, grateful hearts* we desire to make it worth while* for You to have remained with us* in Your Holy Sacrament. Amen.

ACT OF CONTRITION

Meditation

Jesus instituted the Blessed Sacrament as a Memorial of His Passion; human malice has made it a Mystery of rejected love. Infinite love is met by persistent hate; heavenly gifts, so lavishly bestowed are spumed; insistent invitations to His Divine Banquet are ignored; Divine hands, extended in tender mercy, are twisted back and nailed to the Cross; His Sacred Heart, offering love and friendship, is daily pierced with a lance; for a royal diadem, He still wears the crown of thorns. These are only a few samples of the cruel treatment heaped on Jesus in the Blessed Sacrament.

To our shame we religious must admit that we often fail in our duty of offering consoling love. We may not crucify Him anew by mortal sin, but, too frequently we apply the pin point of daily faults and venial sins to His wounded hands. These constant piercings keep those sacred wounds open and cause the Precious Blood to flow in streams. In the Memorial of His Passion He shows us His wounded hands with the gentle rebuke, "With these was I wounded in the house of those who love Me".

Prayer

O Jesus* we sincerely regret* that souls continue to renew* Your sufferings by sin.* We are sorry for our part* in Your sufferings.* The gentle voice of our sorrowful Mother* has reminded us* that Your Sacred Heart is exhausted* by the sinful bruises* of Your children.* We shamefully acknowledge* that our fatal silence and sloth* have done nothing* to reclaim* sinful souls from cruelty.* We may not have jeered* or demanded Your crucifixion,* but, we sorrowfully admit* that we have kept the wounds in Your hands* open and bleeding.* O suffering Jesus* we are sorry* for our neglect.* In company with sorrowing Mary* we shall endeavour* to heal Your wounds,* to soothe Your bruised Heart* and comfort You* in the Memorial of Your Passion. Amen.

All Stand and sing a hymn.
Should a short sermon be given
three of the exercises may be
omitted.

JESUS LOVER OF POVERTY

Meditation

Poverty is abhorred by the world; the poor are excluded from polite society. However, their labor and service are sought and exploited by the wealthy. Our Lord tried to improve the lowly state of the poor and the Church has always been their staunch champion. The teachings of Christ regarding the poor have not failed; they have not been applied.

Jesus lifted poverty from disgrace and enobled and sanctified it. He hurled threatening denunciations at the rich and declared their eternal salvation uncertain. He not only associated with the poor, but, blessed poverty and practiced it in its fullness. He placed poverty among the evangelical counsels and taught that holiness depends on its practice.

We religious have heeded His condemnation of greed. We have been attracted by His teachings on poverty and have followed His example. He Who controlled the wealth of the world descended to abject poverty. His birthplace was a stable and He lived in want. His deathbed was a hard Cross; His pillow a crown of sharp thorns and His only support iron nails. His burning thirst on the Cross was aggravated by a draught of bitter vinegar. In the Blessed Sacrament His poverty shines brilliantly in the lowly appearance He assumes.

Saintly founders of religious orders have caught the spirit of Jesus and have written poverty into their rules. St. Paul of the Cross proclaims poverty to be the standard under which his congregation must fight. He insists that religious perfection will flourish as long as the practice of voluntary poverty remains. Since we have made a vow to live poorly we should follow Our Lord and His saints in holy poverty.

Prayer

O Jesus, Model of poverty,* we thank You for the grace* to share holy poverty.* In Your tenderness* You have softened our poverty,* by granting us the hundred fold.* You know human nature is grasping* and often reaches out* for earthly treasures.* These we have generously renounced.* We made a vow of detachment from everything* and we beg You for the strength* to fulfill our promise.* Help us to understand that poverty* will lead us to have nothing,* yet, possess all things.* In poverty we shall possess You—* Lover of poverty. Amen.

JESUS LOVER OF CHASTITY

Meditation

Jesus is the God of infinite holiness. The union of His Divinity with His humanity rendered His human nature absolutely pure. That His love of chastity may shine more brightly He took human flesh from a Virgin Mother. John's unblemished purity attracted the preference of the Lover of chastity.

Jesus rebuked and punished crimes against the holy virtue in the days of His public ministry. Holy Mother Church is the only real defender of perfect purity in the world and too often her cry is a lone voice in the wilderness of unlawful pleasures.

Jesus repeatedly proclaimed the beauty of perfect chastity. That it is possible follows from His commands. His holy words still ring in our souls, "Blessed are the clean of heart, for they shall see God". Echoing His voice, Holy Church adopts the glorious words of Solomon, "O how beautiful is the chaste generation with glory, for the memory thereof is immortal". The spotless Bride of Christ insists on celibacy in her clergy and chastity in her religious. Only pure hands may touch His Sacred Body and only chaste hearts are worthy receptacles of His Body and Blood in holy communion. While Satanic foes are enraged by the chastity of priests and religious, yet, it is the secret power that wins decent people to Christ. We work miracles of grace in human souls. The underlying reason for the reverence we elicit is the fact that we are chaste followers of Him, Who, when He was lifted up drew all things to Himself. Chastity raises us to sublime heights and should be dear to us.

