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THE HOLY HOUR

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THE HOLY HOUR

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THE HOLY HOUR

"I found Him Whom my soul loveth. I held Him: and I will not let Him go."—(Canticle of Canticles iii. 4.)

I

EXPOSITION OF THE MOST BLESSED SACRAMENT

O SALUTARIS HOSTIA

O Salutáris Hóstia!	O Saving Victim! opening wide
Quæ cœli pandis óstium;	The gate of heaven to man below;
Bella premunt hostília,	Our foes press on from every side,
Da robur, fer auxílium.	Thine aid supply, Thy strength bestow.
Uni trinóque Dómino,	To Thy great Name be end- less praise,
Sit sempitérna gloria,	Immortal Godhead One in Three;
Qui vitam sine término	Oh! grant us endless length of days,
Nobis donet in pátria.	In our true native land with Thee.
Amen.	Amen.

OPENING PRAYER

(Recited by the priest)

"Come, let us praise the Lord with joy: let us joyfully sing to God our Saviour. Let us come before His presence with thanksgiving; and make a joyful noise to Him with psalms.

"For the Lord is a great God, and a great King above

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all gods. For in His hand are all the ends of the earth: and the heights of the mountains are His. For the sea is His, and He made it; and His Hands formed the dry land. Come let us adore and fall down, and weep before the Lord that made us. For He is the Lord our God: and we are the people of His pasture and the sheep of His Hand" (Psalm 94).

Five Our Fathers and five Hail Marys for Our Holy Father.

OFFERING OF THE HOLY HOUR

People: O Lord, open my mouth that I may bless Thy Holy Name. Cleanse my heart from all vain, evil, and wandering thoughts; enlighten my understanding; kindle my affections, that I may pray to, and praise Thee with attention and devotion; and may worthily be heard before the presence of Thy Divine Majesty. Through Christ our Lord. Amen.

Lord, in union with that Divine Intention wherewith Thou didst Thyself praise God, whilst Thou wast on earth, I offer this Hour unto Thee.

ACT OF FAITH

People: Look down upon me, loving Master. I kneel before Thee for Thy blessing. I come to Thee, as a weary traveler, seeking rest. The journey of life tires me. I need refreshment. I need strength. Where can I find these, if not in Thee?

Of this, I must have no doubt, because Thou hast said: "Come unto Me, all ye who labor and are burdened, and I will refresh you. You shall find rest for your souls."

This invitation, coming from Thy lips, fills me with comfort and with hope. My weakness leaves me, my weariness grows lighter when I consider Thy loving

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goodness. The shadow of Thy Presence fills me with new life.

This hour of adoration spent with Thee, O Jesus, should be the bright spot in my life. I should look forward to this as I might to a visit with my dearest friend. In Thee I have a Friend Who faileth not, Who, when all others fail, remaineth the same, Jesus Christ to-day, yesterday, the same forever.

(Other prayers on pages 16, 17, 18, 19, 20, and 21 may be used in place of this.)

PSALMS

(Recite alternately with the Priest Psalms announced.)

(People recite verses in heavy type.)

PSALM 83

How lovely are Thy tabernacles, O Lord of hosts! My soul longeth and fainteth for the courts of the Lord.

My heart and my flesh have rejoiced in the living God.

For the sparrow hath found herself a house, and the turtle a nest for herself where she may lay her young ones.

Thy altars, O Lord of hosts, my King and my God. Blessed are they that dwell in Thy house, O Lord: they shall praise Thee for ever and ever.

Blessed is the man whose help is from Thee; in his heart he hath disposed to ascend by steps, in the vale of tears, in the place which he hath set.

For the Lawgiver shall give a blessing, they shall go from virtue to virtue: the God of gods shall be seen in Sion.

O Lord God of Hosts, hear my prayer: give ear, O God of Jacob.

Behold, O God our protector: and look on the face of Thy Christ.

For better is one day in Thy courts above thousands.

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I have chosen to be an abject in the house of my God, rather than to dwell in the tabernacles of sinners.

For God loveth mercy and truth: the Lord will give grace and glory.

He will not deprive of good things them that walk in innocence: O Lord of hosts, blessed is the man that trusteth in Thee.

PSALM 41

As the hart panteth after the fountains of water; so my soul panteth after Thee, O God.

My soul hath thirsted after the strong living God; when shall I come and appear before the face of God?

My tears have been my bread day and night, whilst it is said to me daily: Where is thy God?

These things I remembered, and poured out my soul in me: for I shall go over into the place of the wonderful tabernacle, even to the house of God:

With the voice of joy and praise; the noise of one feasting.

