



POPE BENEDICT XVI

HOME MISSION AND PAPAL VISIT

Holy Hour for Parishes

Theme: Lead, kindly light

Exposition of the Blessed Sacrament
'O Salutaris' or similar eucharistic hymn

Prayer of Adoration
The priest or deacon introduces the time of prayer in these or similar words.

The Lord of the Eucharist has called us to this place to be with him, to keep him company, to speak to him heart-to-heart.
Our Lord is here, and present in this Blessed Sacrament.
In silence we adore him.

Pause for silent reflection and adoration

Beloved Lord,
we thank you for the gift of your presence here with us.
Thank you that we can draw close to your loving and merciful heart.
Give us the grace of your Holy Spirit,
that we may love and worship you in truth and holiness.
We make this prayer through Christ our Lord

Pause for silent reflection and adoration



Introduction to the theme

The theme of Our Holy Father, Pope Benedict XVI's, visit to the UK was 'Heart Speaks Unto Heart'. During his visit he beatified Cardinal John Henry Newman. This great and holy Englishman gave us many gifts in his sermons, his writings, his prayers. He also gave a rich gift in his hymns.
We begin by spending a little time whilst here before Our Lord reflecting on Cardinal Newman's hymn Lead Kindly Light.
He wrote Lead Kindly Light whilst still a young man, and having recently been ordained as an Anglican minister. In 1833 he made a 'European Tour' as a young priest. In southern Italy he became sick and close to death. As he was recovering, and becalmed in the dangerous straits between Corsica and Sardinia he was inspired to write this:



First Reflection

Verse 1 of the hymn is either said or sung

Lead, kindly Light, amid th'encircling gloom,
lead Thou me on!
The night is dark, and I am far from home;
lead Thou me on!
Keep Thou my feet; I do not ask to see
The distant scene; one step enough for me.

After a pause for reflection there is a short reading from St John's Gospel (8:12)

'Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life."

Silent reflection

Dear Lord of Light,
as we adore you,
we acknowledge that we have sometimes
shut out your love and light,
hidden from your truth.
Give us the wisdom to walk towards your light,
and the joy of discovering anew the radiance of your
glory. Through Christ Our Lord

Silent reflection and adoration

'Light of our darkness' (Richard Connelly), The Lord
is my light (Taizé) or similar song about light and
darkness

Silent reflection



Reflection 2

Verse 2 of the hymn is either said or sung

I was not ever thus, nor prayed that Thou shouldst
lead me on;
I loved to choose and see my path; but now lead
Thou me on!
I loved the garish day, and, spite of fears,
Pride ruled my will. Remember not past years!

***Brief pause for reflection followed by a reading
from Deuteronomy (30:15.19)***

'See, I have set before you today life and prosperity,
death and adversity. I call heaven and earth to
witness against you today that I have set before you
life and death, blessings and curses. Choose life so
that you and your descendants may live.'

Silent reflection and adoration

Beloved Lord,
Jesus the Bread of Heaven,
we acknowledge we have in selfish moments sought
other paths and followed other ways than yours.
Take away our pride and self-will:
help us to discern your will,
and give us the grace to follow it.
Amen

Silent reflection and adoration

'Lord for tomorrow', a setting of Psalm 24, or similar
song about trusting God

Silent reflection



Reflection 3

Verse 3 of the hymn is either said or sung

So long Thy power hath blest me, sure it still will lead
me on. O'er moor and fen, o'er crag and torrent, till
the night is gone, And with the morn those angel
faces smile, which I have loved long since, and lost
awhile!

***Brief pause for reflection followed by a reading
from Exodus 23:20-22***

'I am going to send an angel in front of you, to guard
you on the way and to bring you to the place that I
have prepared. Be attentive to him and listen to his
voice; do not rebel against him, for he will not pardon
your transgression; for my name is in him. But if you
listen attentively to his voice and do all that I say,
then I will be an enemy to your enemies and a foe to
your foes.'

***Silent reflection and adoration followed by a
reading from St Matthew's Gospel (18:1-4.10)***

'At that time the disciples came to Jesus and asked,
"Who is the greatest in the kingdom of heaven?" He
called a child, whom he put among them, and said,
"Truly I tell you, unless you change and become like
children, you will never enter the kingdom of heaven.
Whoever becomes humble like this child is the
greatest in the kingdom of heaven.'"

"Take care that you do not despise one of these little
ones; for, I tell you, in heaven their angels continually
see the face of my Father in heaven."

Silent reflection and adoration

Give us again dear Lord,
that child-like simplicity of heart,
that confident trust in your care for us day by day.
Change our hearts
so that we may love and serve others without cost.
Amen.

Silent reflection and adoration

‘Praise to the Holiest’ or similar hymn of praise



Intercessions

Lord Jesus, Our Saviour and Our Hope, we love you
and worship you. With great confidence we bring
before you our needs and concerns.

For renewed faith:
Inspired by the example and writings of Cardinal
Newman
may we walk faithfully in our light,
serving as a beacon to all of your love and mercy.
Lord, hear us,
Lord, graciously hear us.

For the members of our parish and local community:
Lord, you know their needs,
In this moment we ask you to help them and bless
them wherever they are.
Lord, hear us,
Lord, graciously hear us.

For the broken hearted:
During this time of speaking with you heart-to-heart
we especially bring before you all those who are
broken hearted.
Lord, may they know this day the power of your
healing love.
Lord, hear us,
Lord, graciously hear us.

For Pope Benedict XVI:
May he be strengthened in his mission and witness.
Grant him health in mind and body.
Lord, hear us,
Lord, graciously hear us.

Add additional prayers as preferred

We draw our prayers of intercession together as we
say the prayer that Our Saviour gave us: Our Father...



Benediction

‘Tantum Ergo’ or similar Eucharistic hymn while the
Blessed Sacrament is incensed

Lord,
give to our hearts
the light of faith and the fire of love,
that we may worship in spirit and in truth
our God and Lord, present in this sacrament,
who lives and reigns for ever and ever.

Benediction

As the priest or deacon replaces the Blessed
Sacrament in the Tabernacle a hymn or acclamation
is sung: ‘Firmly I Believe and Truly’ (Newman) or
another hymn of faith.



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Holy Hour Approximate Timings Adapt as necessary:

Exposition of the Blessed Sacrament	(3 mins)
Prayer of Adoration	(5 mins)
Introduction to the theme	(2 mins)
Verse 1	(10 mins)
Verse 2	(10 mins)
Verse 3	(10 mins)
Intercessions	(5 mins)
Benediction	(10 mins)

Total: 55 – 60 mins

This holy hour was written by Canon Don Bowdren, Director
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Desk of the Catholic Bishops’ Conference of England and
Wales in service of the Papal Visit 2010. www.thepapalvisit.org.uk Liturgy Office guide to Exposition – <http://www.liturgyoffice.org.uk/Resources/HCW/index.shtml>