Prayer

O Jesus, in Your holy Sacrament,* You diffuse the sweet perfume of purity.* The material of the Eucharistic Sacrifice* must be pure and unadulterated.* Your priests are pledged to purity* and Your favorite adorers* are spotless virgins.* Dear Lord* You know that chastity* is a rugged virtue* and only heroic souls* can follow this path.* Human efforts are futile* but, Your strength is all powerful.* Enlighten our minds to realize* that we belong to You alone* and help us to be true.* Encircle us with Your protecting arms* and guide us safely to the glory of holy chastity.* Then Your promised reward will be* heavenly peace in the religious life* and the eternal vision* of Your glory in heaven. Amen.

JESUS MOST OBEDIENT

Meditation

Poverty divests us of material goods and crushes any attachment that may linger. Chastity perpetrates a holy murder on our carnal inclinations. These two vows introduce us to the way of the Cross, but, obedience places the heavy cross of Jesus on our shoulders and goads us to martyrdom on Calvary. By the immolation of our noblest faculty, the will, we are nailed to the Cross with Jesus.

Since Christ was human He felt repugnance to harsh obedience. In Gethsemane, mountains of crime for which He had become a Victim; horrible satisfactions demanded of Him by eternal justice and base ingratitude that rendered His sacrifice useless, for many, unfolded before His mental vision. So shocking was this preview, that He pleaded with His heavenly Father to remove the bitter chalice. His obedience, however, shone like a glorious sun in the darkness when He prayed, 'Not My will but Thine be done'. So fierce was the struggle that He sank into an agony and His sweat became as drops of blood. This is the perfect example of Jesus most obedient in His Passion and in the Memorial of His Passion. What religious will dare assert that he has reached sublimity in holy obedience!

Prayer

O Jesus,* obedient unto the death of the Cross,* strengthen our souls* in the fulfillment of our holy vow.* It means death* to our sweet independence* and the crucifixion of our rebellious wills.* The roots of revolt are deeply set in our souls* and often entice us to join* the 'resistance movement'.* Grant that our obedience* may never depend on the kindness* or affability of our superiors.* Enlighten our minds to understand* that unselfish obedience* consists in submitting* to Your voice, speaking through our superiors and* our holy rules.* You have built a safe road to holiness;* may we never destroy that road* by selfish disobedience.* You sought release* from the heavy demands of obedience,* but, You quickly and humbly submitted.* When real or feigned injustice,* unfairness,* seeming imprudence* or total lack of understanding* disturb our religious souls,* hide us in the comforting shelter* of Your Sacred Heart.* Remind us then,* that the disgrace and pangs* of crucifying obedience* will be crowned* with the joys of Your holy resurrection.* Amen.

JESUS MODEL OF FRATERNAL CHARITY

Meditation

Charity, deeply engraved on the human heart at creation, was erased by malicious hate and deeds of violence. Our Divine Saviour came to lift man from the mire of sin and re-establish him in God's holy friendship. His irresistible approach to souls was characterized by love; a love that was sublime in its beauty and infinite in its perfection; a love that radiated tenderness to the poor, the afflicted, and the outcasts; a love that was not chilled by resistance, abuse, calumny, injustice or a disgraceful death; a love that could not bear separation from His beloved children and culminated in the institution of the Mystery of Love; a love that keeps Him prisoner in the tabernacle, despite unbelief, sacrilege and profanation. This wonderful Mystery of Love is in truth a Memorial of His Passion.

The love of Jesus, so kind, so understanding, so patient and persevering is the pattern, according to which, we are to form fraternal charity, "Love one another, even, as I have loved you". A faithful copy of this pattern, in a religious order, presents a baffling puzzle to a worldling. How persons of different nationalities, social and cultural backgrounds, conflicting tastes and clashing personalities can be molded into one peaceful harmonious community is beyond the grasp of the pagan world. The reduction of Christ's pattern to a beautiful reality provides the simple solution. Each religious is personally responsible for the preservation of the lovely design of Christ in community life.

Prayer

O Jesus, God of love,* You lifted charity from wreckage* and restored it* to its original sacredness.* You adopted it* as Your favorite virtue* and made it the distinguishing mark* of Your chosen souls.* Your earthly life* from the crib to the cross* was one immense act of charity.* Never did You ration love* but, dispensed it generously.* You did not turn away* or refuse to speak* to those who treated You shamefully;* You sought them more ardently.* In the darkness and cruelty of Calvary* no complaints escaped Your lips;* no trace of blame or condemnation* was heard in Your prayer,* "Father forgive them for they know not what they do".* Your forgiving love* shone on Your Divine countenance* as You hung dying on the Cross.* In Your Sacramental Presence* You continue Your gospel of charity.* O Jesus, deeply imprint Your favorite virtue* on our minds* that we may see and love You* in our religious companions.* Grant that we may be one* in charity* as You and the Father are One. Amen.

All stand for a hymn.

JESUS HUMBLE OF HEART

Meditation

Humility is a truthful judgement of self in all of our darkness, perversity and misery. We look at ourselves as God sees us and a horrible picture meets our gaze. The shocking vision of self arouses us to action. We dethrone the idol of self sufficiency and enthrone God in our souls. Pride, which threatens ruin to our souls, must be evicted. A proud religious is a contradiction. Pride leads us to take personal credit for our talents, our charming personalities and any success that may have crowned our labors. We learn to our dismay, that much of our piety and self approved sanctity are merely a parade; a sham and a mockery. Humility tears away the mask and exposes the real religious miserable in pride.