Why art thou sad, O my soul? and why dost thou trouble me?

Hope in God, for I will still give praise to Him: the salvation of my countenance, and my God.

My soul is troubled within myself: therefore will I remember Thee from the land of Jordan and Hermoniim, from the little hill.

Deep calleth on deep, at the noise of Thy flood-gates. All Thy heights and Thy billows have passed over me.

In the daytime the Lord hath commandeth His mercy, and a canticle to Him in the night.

With me is prayer to the God of my life. I will say to God: Thou art my support.

Why hast thou forgotten me? and why go I mourning, whilst my enemy afflicteth me?

Whilst my bones are broken, my enemies who trouble me have reproached me:

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Whilst they say to me day by day, "Where is thy God?"

Why art thou cast down, O my soul? and why dost thou disquiet me?

Hope thou in God, for I will still give praise to Him: the salvation of my countenance, and my God.

PSALM 22

The Lord ruleth me: and I shall want nothing. He hath set me in a place of pasture.

He hath brought me up on the water of refreshment: He hath converted my soul.

He hath led me on the paths of justice, for His own Name's sake.

For though I should walk in the midst of the shadow of death, I will fear no evils, for Thou art with me.

Thy rod and Thy staff, they have comforted me. Thou hast prepared a table before me, against them that afflict me.

Thou hast anointed my head with oil: and my chalice which inebriateth me, how goodly is it!

And Thy mercy will follow me all the days of my life.

And that I may dwell in the house of the Lord unto length of days.

PSALM 150

Praise ye the Lord in His holy places: praise ye Him in the firmament of His power.

Praise ye Him for His mighty acts; praise ye Him according to the multitude of His greatness.

Praise Him with sound of trumpet: praise Him with psaltery and harp.

Praise Him with timbrel and choir: praise Him with strings and organs.

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Praise Him on high sounding cymbals: praise Him on cymbals of joy: let every spirit praise the Lord. Alleluia.

(Other Psalms may be found on pages 22, 23, 24, and 37.)

ACT OF CONSECRATION TO THE SACRED HEART

Issued with the Encyclical Letter of His Holiness Leo XIII., dated May 25, 1899, on the consecration of mankind to the Sacred Heart of Jesus.

People: 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 also of all those who sit in the ancient superstition of the Gentiles, and refuse not Thou to deliver them out of darkness into the light and kingdom of God.

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

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with one cry: Praise to the divine Heart that wrought our salvation; to It be glory and honor forever. Amen.

PRAYER FOR UNITY

Priest: All are Thy children, O God, and Thou lovest all that Thou hast made. "Oh, Thou Who lovest souls," declareth Thy Psalmist.

Thou dost make Thy sun to shine upon the good and the bad, and Thou rainest upon the just and the unjust. Thou art kind even to the unthankful.

In view of this Thy exceeding great love, O God, draw all into Thy one true fold. "No one can come to Me, unless the Father draw him," saith Thy divine Son. Draw all to the belief and worship of Him. Give them the light to believe that He is the Christ, the Son of the living God, the Savior that is come into the world.

The Apostle Peter hath said: "In very deed I perceive that God is not a respecter of persons. But in every nation, he that feareth Him, and worketh justice is acceptable to Him" (Acts x. 34, 35).

Upon that vast number who fear Thee, and work justice, but who are not yet members of the one true Faith, established by Jesus Christ, let Thy light shine, so that they may see His Church is the one true Church: let them see that He desires that all should be one even as He and Thee are one; that there should be one fold and one Shepherd. Amen.

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II

HYMN

SERMON

HYMN

PRAYER OF PETITION

Priest: I humbly present to Thee, O Jesus, the petitions Thy children have asked at this blessed hour of adoration. In Thy mercy, O Good Shepherd, hear them, for they love Thee.

People: O Jesus, Thou Who seest the hearts of Thy children, Thou Who readest men's thoughts, look into my innermost heart and see all my desire, all my longing, all my yearning.

I need many things, some of body, some of soul. My friends, my relatives, my dear ones ask me to pray for them. They ask me to remember them, when I come to Thee in this blessed hour, more blessed than all the other hours of the day.

And Thou wilt not turn away, O Jesus! Hast Thou not invited me to come to Thee, even as Thou didst invite Thy first disciples: "Come to Me, all you that labor and are burdened, and I will refresh you" (Matt. xi. 28).

I believe Thee, and take Thee at Thy word. All my needs, all my desires shall be placed at Thy Sacred Feet, and I shall leave them there, knowing that Thou, O most loving Lord, wilt see to them as Thy ineffable goodness directs. For Thou, O Lord, doth all things well.

