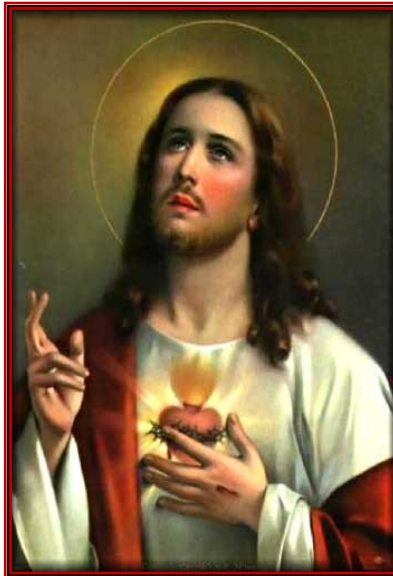


Saint Catherine's Catholic Church



First Friday Holy Hour



**The First Friday Devotion
to the
Sacred Heart of Jesus**

The First Friday of each month was designated by our Savior Himself as a day to be consecrated to honoring His Sacred Heart...As the object of this devotion is to make our Savior Jesus Christ ardently and perfectly loved, and to make reparation for the outrages offered to Him in the past, as well as for those which He daily receives in the Blessed Eucharist...Jesus Christ merits our love at all times, but alas! He is despised and outraged in the Sacrament of His love at all times, and so people should at all times make reparation to Him.

We should then adore Jesus Christ in this august Sacrament, make a fervent act of love to Jesus in the tabernacle, thank Him for having instituted this Mystery of love, express our sorrow at seeing Him so abandoned, and resolve to visit Him as soon as possible and love Him unceasingly.

FIRST FRIDAY HOLY HOUR

(9:30-10:30 a.m.)

At the end of the 9 a.m. mass, the Monstrance is placed on the Altar. The Priest then places the Host in the Monstrance and as the Eucharistic Song is sung, he puts on the humeral veil and takes the Blessed Sacrament to the Adoration Chapel. The Monstrance is placed on the altar with the candelabras on both sides. He kneels and incenses the Blessed Sacrament.

EUCCHARISTIC SONG (Kneeling)

- | | |
|--|--|
| 1. <i>O Salutaris Hostia</i>
<i>Quae caeli pandis ostium:</i>
<i>Bella premunt hostilia,</i>
<i>Da robur, fer auxilium.</i> | 1. <i>O Saving Victim, open wide</i>
<i>The gate of heav'n to us below,</i>
<i>Our foes press on from ev'ry side;</i>
<i>Your aid supply, your strength bestow.</i> |
| 2. <i>Uni trinoque Domino</i>
<i>Sit sempiterna Gloria,</i>
<i>Qui vitam sine termino</i>
<i>Nobis donet in patria. Amen.</i> | 2. <i>To your great name be endless praise,</i>
<i>Immortal Godhead, One in Three;</i>
<i>O grant us endless length of days</i>
<i>In our true native land with thee. Amen.</i> |

CALL TO WORSHIP (Kneeling)

Leader: In the name of the Father and of the Son and of the Holy Spirit.

All: Amen.

Leader: We offer you worship and adoration, O Jesus Our Lord Crucified and truly Risen, and really present in the Most Blessed Sacrament of your Risen Body and Blood.

All: Lord, receive our worship of you in this Sacrament and receive our intentions and intercessions for the good of each here, for our parish, for our city and for the entire world.

ACTS OF FAITH, HOPE AND LOVE

Leader: We recall that Christ gave us the Eucharist to be with us as our food, healing, and strength. Let us therefore make an **Act of Faith**.

All: We believe, O Christ, that you are truly, really, and substantially present in this Blessed Sacrament and that you are our God with the Father and the Holy Spirit; and for our salvation, you suffered, died, and were buried and now are truly risen. Please confirm and strengthen our Faith.

Leader: Let us make an **Act of Hope**.

All: We hope that whenever we partake of your Eucharist, we will be watchful for your second coming, and that you will raise us up on the Last Day, and make us worthy to serve you in your kingdom forever. With you, the Author of all Grace, we have everything we need to reach heaven. Please confirm and strengthen our Hope.

Leader: Let us make an **Act of Love**.

All: O Lover of all, you loved each of us and all of us when you gave yourself for us on the cross, help us to love one another as you have loved us, and inflame this divine love in us in our communion with your Body and Blood. We want our love for you to be worthy. Please confirm and strengthen our Love.

Leader: Let us pray in union with the Sacred Heart of Jesus, Given to us in the Most Holy Sacrament of the Altar.

All: Father of mercies and God of all consolation,
in the exceedingly great love with which You love us,
You have given us the loving Heart of Your beloved Son,
so that having but one heart with Him,
we may love you more perfectly.
Grant, we beseech You,
that our hearts may be perfectly united
both with one another
and with the Heart of Jesus
so that we may live in that unity
which we celebrate in the Most Holy Eucharist.