This picture of miserable self would discourage and crush us, but, when humility has wrung from us a confession of our nothingness, God's strong arm reaches out and presses us to His Heart. If we are humble we shall not take personal credit nor seek any honor. We refer all glory to God. We shall even rejoice when others are preferred before us. We will be induced to adopt as our guide, the saying of the Monks' alphabet, "Love to be unknown and considered as nothing".

In His bitter sufferings and especially in the Memorial of His Passion, Jesus deals a deadly blow to our pride. There we behold Almighty Power hidden under lowly elements; Infinite Wisdom appearing as foolishness; Rigorous Justice disarmed in Sacramental helplessness; Infinite Holiness outraged by irreverence and profanation. As we kneel in His Holy Presence, we seem to hear His salutary lesson, "Learn from Me for I am meek and humble of heart". His Divine preference for the lowly resounds in the sweet strains of our Lady's canticle, "He hath regarded the lowliness of His Handmaid; He hath scattered the proud in the conceit of their hearts". Only the humble religious wins the Divine favor.

Prayer

O Jesus, meek and humble* we love You* and shall endeavour* to follow You closely* in Your lowliness.* Irresistible lessons of humility* emanate from Your Memorial of the Passion.* We acknowledge our worthless state;* touch our nothingness and misery* and create in us* the spirit of holiness, justice and truth.* Grant us a flash-light picture of ourselves* from Your Divine camera.* We shall be horrified,* but, with Thy assistance* we shall crush pride* and erect the structure of holiness* on the solid rock of humility.* Help us Jesus* or we shall perish.* Amen.

JESUS MOST ZEALOUS

Meditation

Zeal is intense love bursting forth in enthusiastic activity for the extension of God's kingdom. Basking in the sunshine of truth and peaceful in spiritual luxury, we ardently desire that all share God's gifts. True Christian zeal, however, must rest on the solid foundation of faith and holiness. A cold heart cannot radiate warmth; a flickering light cannot illuminate darkened minds and a spiritual invalid cannot restore life to the spiritually dead. Faith and holiness are essential to a fruitful zeal.

Zeal for His Father's glory and for the establishment of His Kingdom burned in the Heart of Jesus. He had not time for rest and was often physically exhausted by His labors for souls. He paused only to devote long periods to retirement and prayer. He proclaimed Himself the light of truth, the way to heaven and life eternal. His consuming purpose was to diffuse light to the ignorant; guidance to the wanderers and life to those who lay in the tomb of sin. He entered into the camps of His enemies and challenged, rebuked and exposed their hypocrisy. He was the merciful Saviour seeking souls.

In retrospect, on the Cross, He could say, "It is finished". He had done all He possibly could for the salvation of souls. However, before dying, He gathered His remaining strength and expressed His zeal, even, unto death, "I thirst" (for souls). In the Blessed Sacrament His zeal continues. Clothing Himself in a lowly appearance, lest we should be frightened by His glory, He issues a general, insistent invitation, "Come to Me, all you who labor and are burdened and I will give You rest". An intense love and intimate union with Jesus most zealous, will form us religious into little lights and small pillars of fire for countless unfortunate souls.

Prayer

O Jesus, zealous for souls* we thank You for having chosen us* to be Your helpers.* Ours is the glorious privilege* of beaming You-* the Light eternal* to souls groping in the darkness* of confusion and unbelief;* of portraying You—the Way* to wandering travelers;* of being Your unworthy instruments* in communicating and preserving life* in souls dear to Your Divine Heart.* Ingraft us in You O Jesus* and we shall be Your lips instructing;* Your hands ministering* and Your Heart* bestowing spiritual life and refreshment.* Help us to cherish our holy vocation* and protect us* from slothful neglect* of zeal for souls* purchased by Your Precious Blood.* Amen.

JESUS MODEL OF MORTIFICATION

Meditation

Mortification is a destroying virtue, suicidal in its character. It is bent on conquest of self. It sounds the battle cry of death and destruction to the forces in our nature that are subversive. The intellectual faculties of mind will and memory must be directed to holiness; the passions of the soul, strong powers for good or evil, are to be properly regulated and unruly senses, irresponsibly demanding gratification, must be paralyzed. This bitter warfare entails a prolonged suicide.

Our Divine Lord is our Model in mortification. He not only exemplified the virtue, but, established a definite program for us. Mortification gnawed into His Being during His earthly life, culminated in His death on the Cross and continues in the Blessed Sacrament. He tells us that if we will save our life we must lose it and if we lose our life we shall find it. St. Paul, the great Apostle of the Crucified, voices strong principles of mortification. He boldly insists that we are to bear about in our bodies the mortification of Jesus; that we are to be nailed to the Cross; that we dare not glory save in the Cross of Christ and finally, that our sufferings are to fill up those things that are wanting of the sufferings of Jesus. It seems to be the Divine plan, that, we religious should, by mortification, reproduce crucifixion scenes in our lives. Only then will Jesus live in us.