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III

TANTUM ERGO

Tantum ergo Sacramentum,
Veneremur cernui:
Et antiquum documentum,

Novo cedat ritui:
Præstet fides supplementum,

Sensuum defectui.

Genitori, Genitœque,
Laus et jubilatio,

Salus, honor, virtus quoque,

Sit et benedictio:
Procedenti ab utroque,
Compar sit laudatio. Amen.

P. Panem de cœlo præstitisti eis. [Alleluia.]

R. Omne delectamentum in se habentem. [Alleluia.]

Down in adoration falling,
Lo! the sacred Host we hail;
Lo! o'er ancient forms departing,

Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

To the everlasting Father,
And the Son Who reigns on high,
With the Holy Ghost proceeding

Forth from each eternally,
Be salvation, honor, blessing,
Might and endless majesty.
Amen.

P. Thou hast given them bread from heaven. [Alleluia.]

R. Replenished with all sweetness and delight. [Alleluia.]

Oremus

Deus, qui nobis sub Sacramento mirabili passionis tuæ memoriam reliquisti: tribue, quæsumus; ita nos Corporis et Sanguinis tui sacra mysteria venerari, ut Redemptionis tuæ fructum in nobis jûgiter sentiâmus. Qui vivis et regnas in sæcula sæculorum.

Amen.

Let Us Pray

O God, Who hast left us in this wonderful Sacrament a perpetual memorial of Thy Passion: grant us, we beseech Thee, so to reverence the Sacred Mysteries of Thy Body and Blood, that we may continually find in our souls the fruit of Thy Redemption. Thou Who livest and reignest world without end.

Amen.

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*O Sacrament most holy! O Sacrament divine!
All praise and all thanksgiving be every moment Thine.*

Indulgence of 100 days—Pius VII., 1818-1819.

CLOSING PRAYER

People: Before I go from Thee, O Jesus, and before Thou hidest Thyself again behind the tabernacle veils, I offer Thee my thanks for this blessed hour I have spent with Thee.

It has been like a breath from heaven, and my soul has inhaled its fragrance. In the midst of this sordid life, in the turmoil that surrounds me, I must needs have some spiritual refreshment. Thou alone, O Jesus, canst satisfy this my desire.

(Other closing prayers may be found on pages 16, 17, 18, 19, 20, and 21.)

THE 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 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.

(200 days' Indulgence, Pope Leo XIII., Feb. 2, 1897.)

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CLOSING HYMN

PSALM CXVI—LAUDATE DOMINUM

Laudáte Dóminum, omnes
gentes: laudáte eum, omnes
pópuli:

Quóniam confirmáta est
super nos misericórdia ejus:
et véritas Dómini manet in
ætérnum.

Gloria Patri, etc.

Praise the Lord, all ye na-
tions: praise Him, all ye peo-
ple.

For His mercy is confirmed
upon us: and the truth of the
Lord endureth forever.

Glory be to the Father, etc.

*May the Heart of Jesus in the Most Blessed Sacrament
be praised, adored and loved with grateful affection at
every moment, in all the tabernacles of the world, to the
end of time.*

(Indulgence of 100 days every time recited, Pius IX.,
Feb. 29, 1868.)

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IV

ADDITIONAL PRAYERS

ACT OF ADORATION

Jesus, abiding in the Blessed Sacrament, I adore Thee. Thou art present before me, in the monstrance, truly present as Thou wert in life, Body and Blood, Soul and Divinity.

I cannot understand how, nor is it necessary; I believe because Thou hast told me. "This is My Body, This is My Blood," Thou didst declare at the Last Supper. And on that memorable occasion, Thou didst commit to Thy Apostles the power to renew this surpassing miracle. "Do this in commemoration of Me," Thou didst command.

Ever since, Thy Apostles and their successors, the priests of Thy Church, have consecrated Thy Body and Blood, and thus Thy Presence has been perpetuated.

Oh, miracle of miracles, miracle surpassing all thought, and by which Thou dost give us Thyself, as our Food, our Light, and our Strength! Jesus, I adore Thee for this. My heart cannot any longer contain itself, for Thy surpassing and overwhelming goodness.

And further marvel, it is my privilege to receive Thee in Holy Communion. Not alone dost Thou come upon our altars, but Thou dost come into our hearts. How can I comprehend this condescension? What abundant fruits should follow from this reception!

O Jesus, in the Blessed Sacrament, increase my faith in Thy Real and Abiding Presence.