**In communion with You and with Your Son
And with the Holy Spirit,
May our worship today
Bring You greater glory and honor,
Through Christ our Lord. Amen.**

HYMN OF WORSHIP (Standing)

God, We Praise You

(A version of the Te Deum Hymn, tune: "Joyful, Joyful We Adore Thee")

1. God We praise you! God, we bless you,
God we name you sov'reign Lord!
Mighty King whom angels worship,
Father by your Church adored,
All creation shows your glory,
Heav'n and earth draw near your throne.
Singing "Holy, holy, holy,"
Lord of hosts and God alone!
2. True Apostles, faithful prophets,
Saints who set their world ablaze,
Martyrs, once unknown, unheeded,
Join one growing song of praise,
While your Church on earth confesses
One majestic Trinity:
Father, Son, and Holy Spirit,
God, our hope eternally.
3. Jesus Christ, the King of Glory,
Everlasting Son of God,
Humble was your Virgin Mother,
Hard the lonely path you trod.
By your Cross is sin defeated,
Hell confronted face to face,
Heaven opened to believers,
Sinners justified by grace.
4. Christ at God's right hand victorious,
You will judge the world you made,
Lord in mercy help your servants
For whose freedom you have paid:
Raise us up from dust to glory,
Guard us from all sin today;
King enthroned above all praises,
Save your people, God, we pray.

Leader: Come let us bow down and worship Christ our Savior.

5 Minutes of Silent Adoration (Kneeling)

During these moments of silence you may simply repeat silently "Jesus I love You" "I praise You Lord Jesus" "I thank you Lord Jesus" "I glorify You Lord Jesus" or some other invocations to Christ. Be open also to that prayer that has not words, but simply waits upon the Lord.

ACT OF REPARATION

Leader: Let us make an **Act of Reparation**.

All: O God, you mercifully bestowed on us
the infinite riches of your love in the Heart of your Son.
We have wounded that Heart by our sins;
grant, we pray, by the grace of the Holy Spirit,
that we and all the world may repent of our sins,
and offer reparation for all our injustices.
We ask this through Christ our Lord. Amen.

LITANY OF REPENTANCE

Leader: Let us call to mind our sins and recall the words of Christ
spoken to us in the Eucharist: "This is my Blood which will be
shed for you for the forgiveness of sins."

[Now should occur a moment of silent recollection.]

Leader: Heart of Jesus, have mercy on us
as we confess our sins and the sins of the world.

(Each side pauses 10 seconds before saying their part.)

Right Side: (facing the altar): For the sins still committed by the
members of your Church.

All: Forgive us, O Lord!

Left Side: For the world's rejection of you.

All: Forgive us, O Lord!

Right Side: For the injustices of the leaders of this world.

All: Forgive us, O Lord!

Left Side: For the world's waging of war when you offer peace.
All: Forgive us, O Lord!

Right Side: For all injustices, racial discrimination, and oppression of the poor.
All: Forgive us, O Lord!

Left Side: For dishonesty in politics, in business, and in social life.
All: Forgive us, O Lord!

Right Side: For the misuse of the gift of sexuality.
All: Forgive us, O Lord!

Left side: For permitting hunger, homelessness, and involuntary poverty.
All: Forgive us, O Lord!

Right side: For the sins against human life: abortion, euthanasia, and murder.
All: Forgive us, O Lord!

Left side: For those who persecute the Church or the religious beliefs of others.
All: Forgive us, O Lord!

Right side: For the pollution of our world, your good creation.
All: Forgive us, O Lord!

Left side: For greed and lack of compassion.
All: Forgive us, O Lord!

Leader: For all the many sins of the world.
All: Forgive us, O Lord!

SONG (Standing)

Christ Be Beside Me

(Sung to the tune: "This Day God Gives Me")

1. Christ be beside me, Christ be before me,
Christ be behind me, King of my heart.
Christ be within me, Christ be below me,
Christ be above me, Never to part.

2. Christ on my right hand, Christ on my left hand,
Christ all around me, Shield in the strife.
Christ in my sleeping, Christ in my sitting,
Christ in my rising, light of my heart.
3. Christ be in all hearts, thinking about me,
Christ be on all tongues telling of me.
Christ be the vision in eyes that see me,
In ears that hear me, Christ ever be.

LITURGY OF THE WORD (Sitting)

Leader: Let us hear the Word of God.

(A Reading from the Gospel of the upcoming Sunday.)