Prayer

O Jesus,* You are still forced* to endure insults and outrages,* but, You never complain* or audibly upbraid.* You patiently remain with us.* Desiring to share Your crucified life* with chosen souls,* You have lovingly invited us* to be other Simons* carrying Your Cross.* You know our weakness;* our cowardice;* How we love You in Your glory,* but, shrink from You on the Cross.* Help us to understand* that we must either control dangerous forces* or suffer ruin to our spiritual lives.* Help us to lose our subversive lives* that we may save them for You.* We are weak and cowardly;* touch our hearts with Thy grace* and we shall gladly* carry the Cross with You. Amen.

OUR LADY OF THE BLESSED SACRAMENT

Meditation

Jesus and Mary are inseparable; we cannot love one unless we love the other; we cannot honor Jesus and slight His holy Mother. Consequently, our holy hour would be incomplete should we fail to offer a bouquet of love and devotion to Mary — Our Lady of the Blessed Sacrament.

The infinite Creator designed and formed Mary into the most perfect creature. He loved her and enthroned Her as His sweet Mother. She is immaculate and the Mother of fair love. Not invested with priestly powers, yet, Mary's words, "Behold the Handmaid of the Lord; be it done unto Me according to Thy word" brought a Saviour into the world; not empowered to celebrate Mass, yet, Mary offered her Divine Son on Calvary, at the same time, baring her pure heart to the thrusts of the sword of sorrow. As Jesus nestled close to her immaculate Heart, Mary was the first adorer of the Incarnate God. Her lowliness and distaste for honor attracted the reverent salutation of heaven's brightest angel, "Hail full of grace; the Lord is with Thee; blessed art Thou among women". Angels praise Her; holy Church insists on Her special veneration and even devils tremble at the mention of Her Name; they remember that she crushed their power under Her heel. Should not we religious, favorites of Mary, follow God and His holy Church in tender love and ardent devotion to Mary our Immaculate Mother?

Prayer

O Mary, sweet, tender Mother,* our Lady of the Blessed Sacrament* we offer our consecrated hearts* as tokens of our love.* Sheltered from the world's contagion,* we are still inconstant and often fall.* We would praise You* with the eloquence of Bernard* and the reverence of Gabriel,* but, You know our weakness.* Please, dear Mary,* show Thyself a Mother;* clasp us to Your motherly Heart;* cleanse and purify our souls* and present them to Jesus.* Turn Thine eyes of mercy towards us* and show us the blessed Fruit of Thy womb, Jesus.* Then we shall turn our eyes* towards Jesus and You, dear Mary* and love you in life,* in death* and in eternity.* Amen.

CONCLUSION

O Jesus, * we thank You for the privilege* of spending an hour in Your company.* Our hearts have been warmed* by closeness to the consuming fire* of Your Sacred Heart.* Your gracious hands* have bestowed strengthening graces on our souls.* Grant us sweet security* in the shadow of Your Cross* and in the Holy Presence* of the Memorial of Your Passion. Dear Jesus,* our adoration and love* have been directed* to Your Sacred Person* and we hope You have been pleased.* Now we boldly, yet, reverently ask You* to join us* in a prayer to Your heavenly Father.* Please, dear Jesus,* assemble Mother Mary* and all the angels and saints* and offer with us, Your religious,* Your sublime prayer* to Your heavenly Father.

All sing or recite the Our Father.

P A-TER noster, qui es in cæ-lis: Sancti-fi-cé-tur no-men tu-um:

Advé-ni- at regnum tu-um: Fi- at vo-lúntas tu- a, sic-ut in cæ-lo,

et in terra. Pa-nem nostrum quo-ti-di- á-num da no-bis hó-di- e:

Et di-mit-te no-bis dé-bi- ta nostra, sic-ut et nos di-mit-ti-mus

de-bi- ró- ri-bus nostris. Et ne nos indü-cas in ren-ta- ti- ó- nem.

℞. Sed li-be-ra nos a ma- lo.

Sacerdos secrete dicit: Amen.

TANTUM ERGO

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

Genitori, Genitoque,
Laus et jubilatio
Salus, honor, virtus quoque,
Sit et benedictio.
Procedenti ab utroque,
Compar sit laudatio. Amen

V. Panem de coelo prastitisti eis: (Alleluia)

R. Omne delectamentum in se habentem; (Alleluia)

Oremus: Deus, qui nobis sub Sacramento mirabili
Passionis tuae memoriam reliquisti: Tribue quaesumus, ita nos Corporis et Sanguinis sacra mysteria venerari, ut redemptionis tuae fructum jugiter sentiamus. Qui vivis et regnas in saecula saeculorum.
Amen

BENEDICTION

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 Jesus in the most holy Sacrament of the
Altar!
Blessed be the great Mother of God, Mary most holy!
Blessed be her holy and Immaculate Conception!
Blessed be St. Joseph, her most chaste Spouse!
Blessed be God in His angels and in His saints.

HYMN OF THANKSGIVING

Holy God, we praise Thy Name!
Lord of all, we bow before Thee!
All on earth Thy scepter claim!
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 heaven with sweet accord!
Holy! Holy! Holy! Lord!