CLOSING ACT OF ADORATION

"Amen, amen, I say unto you: He that believeth in Me, hath everlasting life. I am the Bread of life. Your

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fathers did eat manna in the desert and are dead. This is the Bread which cometh down from heaven, that if any man eat of it, he may not die. I am the living Bread which came down from heaven. If any man eat of this Bread, he shall live forever, and the Bread that I will give, is My Flesh for the life of the world" (John vi. 47-52).

I believe all these words, O Jesus, which Thou hast spoken. To me they are life. I recognize in them the divine promise, "Behold, I am with you all days, even to the consummation of the world" (Matt. xxviii. 20). They are fulfilled in the Sacrament of Thy Real Presence, in the Holy Eucharist.

What a gracious favor! Who can find words to thank Thee for this? "Oh, the depth of the riches of the wisdom and of the knowledge of God! How incomprehensible are His judgments, and how unsearchable His ways!" (Romans xi. 33.)

PRAYER TO THE SACRED HEART

Kneeling in Thy holy Presence, my divine Master, I consecrate myself to Thy Sacred Heart. Thy Heart is a furnace of charity. It is the fountain of divine love, infinite and inexhaustible. It diffuses itself in all corners and consumes all that comes within its reach.

When Thou livedst didst Thou not declare that Thou camest to cast fire upon the earth! And what wouldst Thou but that it be enkindled! What wouldst Thou but that Thy children should know the love of Thy Sacred Heart and be consumed by it!

It was Thy Heart that moved Thee to great compassion; "I have compassion on the multitudes," Thou didst declare, "and I will not send them away fasting, lest they faint in the way. For some are come from afar off."

Thou hast spoken well, dear Jesus. Some truly have come from afar off! Are not those in sin afar off from

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Thee; those who have been a long time away from the sacraments? And if Thou didst send them away, would they not faint!

But Thou wilt not send them away. All Thy children who come to Thee, asking mercy and pardon, shall receive the same. Thy Heart is a treasure house of mercy and love, and contains enough so that the whole world might come to it, and yet not exhaust it. Sacred Heart of Jesus, I love Thee; make me love Thee more and more. Assist me by Thy divine grace.

CLOSING PRAYER TO THE SACRED HEART

I am convinced, dear Jesus, that Thy Sacred Heart is a furnace of love, diffusing its fire upon the souls of Thy children. Thou didst reveal the secrets of Thy Heart to Thy servant St. Margaret Mary, and show her Thy love overflowing upon all. Thou didst declare to her that Thy Heart is grieved when it cannot spread its love. It is satisfied only when It is drawing and winning countless souls.

Hence, Thou didst say, "Behold this Heart which hath loved men so much." I behold it, dear Jesus, in all Thy works of mercy, of love, of goodness, and compassion. The love of Thy Heart is infinite and surpasses all thought. Enlarge Thou my heart in Thy love, O Lord!

Jesus, meek and humble at heart, make my heart like unto Thine. (300 days' Indulgence.)

Sacred Heart of Jesus, Thy kingdom come. (300 days' Indulgence.)

PRAYER TO THE BLESSED SACRAMENT

Jesus, dwelling in the Blessed Sacrament, I adore Thee. I prostrate myself before Thee in spirit, and in-

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voke Thy Blessing upon this hour I shall spend with Thee.

In Thy Gospels, it is related that Thy first disciples spent part of a day with Thee. What a boon was that! What a gracious favor! And how wonderful a delight!

But dost Thou not dwell now with the children of men, in a manner just as intimate, just as close, as with Thy first disciples! Art Thou not abiding on our altars! Dost Thou not make the tabernacle Thy abode!

"Behold the tabernacle of God with men," Thou sayest through Thy prophet: "I shall be their God, and they shall be My people." How truly is this prophecy fulfilled in Thy Real and Abiding Presence in the Blessed Sacrament!

Oh, Jesus, Savior of mankind, I adore Thee. I acknowledge Thy power. I know Thou hast conquered death. I know Thou hast overcome the world. I know Thou art stronger than all Thy enemies.

In the light of this knowledge, I renew my faith in Thee, I ask Thy blessing upon my life, I ask Thee to be my Captain and my King.

CLOSING PRAYER TO THE BLESSED SACRAMENT

As this hour of adoration closes, O Jesus, I renew my faith and trust in Thee. I am refreshed after these moments with Thee, and I count myself among a privileged number, even as Thy disciples were, who shared Thy actual Presence.

But realizing that my visit to Thee is of little avail unless I try to live a better life and set a better example, I am resolved to go forth again to my duties and my concerns with a renewed spirit of perseverance and goodwill. In my daily life I will try to love and serve God well, and love my neighbor also, for these two things go

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together. I will try to be a true disciple, indeed. Help me, O Jesus, in this holy resolution.