REFLECTION (In Silence) (10 Minutes)

- Reflect on:*
1. *What draws you to this Gospel?*
 2. *Where do you resist this Gospel?*
 3. *What does Christ in His Spirit say to you now?*
 4. *What do you say to Him in response?*
 5. *What do you want to do based on your prayer?*

PRAYER OF THE FAITHFUL (Standing)

Leader: Let us now stand and pray for the Church and the entire world.
Our response is **"Lord hear our prayer."**

Leader: For our Holy Father Pope Francis, for our Bishop Felipe and for the honorable priesthood and diaconate in Christ, Let us pray to the Lord...**Lord hear our prayer.**

For all the Priests of the world, that their generous daily offering of self on behalf of the Church may be received as a pleasing sacrifice at the altar of the Most High, Let us pray to the Lord...
Lord hear our prayer.

For an increase in vocation to the ordained ministry, especially for Priests who will serve at God's altar and call us to the one sacrifice of Jesus Christ, Let us pray to the Lord...**Lord hear our prayer.**

For our President and all government leaders, the Congress and the Supreme Court, that they may serve the dignity and freedom of all, Let us pray to the Lord...**Lord hear our prayer.**

For all of us who share in the Eucharist for the life of the world, that we may share our bread and our lives with others, Let us pray to the Lord...**Lord hear our prayer.**

For God's blessings upon our parish that we all grow in the faith and love for the Lord in the Eucharist, Let us pray to the Lord...**Lord hear our prayer.**

For the poor, the sick and all who are in danger or necessity, Let us pray to the Lord...**Lord hear our prayer.**

For all who have died in the Communion of Christ, that they may share in the wedding feast of the Lamb, Let us pray to the Lord...**Lord hear our prayer.**

For our personal intentions in the silence of our hearts...(Pause)
Let us pray to the Lord...**Lord hear our prayer.**

Leader: United with our Most Holy Virgin Mary, Mother of God, and with all the Saints let us commend our lives and one another, and all our lives unto Christ who taught us to pray.

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. Amen.

SONG (Standing)

Christians, Let Us Love One Another

(To the same tune "*Let All Mortal Flesh Keep Silence*")

1. Christians let us love one another,
As we share the same living Bread.
Jesus is our God and our brother;
With His Flesh and Blood we are fed.

Refrain: *Ev'ryone who loves is born of God.
Jesus is our life, God is love.*

2. We who break this Bread are one body,
 We who share this Cup are all one.
 Children of our Father in heaven,
 We are heirs with God's only Son.
Refrain.

3. On the path of life we may falter,
 Earthly food alone leaves us weak;
 Always you invite from the altar,
 "Hungry souls their Food here to seek."

*Refrain: Ev'ryone who loves is born of God.
 Jesus is our life, God is love.*

LITANY OF THE SACRED HEART OF JESUS (Kneeling)

Leader: Let us now kneel. And let us praise the Sacred Heart of Jesus
 who has loved us so much and call upon his mercy.

Leader:	Lord, have mercy:	All:	Lord, have mercy.
	Christ, have mercy:		Christ, have mercy.
	Lord, have mercy:		Lord, have mercy.

(Each side pauses 10 seconds before saying their part.)

Right Side:	Heart of Jesus,	
	Son of the eternal Father:	Have mercy on us.
	Heart of Jesus,	
	formed by the Holy Spirit	
	in the womb of the Virgin Mother:	Have mercy on us.
	Heart of Jesus,	
	one with the eternal Word:	Have mercy on us.

Left Side:	Heart of Jesus, infinite in majesty:	Have mercy on us.
	Heart of Jesus, holy temple of God:	Have mercy on us.
	Heart of Jesus,	
	tabernacle of the Most High:	Have mercy on us.

Right Side:	Heart of Jesus,	
	house of God and gate of heaven:	Have mercy on us.
	Heart of Jesus, aflame with love for us:	Have mercy on us.
	Heart of Jesus,	
	source of justice and love:	Have mercy on us.
	Heart of Jesus,	
	full of goodness and love:	Have mercy on us.

Left side:	Heart of Jesus, in whom dwells the fullness of God:	Have mercy on us.
	Heart of Jesus, in whom the Father is well pleased:	Have mercy on us.
	Heart of Jesus, from whose fullness we have all received:	Have mercy on us.
	Heart of Jesus, desire of the eternal hills:	Have mercy on us.
Right side:	Heart of Jesus, overwhelmed with insults:	Have mercy on us.
	Heart of Jesus, broken for our sins:	Have mercy on us.
	Heart of Jesus, obedient even to death:	Have mercy on us.
	Heart of Jesus, pierced by a lance:	Have mercy on us.
Left side:	Heart of Jesus, source of all consolation:	Have mercy on us.
	Heart of Jesus, our life and resurrection:	Have mercy on us.
	Heart of Jesus, our peace and reconciliation:	Have mercy on us.
	Heart of Jesus, victim of our sins:	Have mercy on us.
Right side:	Heart of Jesus, salvation of all who trust in you:	Have mercy on us.
	Heart of Jesus, hope of all who die in you:	Have mercy on us.
	Heart of Jesus, delight of all the saints:	Have mercy on us.
Leader:	Lamb of God, you take away the sins of the world:	Have mercy on us.
	Lamb of God, you take away the sins of the world:	Have mercy on us.
	Lamb of God, you take away the sins of the world:	Grant us peace.