SUPPLEMENTARY PRAYERS

BLESSED SACRAMENT

A Visit

We adore Thee O Christ, and we bless Thee,
Because by Thy holy Cross, Thou hast redeemed
the world.

I adore Thee O eternal Father and I thank Thee for infinite love through which Thou vouchsafest to send Thine only begotten Son to be my Redeemer and the food of my soul. I offer Thee all the acts of thanksgiving and adoration which are made to Thee by the angels and saints in heaven and by all just souls upon earth. I praise, love and thank Thee with the praise love and thanksgiving which Thou receivest from Thy Son in this most adorable Sacrament; and I beseech Thee to make Him known, loved and worthily received by all in this most Divine Sacrament.

Our Father, Hail Mary and Glory be to the Father

I adore Thee, O eternal Son, and I thank Thee for that infinite love through which Thou becamest incarnate for me, wast born in a stable, brought up in an artisan's shop, endurest hunger, thirst, cold, heat, toils, persecutions and contempt; underwentst the torments inflicted by the scourges, thorns, and nails and sufferedst death upon the hard tree of the Cross. I thank Thee with all the Church militant and triumphant for that ineffable love through which Thou institutest the most Blessed Sacrament to be the food of my soul. I adore Thee in all the consecrated hosts in the world and I thank Thee for those who neither thank nor know Thee. I wish I were able to give my life to make Thee known, loved and honored by all in this most holy Sacrament of love and to prevent all the irreverences and sacrileges which are committed. I love Thee, my dear Jesus, and desire to love and receive Thee with the love, purity and affection of Thy most holy Mother and with the love and affection of Thine own most pure Heart. Ah most amiable Spouse of my soul; when Thou comest to me under the veils of this Sacrament, work in me those effects for which Thou comest and grant that I may rather die than receive Thee unworthily.

Our Father, Hail Mary, and Glory be to the Father

I adore Thee, O eternal Spirit, and I thank Thee for that infinite love through which Thou wroughtest the ineffable mystery of the Incarnation and for that

infinite love through which Thou formedst from the most pure blood of the Blessed Virgin Mary the most Divine Body of Jesus to give it in the most adorable Sacrament as the food of my soul. I beseech Thee to enlighten my mind and purify my heart and the minds and hearts of all men to know this great gift of love and worthily to receive this most holy Sacrament.

Our Father, Hail Mary and Glory be to the Father

PRAYER FOR A VISIT TO THE BLESSED SACRAMENT

Saint Alphonsus

My Lord Jesus Christ, Who for the love which Thou bearest to men, remainest night and day in this Sacrament, full of compassion and of love, awaiting, calling and welcoming all who come to visit Thee; I believe that Thou art present in the Sacrament of the Altar. I adore Thee from the abyss of my nothingness and I thank Thee for all the graces which Thou hast bestowed upon me and in particular, for having given me Thy most holy Mother Mary as my Advocate and for having called me to visit Thee in this church. I now salute Thy most loving Heart; and this for three ends; first, in thanksgiving for this great gift; secondly, to make amends to Thee for all the outrages which Thou receivest in this Sacrament from all Thine enemies; thirdly, I intend by this visit to adore Thee in all the places on earth in which Thou art present in this Sacrament and in which Thou art the least revered and the most abandoned. My Jesus, I love Thee with my whole heart. I grieve for having hitherto so many times offended Thy infinite goodness. I purpose by Thy grace never more to offend Thee for the time to come and now, miserable and unworthy though I be, I consecrate myself to Thee without reserve; I give Thee and renounce my entire will, my affections, my desires and all that I possess. Henceforward do Thou dispose of me and all that I have as Thou pleasest. All that I ask of Thee and

desire is Thy holy love, final perseverance and the perfect accomplishment of Thy will. I recommend to Thee the souls in Purgatory, but especially those who had the greatest devotion to the most Blessed Sacrament and to the most Blessed Virgin Mary. I also recommend to Thee all poor sinners. In fine, my dear Saviour, I unite all my affections with the affections of Thy most loving Heart and I offer them thus united to Thy eternal Father and beseech Him in Thy Name to vouchsafe for Thy love to accept and grant them.

5 years (153)

SACRED HEART

Dedication of the human Race to the Sacred Heart of Jesus

Most sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before Thy altar. We are Thine and Thine we wish to be; but, to be more surely united with Thee, behold each one of us freely consecrates himself today to Thy Most Sacred Heart. Many, indeed, have never known Thee; many, too, despising Thy precepts have rejected Thee. Have mercy on them all, Most merciful Jesus and draw them to Thy Sacred Heart. Be Thou King, O Lord, not only of the faithful who have never forsaken Thee, but also of the prodigal children who have abandoned Thee. Grant that they may quickly return to their Father's house, lest they die of wretchedness and hunger. Be Thou King of those who are deceived by erroneous opinions or whom discord keeps aloof and call them back to the harbor of truth and unity of faith so that soon there may be but one flock and one Shepherd. Be Thou King of all those who are still involved in the darkness of idolatry and Islamism and refuse not to draw them all into the light and kingdom of God. Turn Thine eyes of mercy towards the children of that race, once Thy chosen people. Of old they called down upon themselves the Blood of the Saviour, may it now descend upon them a laver of redemption and of life. Grant, O Lord, to Thy Church, assurance of freedom and immunity from harm; give peace and order to all nations and make the earth resound from pole to pole with one cry: Praise to the Divine Heart that wrought our salvation; to it be glory and honor forever. Amen.