O Jesus in the Blessed Sacrament, have mercy on us. (300 days' Indulgence.)

May the most holy Sacrament be forever praised and adored. (300 days' Indulgence.)

ACT OF LOVE

O Blessed Savior, Thou art worthy of all love. When Thou wert asked—Which is the great commandment in the law? Thou didst answer: "Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind. This is the greatest and the first commandment" (Matt. xxii. 37, 38).

It is not hard, O Jesus, to love God above all things, when we think of His goodness. See what He does for us. He has given us all that we have, in body and soul. He furnishes food and nourishment for the body, He gives us Thee as Food for our souls. Can God do more than this!

What human friend is so constant as never to fail? Is there any? Oh, no, there cannot be. Man is fickle. "Vanity of vanities, and all is vanity," said the wise King Solomon, who possessed riches and wisdom, above all men who ever lived.

This same wise king, when he dedicated the Temple, lifted up his voice before all the people and praised God thus: "Lord God of Israel, there is no God like Thee in heaven above, or on earth beneath; Who keepest covenant and mercy with Thy servants that have walked before Thee with all their heart" (3 Kings viii. 23). What nation hath its gods so close to it, as our God is to us! Surely a God of this surpassing goodness is to be loved above all things and for His own sake.

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CLOSING ACT OF LOVE

I will pause long enough, Jesus, to declare again my love for Thee, in the Blessed Sacrament. The more I think of Thy Real and Abiding Presence on the altar, the more am I overwhelmed by Thy exceeding great goodness to the children of men.

Thy Father in heaven might well say of Thee, "This is My beloved Son in Whom I am well pleased. Hear ye Him" (Matt. xvii. 5).

Willingly do I hear Thee, and all Thou hast to say to me, "Speak, O Lord, for Thy servant heareth." Give me a greater appreciation of my holy Faith. Counsel me and direct me how to live up to my religion more faithfully. Warn me by the voice of my conscience of the dangers I should avoid, the temptations I should resist. Show me and assist me how to grow in virtue and in the observance of Thy holy Commandments.

Jesus, my God, I adore Thee here present in the Sacrament of Thy love.

(Indulgence of 100 days before the tabernacle. 300 days at Exposition.)

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V

ADDITIONAL PSALMS

THE MISERERE

PSALM 50

Have mercy on me, O God, according to Thy great mercy. And according to the multitude of Thy tender mercies blot out my iniquity.

Wash me yet more from my iniquity, and cleanse me from my sin.

For I know my iniquity, and my sin is always before me.

To Thee only have I sinned, and have done evil before Thee: that Thou mayest be justified in Thy words, and mayest overcome when Thou art judged.

For behold I was conceived in iniquities: and in sins did my mother conceive me.

For behold Thou hast loved truth: the uncertain and hidden things of Thy wisdom Thou hast made manifest to me.

Thou shalt sprinkle me with hyssop, and I shall be cleansed: Thou shalt wash me, and I shall be made whiter than snow.

To my hearing Thou shalt give joy and gladness: and the bones that have been humbled shall rejoice.

Turn away Thy face from my sins, and blot out all my iniquities.

Create a clean heart in me, O God: and renew a right spirit within me.

Cast me not away from Thy face; and take not Thy Holy Spirit from me.

Restore unto me the joy of Thy salvation and strengthen me with a perfect spirit.

I will teach the unjust Thy ways; and the wicked shall be converted to Thee.

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Deliver me from blood, O God, Thou God of my salvation: and my tongue shall extol Thy justice.

O Lord, thou wilt open my lips: and my mouth shall declare Thy praise.

For if Thou hadst desired sacrifice, I would indeed have given it: with burnt offerings Thou wilt not be delighted.

A sacrifice to God is an afflicted spirit: a contrite and humbled heart, O God, Thou wilt not despise.

Deal favorably, O Lord, in Thy good will with Sion: that the walls of Jerusalem may be built up.

Then shalt Thou accept the sacrifices of justice, oblations and whole burnt offerings: then shall they lay calves upon Thy altar.

PSALM 129

Out of the depths I have cried to Thee, O Lord; Lord hear my voice.

Let Thine ear be attentive to the voice of my supplication.

If Thou shalt observe iniquities, O Lord, Lord who shall endure it?

Because with Thee there is merciful forgiveness, and by reason of Thy law I have waited for Thee, O Lord.

My soul hath relied on His word, my soul hath hoped in the Lord.