5 Minutes of Silent Adoration (Kneeling)

CONSECRATION TO THE SACRED HEART OF JESUS

(Composed by St. Margaret Mary: Adapted)

All: Most Holy Heart of Jesus! We give ourselves entirely to you.
We offer you our lives, our actions, our works, our sufferings.
We choose to give you our entire love.
We want only to belong to you.
We want to honor and glorify you.
Be our protection in life,
Our promise of eternal salvation.
Be our strength in our weakness and wavering.
Be the atonement for all the sins of our lives.
O Heart of meekness and goodness,
Be our refuge when we die.
Lord and Savior, by your all embracing love,
We beg you to write our names deeply
In your Most Holy Heart.
Let it be our joy and glory to live and die in your service.

Leader: Together we consecrate ourselves, our family, all priests,
our parish and our church and the world to the
Most Sacred Heart of Jesus who lives and reigns
with the Father and the Holy Spirit, one God, forever and ever.

All: Amen.

SONG (Standing)

Heart of Jesus, Meek and Mild

1. Heart of Jesus, meek and mild,
Hear, O hear Thy feeble child;
When the tempest's most severe,
Heart of Jesus, hear!

Refrain: Sweetly we'll rest on Thy Sacred Heart,
Never from Thee, Oh let us part.
Hear then, Thy loving children's pray'r,
O Heart of Jesus, Heart of Jesus, hear!

2. Make me, Jesus, wholly Thine,
Take this wayward heart of mine;
Guide me through this world so drear,
Heart of Jesus, hear!
Refrain.

3. When I draw my parting breath,
When my eyes shall close in death,
Then sweet Jesus, be thou near,
Heart of Jesus, hear!
Refrain.

Prayer in the Time of Coronavirus

Lord Jesus Christ, our Divine Physician, we ask You to guard and protect us from the coronavirus and all serious illnesses. For all who have died from it, have mercy; for those who are ill now, bring healing; for those searching for a remedy, enlighten them; for medical caregivers helping the sick, strengthen and shield them; for those working to contain the spread, grant them success; for those afraid, grant peace. May Your Precious Blood be our defense and salvation. By Your Grace, may You turn the evil of disease into moments of consolation and hope. May we always fear the contagion of sin more than any illness. We abandon ourselves to Your infinite Mercy. Amen.

BENEDICTION

(The Priest genuflects before the Blessed Sacrament and then kneels. The server brings the censer and incense to the Priest. He incenses the Blessed Sacrament kneeling; meanwhile the Eucharistic Hymn is sung.) He puts on the humeral veil and gives the Solemn Blessing with the Blessed Sacrament at the end of the prayer.

HYMN: *Tantum Ergo*

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|---|--|
| 1. <i>Tantum ergo Sacramentum
Veneremur cernui,
Et antiquum documentum
Novo cedat ritui;
Praestet fides supplementum,
Sensuum defectui.</i> | 1. <i>Down in adoration falling,
This great Sacrament we hail;
Over ancient forms of worship
Newer rites of grace prevail;
Faith will tell us Christ is present,
When our human senses fail.</i> |
| 2. <i>Genitori Genitoque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedictio,
Procedenti ab utroque
Compar sit laudatio. Amen.</i> | 2. <i>In the everlasting Father,
And the Son who made us free,
And the Spirit, God proceeding
From them Each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen.</i> |

Priest: You have given them Bread from heaven.

All: Having within it all sweetness.

Priest: Let us pray.

Lord Jesus Christ,
you gave us the Eucharist
as the memorial of your suffering and death.
May our worship of this sacrament of your Body and Blood
help us to experience the salvation you won for us
and the peace of the kingdom
where you live with the Father and the Holy Spirit,
one God, forever and ever.

All: Amen.

BLESSING (Bell is rung three times during the blessing.)

DIVINE PRAISES

(To be recited together)

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.

SONG: *Holy God, We Praise Thy Name*

1. 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!

Infinite thy vast domain,
Everlasting is thy reign!

2. Hark, the loud celestial hymn;
Angel choirs above are raising;
Cherubim and Seraphim,
In unceasing chorus praising,
Fill the heavens with sweet accord;
Holy, holy, holy, Lord!

Fill the heavens with sweet accord;
Holy, holy, holy, Lord!

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