5 years (253)

LITANY OF THE SACRED HEART

Lord have mercy on us,
Christ have mercy on us,
Lord have mercy on us,
Christ hear us,
Christ graciously hear us,
God, the Father of Heaven,
God, the Son, Redeemer of the world,
God the Holy Ghost,
Holy Trinity, one God,
Heart of Jesus, Son of the Etemal Father
Heart of Jesus, formed by the Holy Ghost in
the Womb of the Virgin Mother,
Heart of Jesus, substantially united to the
Word of God,
Heart of Jesus of Infinite Majesty
Heart of Jesus, Holy Temple of God,
Heart of Jesus, Tabernacle of the Most High,
Heart of Jesus, House of God and Gate of Heaven,
Heart of Jesus, burning furnace of charity,
Heart of Jesus, abode of Justice and Love,
Heart of Jesus, full of Goodness and Love,
Heart of Jesus, abyss of all virtues,
Heart of Jesus, most worthy of all praise,
Heart of Jesus, King and Center of all hearts,
Heart of Jesus, in Whom are all the treasures of
wisdom and knowledge,
Heart of Jesus in Whom dwells the fullness of Divinity,
Heart of Jesus, in Whom the Father was well pleased,
Heart of Jesus, of Whose fullness we have all received,
Heart of Jesus, desire of the everlasting hills
Heart of Jesus, patient and full of mercy,
Heart of Jesus, enriching all who invoke Thee,
Heart of Jesus, fountain of life and holiness,
Heart of Jesus, propitiation for our sins,
Heart of Jesus, loaded down with reproaches,
Heart of Jesus, bruised for our offences,
Heart of Jesus, obedient unto death,
Heart of Jesus pierced with a lance,
Heart of Jesus, source of all consolation,
Heart of Jesus, our life and resurrection,
Heart of Jesus, our peace and reconciliation,
Heart of Jesus, Victim for sin,
Heart of Jesus, salvation of those who trust in Thee,
Heart of Jesus, hope of those who die in Thee,
Heart of Jesus, delight of all the saints,

Lamb of God, Who takest away the sins of the world,
Spare us O Lord,

Lamb of God, Who takest away the sins of the world,
Graciously hear us, O Lord,

Lamb of God, Who takest away the sins of the world,
Have mercy on us.

V. Jesus meek and humble of Heart

R. Make our hearts like unto Thine.

Let Us Pray:-- O Almighty and Eternal God, look upon the Heart of Thy dearly beloved Son, and upon the praise and satisfaction He offers Thee in the name of sinners and for those who seek Thy mercy; Be Thou appeased and grant us pardon in the name of the same Jesus Christ, Who liveth and reigneth with Thee, in unity of the Holy Ghost, world without end. Amen.

7 years (213)

PETITION TO THE SACRED HEART

O Sacred Heart of Jesus, we have asked You for many favors, but, we plead this one. Take it, place it in Your open, broken Heart and when the Eternal Father looks upon it, covered with the mantle of Your most Precious Blood, He will not refuse; it is not our prayer but, Yours. O Sacred Heart, we put our trust in Thee; let us think only of You.

Act Of Reparation To The Sacred Heart Of Jesus

O Sweet Jesus, whose overflowing charity for men is requited by so much forgetfulness, negligence and contempt. Behold us prostrate before Thy altar, eager to repair by a special act of homage the cruel indifference and injuries to which Thy loving Heart is everywhere subjected.

Mindful, alas, that we ourselves have had a share in such great indignities which we now deplore from the depths of our hearts, we humbly ask Thy pardon and declare our readiness to atone by voluntary expiation not only for our personal offences, but also, for the sins of those who straying far from the path of salvation, refuse in their obstinate infidelity to follow Thee, their Shepherd and Leader, or, renouncing the vows of their Baptism, have cast off the sweet yoke of Thy law.

We are now resolved to expiate each and every deplorable outrage committed against Thee; we are determined to make amends for the manifold offences against Christian modesty in unbecoming dress and behaviour, for all the foul seductions laid to ensnare the feet of the innocent, for the frequent violations of Sundays and Holy-Days, for the shocking blasphemies uttered against Thee and Thy Saints. We wish also, to make amends for the insults to which Thy Vicar on earth and Thy priests are subjected, for the profanations by conscious neglect or terrible acts of sacrilege of the very Sacrament of Thy Divine Love; and lastly for the public crimes of nations, who resist the rights and teaching authority of the Church which Thou has founded.

Would, O Divine Jesus, we were able to wash away such abominations with our blood. We now offer, in reparation for these violations of Thy Divine honor, the satisfaction Thou didst once make to Thy Eternal Father on the Cross and which Thou dost continue to renew daily on our altars, we offer it in union with the acts of atonement of Thy Virgin Mother and all the Saints and the pious faithful on earth; and we sincerely promise to make recompense, as far as we can with the help of Thy grace, for all neglect of Thy great love and for the sins we and others have committed in the past. Henceforth we will live a life of unwavering faith, of purity of conduct, of perfect observance of the precepts of the Gospel and especially that of charity.