From the morning watch even until night, let Israel hope in the Lord.

Because with the Lord there is mercy, and with Him plentiful redemption;

And He shall redeem Israel from all his iniquities.

Glory be to the Father, and to the Son, and to the Holy Ghost.

As it was in the beginning, is now and ever shall be, world without end.

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I BOOK OF PARALIPOMENON

Ch. xxix. vs. 10-18

Blessed art Thou, O Lord the God of Israel, our Father from eternity to eternity.

Thine, O Lord, is magnificence and power and victory; and to Thee is praise: for all that is in heaven and in earth is Thine; Thine is the kingdom, O Lord, and Thou art above all princes.

Thine are the riches and Thine is glory, Thou hast dominion over all, in Thy hand is power and might; in Thy hand greatness and the empire of all things.

Now therefore, our God, we give thanks to Thee, and we praise Thy glorious name.

All things are Thine: and we have given Thee what we have received of Thy hand.

Our days upon earth are as a shadow, and there is no stay (for us).

I know, my God, that Thou provest hearts and lovest simplicity, wherefore I also, in the simplicity of my heart, have joyfully offered all these things; and I have seen with great joy Thy people, which are here present, offer Thee their offerings.

O Lord God of Abraham and of Isaac and of Israel our fathers, keep for ever this will of their hearts, and let this mind remain always for the worship of Thee.

PSALM 148

Praise ye the Lord from the heavens: praise ye Him in the high places.

Praise ye Him, all His angels: praise ye Him, all His hosts.

Praise ye Him, O sun and moon: praise Him, all ye stars and light.

Praise Him, ye heavens of heavens: and let all the waters that are above the heavens praise the name of the Lord.

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For He spoke, and they were made: He commanded, and they were created.

He hath established them for ever, and for ages of ages: He hath made a decree, and it shall not pass away.

Praise the Lord from the earth, ye dragons, and all ye deeps:

Fire, hail, snow, ice, stormy winds, which fulfill His word:

Mountains and all hills, fruitful trees and all cedars; beasts and all cattle: serpents and feathered fowls:

Kings of the earth and all people; princes and all judges of the earth;

Young men and maidens: let the old with the younger praise the name of the Lord: for His name alone is exalted.

The praise of Him is above heaven and earth; and He hath exalted the horn of His people.

A hymn to all His Saints; to the children of Israel, a people approaching to Him. Alleluia.

PSALM 120

I have lifted up my eyes to the mountains, from whence help shall come to me.

My help is from the Lord, Who made heaven and earth.

May He not suffer thy foot to be moved: neither let Him slumber that keepeth thee.

Behold He shall neither slumber nor sleep, that keepeth Israel.

The Lord is thy keeper, the Lord is thy protection upon thy right hand.

The sun shall not burn thee by day: nor the moon by night.

The Lord keepeth thee from all evil: may the Lord keep thy soul.

May the Lord keep thy coming in and thy going out; from henceforth now and forever.

THE HOLY HOUR

VI

PRAYERS FOR THE SEVEN GIFTS OF THE HOLY GHOST

The Spirit of Wisdom

Come, O Blessed Spirit of Wisdom, and reveal to my soul the mysteries of Heavenly things, their exceeding greatness, and power, and beauty. Teach me to love them above and beyond all the passing joys and satisfactions of earth. Show me the way by which I may be able to attain to them, and possess them, and hold them hereafter, mine own for ever. Amen.

The Spirit of Understanding

Come, O Blessed Spirit of Understanding, enlighten my mind, that I may perceive and embrace all the mysteries of the deep things of God; that in the end I may be found worthy in Thy light clearly to see the Eternal Light, and may come unto a perfect knowledge of Thee and of the Father, and of the Son. Amen.

The Spirit of Counsel

Come, O Blessed Spirit of Counsel, help and guide me in all my ways, that I may always do Thy holy will. Incline my heart to that which is good, turn it away from all that is evil, and direct me by the straight path of Thy Commandments to that goal of eternal life for which I long. Amen.

The Spirit of Fortitude

Come, O Blessed Spirit of Fortitude, uphold my soul in every time of trouble or adversity. Sustain all my ef-

THE HOLY HOUR

forts after holiness; strengthen my weakness, give me courage against all the assaults of my enemies, that I may never be overcome, and separated from Thee, my God, my chiefest Good. Amen.

The Spirit of Knowledge

Come, O Blessed Spirit of Knowledge, grant that I may perceive and know the will of the Father; show me the nothingness of earthly things, that I may know their vanity, and use them only for Thy glory, and my own salvation, looking ever beyond them to Thee, and Thy eternal great rewards. Amen.

