

# Holy Hour for Penance and Healing

Diocese of La Crosse

February 22, 2020

## INTRODUCTORY RITES

All stand while the ministers enter. After venerating the altar with a profound bow, the priest retrieves the Blessed Sacrament from the tabernacle and places it in the monstrance. Then the priest incenses the Sacrament while *O Salutaris Hostia* is sung.

The ministers return to their chairs. All sit or kneel in silent adoration.

## READING

After a period of silence, a passage from the sacred scriptures may be read.

## LITANY FOR THE CHURCH

After a period of silence, the priest kneels before the Blessed Sacrament. Together, the Litany for the Church is prayed.

The priest introduces the litany:

**The Church is Jesus' own Body; it is his Bride; it is our Mother. We pray to God to forgive us for the wounds inflicted on her holiness and beauty, to give healing and comfort to the wounded, and to help us become true and faithful members of the Church.**

Lord, have mercy on us. *R/. Lord, have mercy on us.*

Christ, have mercy on us. *R/. Christ have mercy on us.*

Lord, have mercy on us. *R/. Lord, have mercy on us.*

Christ, Divine Founder of the Church, *R/. hear us.*

Christ, who warned of false prophets, *R/. graciously hear us.*

God, the Father of heaven, *R/. have mercy on us.*

God, the Son, Redeemer of the world, *R/. have mercy on us.*

God, the Holy Ghost, *R/. have mercy on us.*

Holy Trinity, One God, *R/. have mercy on us.*

Holy Mary, Mother of the Church, *R/. pray for us.*

St. Joseph, Patron of the Universal Church, *R/. pray for us.*

St. Michael, Defender in battle, *R/. pray for us.*

St. Peter, Rock upon which Christ built his Church, *R/. pray for us.*

St. Paul, protector of the faithful remnant, *R/. pray for us.*

St. Francis of Assisi, re-builder of the Church, *R/. pray for us.*

St. Anthony, *R/. pray for us.*

St. Pius V, *R/. pray for us.*

St. Pius X, *R/. pray for us.*

All you holy Angels and Archangels, *R/. pray that we may resist the snares of the Devil.*

St. Catherine of Siena, *R/. pray that Christ's Vicar may oppose the spirit of the world.*

St. John Fisher, *R/. pray that bishops may have the courage to combat heresy  
and irreverence.*

St. Francis Xavier, *R/. pray that zeal for souls may be re-kindled in the clergy.*

St. Charles Borromeo, *R/. pray that seminaries may be protected from false teachings.*

St. Vincent de Paul, *R/. pray that seminarians may seek a life of prayer and meditation.*

St. Therese of the Child Jesus, *R/. pray that religious may live a vocation of love  
and sacrifice.*

St. Thomas More, *R/. pray that the laity may not succumb to temptation and sin.*

St. Francis de Sales, *R/. pray that the Catholic press may be a vehicle of truth.*

St. John Bosco, *R/. pray that our children may be protected from immoral  
and false instruction.*

St. Paschal Baylon, *R/. pray that profound reverence for the Most Blessed Sacrament  
may be restored.*

St. Dominic, *R/. pray that we may ever treasure the Holy Rosary.*

Lamb of God, who take away the sins of the world, *R/. spare us, O Lord.*

Lamb of God, who take away the sins of the world, *R/. graciously hear us.*

Lamb of God, who take away the sins of the world, *R/. have mercy on us.*

Christ, hear us. *R/. Christ, graciously hear us.*

Pray for us, O Holy Mother of God, *R/. that we may be made worthy of  
the promises of Christ.*

**The priest concludes the Litany:**

**Let us Pray.**

**Jesus, our God,  
in these dark hours when your Mystical Body  
is undergoing its own Crucifixion,  
and when it would almost seem to be abandoned  
by God the Father,  
have mercy, we beg of you,  
on your suffering Church.  
Send down upon us the Divine Consoler,  
to enlighten our minds and strengthen our wills.**

**You, O Second Person of the Most Holy Trinity,  
who can neither deceive nor be deceived,  
have promised to be with your Church**

**until the end of time.  
Give us a strong faith  
that we may not falter;  
help us to do your holy will always,  
especially during these hours  
of grief and uncertainty.  
May your Most Sacred Heart  
and the Immaculate and Sorrowful Heart  
of your Holy Mother be our sure refuge  
in time and in eternity.  
Amen.**

The priest returns to his chair.

Prior to Benediction of the Blessed Sacrament, the priest invites all present to join him in the Prayer for Healing and Reconciliation (from the USCCB):

**Brothers and sisters, please join me in praying the Prayer for Healing and Reconciliation.**

All:

Almighty and Most Loving God,  
through your Son  
your compassion brought healing to many.  
We ask for your healing once more  
for all who have been profoundly wounded by abuse,  
especially those who have been hurt by your ministers.  
In your mercy,  
we also ask for forgiveness.  
Words cannot express fully  
the sorrow we have for the great harm done  
by those who were called to be trusted.  
In your goodness,  
we ask for the grace  
to be a source of healing  
to all who have been abused  
and to be ever vigilant  
in protecting all your people.  
Grant, we pray,  
our prayers for healing and forgiveness,  
for we ask them through your Son,  
Christ our Lord.  
*R/* Amen.

## **BENEDICTION OF THE BLESSED SACRAMENT**

After the prayer, the priest goes to the front of the altar and incenses the Blessed Sacrament while *Tantum Ergo* is sung. When finished, he stands and, with hands extended, prays the following prayer:

**V/. You have given them bread from heaven.**

**R/.** Having all sweetness within it.

**Let us pray.**

**O God, who in this wonderful Sacrament  
have left us a memorial of your Passion,  
grant us, we pray,  
so to revere the sacred mysteries of your Body and Blood  
that we may always experience in ourselves  
the fruits of your redemption.  
Who live and reign with God the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.**

**R/. Amen.**

The priest puts on the humeral veil and then blesses the people with the Blessed Sacrament in silence. The he replaces the monstrance on the altar and removes the humeral veil. He then returns to the front of the altar and kneels. Then, the Divine Praises are recited:

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.

The priest then removes the luna and reposes the Blessed Sacrament in the tabernacle. As soon as the tabernacle door is closed, *Holy God, We Praise Thy Name* is sung, and the ministers depart.