

It shall be holy to you

A Holy Hour on the theme of Jubilee

Prayer before the Blessed Sacrament

Exposition

Song

After the people have assembled, a song may be sung while the minister comes to the altar. Suggested themes and songs can be found at the end of this resource.

Exposition

The ciborium or monstrance is placed on the altar.

Adoration

During the time of adoration before the Blessed Sacrament there should be prayers, songs, and readings to direct the attention of the faithful to the worship of Christ the Lord. It should also include a number of times of silent prayer and reflection.

Reading

Leviticus 25:8-13

The LORD spoke to Moses on Mount Sinai, saying,

‘You shall count seven weeks of years, seven times seven years, so that the time of the seven weeks of years shall give you forty-nine years. Then you shall sound the loud trumpet on the tenth day of the seventh month. On the Day of Atonement you shall sound the trumpet throughout all your land. And you shall consecrate the fiftieth year, and proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee for you, when each of you shall return to his property and each of you shall return to his clan. That fiftieth year shall be a jubilee for you; in it you shall neither sow nor reap what grows of itself nor gather the grapes from the undressed vines. For it is a jubilee. It shall be holy to you. You may eat the produce of the field. In this year of jubilee each of you shall return to his property.’

Reflection

The book of Genesis shows God at work within creation. It's a work of love, generosity and wild imagination. On the seventh day God rests. On that sabbath day God contemplates all of creation and finds it very good. God gives the sabbath as a gift and a commandment – we need to rest and to contemplate God's gifts.

The book of Leviticus proclaims a jubilee in God's name: it is to be a sabbath of sabbaths, happening every fiftieth year. All creation is holy, and all creation is connected because made by the one Creator out of love: human beings, animals, plants, sea and sky. We need each other and are in relationship with each other. That relationship can be broken by selfishness, disrespect and destructive greed. The global climate crisis and ecological degradation are a result of this.

For Jews a yearly jubilee is celebrated on the Day of Atonement or Reconciliation in which God restores right relationship among human beings and within all of creation. On Good Friday

Jesus enacted the ultimate reconciliation of all creation to God by shedding his own blood on the Cross. Sabbath rest and contemplation give us space and time to remember God's mercy and compassion, which are new every morning.

Sr Gemma Simmonds CJ

Silence

Prayer

Father in heaven,
may the faith you have given us in your son, Jesus Christ, our brother,
and the flame of charity enkindled in our hearts by the Holy Spirit,
reawaken in us the blessed hope for the coming of your Kingdom.

May your grace transform us into tireless cultivators of the seeds of the Gospel.

May those seeds transform from within both humanity
and the whole cosmos
in the sure expectation of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.

May that same grace spread the joy and peace of our Redeemer
throughout the earth.

To you our God, eternally blessed, be glory and praise for ever.
Amen.

Pope Francis; Prayer for Jubilee Year

Benediction

Eucharistic Song

The priest or deacon goes to the altar genuflects and kneels. A hymn, such as Tantum ergo, or other eucharistic song is sung.

Prayer

The following is suggested from the Rite:

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.
Amen.

Blessing

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.

Reposition

Reposition

After the blessing the Blessed Sacrament is replaced in the tabernacle.

Acclamation

As the Blessed Sacrament is being replaced the people may sing an acclamation.

Action

How can we serve? How can we now go from this place and serve others today, tomorrow, throughout the Jubilee Year and always?

St Teresa of Calcutta once said ‘I used to believe that prayer changes things, but now I know that prayer changes us and we change things.’

Let us now go into our communities and see what change needs to happen, how can we be the person to initiate that change?

Music

Possible themes include: Justice and peace, God’s love for us, Jesus Christ, the Church.

- God is love, his the care
- Christ be our light
- The Lord hears the cry of the poor
- The Day thou gavest, Lord is ended
- Come back to me - CJM Music
- Alive and breathing – Matt Maher
- The Heart of Worship – Matt Redman
- How Great is our God – Chris Tomlin



Excerpts from *Holy Communion and Worship of the Eucharist outside Mass*
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What can we do in Adoration?

One of St John Vianney's parishioners stated that in adoration he answered: 'I just look at Him, and He looks at me. And that is it'. It is one of the most intimate moments we can have with Jesus, being still and quiet, whilst gazing on him in Adoration. Suggestions:

- **Silence:** do not be afraid of the silence, keep your eyes fixed on Jesus in the monstrance and just enter into his presence.
- **Pray:** have a conversation with Jesus, open your heart and share this with Jesus, who knows our innermost thoughts.
- **Read Scripture:** in this guide to adoration and holy hours, there will be a number of suggested Scripture passages for you to reflect on.
- **Journal:** write down what is on your mind (dreams, desires, worries and prayer intentions) and bring this to Jesus today.
- **Reading:** have a spiritual book to read that will help you become quiet and contemplative to help you focus your holy hour.
- **Hymns/Music:** there maybe times where a hymn or a piece of music is being played, listen and embrace the words. God can speak to us in many ways.

Reflection

The Jubilee year calls us to turn to God in thanksgiving and repentance. The Eucharist offers us the perfect opportunity to approach Jesus in the Most Blessed Sacrament in thanksgiving, to open our hearts for healing and to be renewed. Let us reflect on this quote from *Laudato Si'*:

In the Eucharist, fullness is already achieved; it is the living centre of the universe, the overflowing core of love and of inexhaustible life. Joined to the incarnate Son, present in the Eucharist, the whole cosmos gives thanks to God. Indeed the Eucharist is itself an act of cosmic love: Yes, cosmic! Because even when it is celebrated on the humble altar of a country church, the Eucharist is always in some way celebrated on the altar of the world. The Eucharist joins heaven and earth; it embraces and penetrates all creation. The world which came forth from God's hands returns to him in blessed and undivided adoration: in the bread of the Eucharist, creation is projected towards divinisation, towards the holy wedding feast, towards unification with the Creator himself. (LS 236)

- Turning to God in thanksgiving, what are you most grateful for? Offer this to Jesus as you sit in His presence in Adoration today?
 - "In the Eucharist, fullness is already achieved; it is the living centre of the universe, the overflowing core of love and of inexhaustible life" (LS 236). Take time to become aware of the gift of creation in all its fullness.
 - What relationships need to be restored within creation? Within your own life?
- What graces of reconciliation do you want to ask God for right now?