The Spirit of Piety

Come, O Blessed Spirit of Piety, possess my heart, incline it to a true faith in Thee, to a holy love of Thee my God, that with my whole soul I may seek Thee, and find Thee my best, my truest joy. Amen.

The Spirit of the Fear of the Lord

Come, O Blessed Spirit of holy Fear, penetrate my inmost heart, that I may set Thee, my Lord and God, before my face for ever; and shun all things that can offend Thee, so that I may be made worthy to appear before the pure eyes of Thy Divine Majesty in the Heaven of Heavens, where Thou livest and reignest in the Unity of the Ever-blessed Trinity, God, world without end. Amen.

PRAYER FOR THE TWELVE FRUITS OF THE HOLY GHOST

O Holy Spirit, Eternal Love of the Father and of the Son, grant me to taste the sweetness of Thy loving-kindness: the fruit of **Charity**, that I may love Thee

THE HOLY HOUR

above all things, and my neighbor as myself; the Fruit of **Joy**, that I may be filled with a holy consolation; the Fruit of **Peace**, that I may enjoy inward tranquillity of soul; the Fruit of **Patience**, that I may not be discouraged by delay, but may persevere in prayer; the Fruit of **Benignity**, that I may be kind and considerate to all men; the Fruit of **Goodness**, that I may be ever ready to do good to all; the Fruit of **Longsuffering**, that I may humbly submit to everything that is opposed to my own desires; the Fruit of **Mildness**, that I may subdue every rising of evil temper, and, so far from offering the least injury, may never return the greatest; the Fruit of **Faith**, that I may rightly receive the word of truth, and walk in it; the Fruit of **Modesty**, that I may be holy in my thoughts, watchful in my words, and grave in all my behavior; the Fruit of **Continency**, that using Thy creatures to Thy glory I may keep my body in subjection; the Fruit of **Chastity**, that with a pure body and a clean heart, I may adore and please Thee to my life's end; so that having served Thee faithfully here on earth I may attain in Christ Jesus to praise Thee eternally in Heaven, with the Father and the Son, Three Persons, One Glorious and Eternal God, to Whom be glory now and ever more. Amen.

PRAYER TO THE HOLY SPIRIT

(From the Priest's Breviary)

Holy Ghost, Spirit of the Father and of the Son; let the might of Thy Love be felt, more and more, in the hearts of men; let Thy light shine, more and more, on the souls of men who are wandering in darkness; turn them to the life-giving Heart of Jesus and to the healing stream of His Most Precious Blood. Strengthen souls that love Thee, perfect in them Thy Seven Gifts, and Thy Twelve Fruits. Make them Thy temples here, that **Thou** mayest be adored by them forever. Amen.

THE HOLY HOUR

SPIRITUAL COMMUNION

(Ven. Father de la Colombière)

Come, O kind Heart of Jesus, enter my breast, and inflame it with a love as great as my Savior deserves. Adorable Heart, when Thou art with me, love Him for me, as much as in Him Thou hast loved me. Make me live only in Him, only for Him, that with Him I may live forever :

Most Pure Heart of Mary, may the Heart of Jesus rule my heart.

PRAYER FOR THE PEOPLE

(Ancient Prayer of the Pontiff during primitive Christian Assembly)

Almighty God, Who dwellest in the highest heavens, in the Holy of holies, Thou Who art without beginning, Who alone art Master of all things, Who by Jesus Christ hast made known to us Thy glory and Thy name, cast Thine eyes on this Thy flock, deliver it from all ignorance and evil deeds, and grant that it may fear and love Thee; be kind and merciful to them and hear their prayers and make them steadfast in good, that they may have health of mind and body.

Thou art the Almighty Defender; keep Thy people whom Thou hast redeemed by the Precious Blood of Thy Christ; be their Protector and Upholder, for all our hope is in Thee, and no one can snatch out of Thy hand what Thou desirest to preserve.

Sanctify them in truth, deliver them from all sickness and infirmity, from all sin, from the deceits of their enemies, from the arrow that flieth by day, and from the evils prepared for them in darkness, and make them worthy of eternal life in Jesus Christ Thy only Son our Lord and Savior, through Whom be glory and adoration to Thee in the Holy Spirit, now and for ever. Amen.

THE HOLY HOUR

MEMORARE

Remember, O most loving Virgin Mary, never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother! To thee I come; before thee I stand, sinful and sorrowful. O Mother of the Word, despise not my petitions, but graciously hear and grant my prayers. Amen.