O loving Jesus, through the intercession of the Blessed Virgin Mary, our model in reparation, deign to receive the voluntary offering we make of this expiation; and by the crowning gift of perseverance

keep us faithful unto death in our duty and the allegiance we owe to Thee, so that we may all one day come to that happy home, where Thou with the Father and the Holy Ghost livest and reignest God, world without end. Amen

5 years (224)

JESUS CRUCIFIED

Visit To A Crucifix

Sweet Jesus! for how many ages hast Thou hung upon Thy Cross, and still men pass Thee by and regard Thee not, except to pierce anew Thy Sacred Heart. How often have I passed Thee by, heedless of Thy great sorrow, Thy many wound; Thy infinite love! How often have I stood before Thee, not to comfort and console Thee, but to add to Thy sorrow, to deepen Thy wounds, to scorn Thy love! Thou hast stretched forth Thy hands to comfort me, to raise me up, and I have taken those hands that might have struck me into Hell and have bent them back on the Cross and nailed them there, rigid and helpless. Yet, I have but succeeded in engraving my name in Thy palms forever! Thou hast loved me with an infinite love and I have taken advantage of that love to sin the more against Thee: yet, my ingratitude has but pierced Thy Sacred Heart and forth upon me has flowed Thy Precious Blood. O sweet Jesus, let Thy blood be upon me, not for a curse, but, for a blessing. Lamb of God, who takest away the sins of the world, have mercy on me. Amen.

STEPS OF THE SACRED PASSION

O most sweet Jesus, sorrowful and agonizing in the Garden of Olives, covered with a sweat of blood, praying to Thy heavenly Father: have mercy on us.

Have mercy on us, O Lord, Have mercy on us.

O most sweet Jesus, delivered into the hands of the wicked by a traitor's kiss, seized and bound as a robber and forsaken by Thy disciples: Have mercy on us.

Have mercy on us, O Lord, Have mercy on us.

O most sweet Jesus, condemned to death by the

unjust Council of the Jews, led as a malefactor before Pilate, despised and mocked by the impious Herod: Have mercy on us.

Have mercy on us, O Lord, have mercy on us.
O most sweet Jesus, publicly stripped of Thy garments, and most cruelly and inhumanly scourged at the pillar: Have mercy on us.

Have mercy on us, O Lord, have mercy on us.

O most sweet Jesus, crowned with thorns, beaten with rods, struck with a reed, blind-folded, clothed in mock purple, an object of derision and steeped in opprobrium: Have mercy on us.

Have mercy on us, O Lord, have mercy on us.

O most sweet Jesus, likened to the infamous Barabbas, rejected by the Jews and unjustly sentenced to death: Have mercy on us.

Have mercy on us, O Lord, have mercy on us.

O most sweet Jesus, burdened with the weight of the Cross and led to the place of Thy execution as a lamb to the slaughter: Have mercy on us.

Have mercy on us, O Lord, have mercy on us.

O most sweet Jesus, reputed with the wicked, and blasphemed and derided, given gall and vinegar to drink, from the sixth to the ninth hour the prey of excruciating torments on the Cross: Have mercy on us.

Have mercy on us, O Lord, have mercy on us.

O most sweet Jesus, Who didst die upon the Cross and in the presence of Thy most holy Mother, wert pierced with a lance, so that blood and water issued from Thy sacred side: Have mercy on us.

Have mercy on us, O Lord, have mercy on us.

O most sweet Jesus, taken down from the Cross and bathed in the tears of Thy most sorrowful Mother: Have mercy on us.

Have mercy on us, O Lord, have mercy on us.

O most sweet Jesus, cruelly bruised and lacerated, marked with five wounds, anointed with spices and laid in the tomb: Have mercy on us.

Have mercy on us, O Lord, have mercy on us.

Let Us Pray

O God, Who for the redemption of the world, wert pleased to be born, to be circumcised, to be rejected by the Jews, to be betrayed by the traitor Judas with a kiss, to be bound with thongs, to be led as an innocent lamb to the slaughter, and to be shamefully presented to the gaze of Annas, Caiphas, Pilate and Herod; to be accused by false witnesses, to be insulted with scourgings and revilings, to be spit upon and crowned with thorns, to be buffeted upon the face and struck with a reed, to be blind-folded, to be stripped of Thy clothes, to be fastened with nails to the Cross, to be hoisted up thereon, to be reckoned among thieves, to have gall and vinegar given Thee to drink, and to be pierced with a lance; through these Thy most holy Sufferings, which we, Thy unworthy servants, devoutly call to mind, and by Thy holy Cross and by Thy Death, deliver us from the pains of Hell and vouchsafe to conduct us whither Thou didst conduct the thief who was crucified with Thee. Whom with the Father and the Holy Ghost, livest and reignest, God, world without end. Amen.

VARIOUS PRAYERS

Christ the King

O Christ Jesus, I acknowledge You as universal King. All that has been made, was created for You. Exercise over me all the rights that You have.

I renew my baptismal promises, renouncing Satan, his pomps and works and I promise to live as a good Christian. Especially do I pledge myself, by all the means in my power, to bring about the triumph of the rights of God and of Your Church.

Divine Heart of Jesus, I offer You my poor actions to obtain that all hearts may recognize Your consecrated Kingship and that thus, the Kingdom of Your peace may be established in the whole world. Amen.

(Plenary indulgence once a day No. 254)

Prayer for Priests

O Jesus, Eternal Priest, keep Thy priests within the shelter of Thy Sacred Heart, where none may touch them. Keep unstained their anointed hands which daily touch Thy Sacred Body. Keep unsullied their lips, daily purpled with Thy Precious Blood. Keep pure and unworldly their hearts, sealed with the sublime mark of Thy priesthood. Let Thy holy love surround them and shield them from the world's contagion. Bless their labors with abundant fruit and may the souls to whom they minister be their joy and consolation here and their everlasting crown hereafter. Amen.

Cardinal Newman's Prayer

Dear Jesus, help me to spread Thy fragrance everywhere. Flood my soul with Thy spirit and life. Penetrate and possess my whole being so utterly that all my life may be only a radiance of Thine. Shine through me and be so in me that every soul I come in contact with may feel Thy presence in my soul. Let them look up and see no longer me but only Jesus. Amen.

HAPPY DEATH

Litany for a Happy Death (For Private Devotion Only)

O my Lord Jesus! God of goodness and Father of mercies, I approach Thee with a contrite and humble heart; to Thee I recommend the last hour of my life and the decision of my eternal doom.

When my feet, benumbed with death, shall admonish me that my mortal course is drawing to an end.

Merciful Jesus, have mercy on me!

When my eyes, dim and troubled at the approach of death, shall fix themselves on Thee, my last and only support,

Merciful Jesus, have mercy on me!

When my face, pale and livid, shall inspire the beholders with pity and dismay, when my hair bathed with the sweat of death and stiffening on my brow, shall forebode my approaching end,

Merciful Jesus, have mercy on me!

When my ears, soon to be forever shut to the discourse of men, shall be open to the irrevocable decree which is to cut me off from the number of the

living, when my imagination, agitated by dreadful specters, shall be sunk in an abyss of anguish,

Merciful Jesus, have mercy on me!

When my soul, affrighted at the sight of iniquities, and the terrors of Thy judgements shall have to fight against the angel of darkness, who will endeavour to conceal Thy mercies from my eyes and to plunge me into despair,

Merciful Jesus, have mercy on me!

When the last tear, the forerunner of my dissolution, shall drop from my eyes, receive it as a sacrifice of expiation for my sins, grant that I may expire the victim of penance and in that dreadful moment,

Merciful Jesus, have mercy on me!

When my friends and relatives, encircling my bed, shall shed the tear of pity over me and invoke Thy clemency in my behalf,

Merciful Jesus, have mercy on me!

When I shall have lost the use of my senses, when the world shall have vanished from my sight, when my agonizing soul shall feel the sorrows of death,

Merciful Jesus, have mercy on me!

When my last sigh shall summon my soul to burst from the embraces of the body and to spring to Thee on the wings of impatience and desire,

Merciful Jesus, have mercy on me!

When my soul, trembling on my lips, shall bid adieu to the world and leave my body, lifeless, pale and cold, receive this separation as an act of homage which I most willingly pay Thy Divine Majesty and in that last moment of my mortal life,

Merciful Jesus, have mercy on me!

When at length, my soul, admitted to Thy presence, shall first behold the splendours of Thy Majesty, reject me not, but receive me into Thy bosom where I may forever sing Thy praises and in that moment when eternity shall begin for me,

Merciful Jesus, have mercy on me!

Let Us Pray

O God, Who hast doomed all men to die, but hast concealed from them the hour of their death, grant that we may spend our days in the practice of holiness and justice, so that we may deserve to quit this world in the peace of a good conscience and in the embrace of Thy love, through Christ our Lord. Amen.

Prayer to the Blessed Virgin Mary

Most holy Mary, Mother of Jesus, and my Mother, the remembrance of my many sins and the thought that I must die, fill me with terror. But, Thou art the Comforter of the afflicted and the Hope of the dying. Thou didst stand at the foot of the Cross, whereon Thy beloved Son agonized in death for me and spoke that one word to Thee, by which He made me over to Thee and reminded Thee that through His sorrow, I had become the child of Thy pierced Heart. Let not that blood which He shed for me and that sorrow which Thou didst endure for me, be all in vain. Be Thou with me in the solitude of death. Comfort me in my dying agony and let the name of Jesus and Thine own sweet name be on my lips when I breathe forth my soul. Holy Mary, Mother of God, pray for me now and at the hour of my death. Amen

Prayer for a Happy Death

(By Cardinal Newman)

O my Lord and Saviour, support me in that hour in the strong arms of Thy Sacraments and by the fresh fragrance of Thy consolations. Let the absolving words be said over me and the holy oil sign and seal me and Thy own Body be my food and Thy Blood my sprinkling; and let Thy sweet Mother Mary breathe on me and my Angel whisper peace to me and my glorious Saints N. N. smile upon me; that in them all and through them all, I may receive the gift of perseverance and die as I desire to live, in Thy faith, in Thy Church, in Thy service and in Thy love. Amen.