LIFE EVERLASTING

(St. Augustine)

Blessed are they who have passed over the great and wide sea to the eternal shore, and are now blessed in their desired rest. Blessed are they who have escaped from all evils, and are secure of their unfading glory in thee, thou kingdom of blessedness. How long shall I be tossed about on the waves of this mortal life crying unto Thee, O Lord God, while Thou hearest me not? Hear me, O Lord, from this great and wide ocean, and bring me to the everlasting haven.

FOR THE DEAD

(Ancient Prayer)

O God, Who hast authority of life and death, God of the spirits and master of all flesh, God Who killest and makest alive, Who bringest down to the gates of Hell and bringest up, Who createst the spirit of man within him and takest to Thyself the souls of the saints and givest rest, Who alterest and changest and transformest Thy creatures, as is right and expedient, being Thyself alone incorruptible, unalterable, and eternal, we beseech Thee for the repose and rest of this Thy serv-

THE HOLY HOUR

ant; give rest to his soul, his spirit, in green places (*in loco pascuæ*, Ps. xxii.), in chambers of rest with Abraham and Isaac and Jacob and all Thy saints: and raise up his body in the day which Thou hast ordained, according to Thy promises which cannot lie, that Thou mayest render to it also the heritage of which it is worthy in Thy holy pastures.

Remember not his transgressions and sins. Heal the griefs of those that pertain to him with the spirit of consolation, and grant unto us all a good end through Thy only-begotten Jesus Christ, through Whom to Thee is the glory and the strength in the Holy Spirit to the ages of the ages.

THE HOLY HOUR

LITANY OF THE SACRED HEART OF JESUS

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
Eternal Father,

Heart of Jesus, formed by
the Holy Ghost in the
womb of the Virgin
Mary,

Heart of Jesus, substantially
united to the Word of
God,

Heart of Jesus, infinite in
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, glowing
furnace of charity,

Heart of Jesus, abode of
justice and love,

Heart of Jesus, full of good-
ness and love,

Heart of Jesus, abyss of all
virtues,

Heart of Jesus, most worthy
of all praise,

Heart of Jesus, King and
Centre of all hearts,

Heart of Jesus, in whom are
all the treasures of wis-
dom and knowledge,

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, *gra-*
ciously hear us, O Lord.

Heart of Jesus, in whom
abides the fulness of the
Godhead,

Heart of Jesus, in whom the
Father was well pleased,

Heart of Jesus, of whose
fulness we have all re-
ceived,

Heart of Jesus, desire of
the eternal hills,

Heart of Jesus, patient and
abounding in mercy,

Heart of Jesus, rich unto
all that call upon Thee,

Heart of Jesus, source of
life and holiness,

Heart of Jesus, atonement
for our iniquities,

Heart of Jesus, overwhelmed
with reproaches,

Heart of Jesus, bruised for
our sins,

Heart of Jesus, made obe-
dient unto death,

Heart of Jesus, pierced by
the 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
all who trust in Thee,

Heart of Jesus, hope of
those who die in Thee,

Heart of Jesus, delight of
all the Saints,

Have mercy on us.

Have mercy on us.

THE HOLY HOUR

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

Jesus meek and humble of heart, *make our hearts like unto Thine.*

Prayer

Almighty and everlasting God, look upon the heart of Thy well-beloved Son, and upon the praise and satisfaction which He rendered to Thee on behalf of sinners; and being thus appeased, grant them the pardon, which they seek from Thy mercy, in the name of the self-same Jesus Christ, Thy Son, Who liveth and reigneth with Thee, in the unity of the Holy Ghost, God forever and ever. Amen.

LITANY OF THE HOLY NAME OF JESUS

Lord, have mercy on us. <i>Christ, have mercy on us.</i> Lord, have mercy on us. Christ, hear us. <i>Christ, graciously hear us.</i> God the Father of Heaven, God the Son, Redeemer of the world, God the Holy Ghost, Holy Trinity, one God, Jesus, Son of the living God, Jesus, Splendor of the Fa- ther, Jesus, brightness of eternal light, Jesus, king of glory, Jesus, sun of justice, Jesus, Son of the Virgin Mary, Jesus, most amiable, Jesus, most admirable, Jesus, mighty God, Jesus, Father of the world to come, Jesus, angel of great coun- sel, Jesus, most powerful, Jesus, most patient,	<i>Have mercy on us.</i>	Jesus, most obedient, Jesus, meek and humble of heart, Jesus, lover of chastity, Jesus, lover of us, Jesus, God of Peace, Jesus, author of life, Jesus, example of virtues, Jesus, zealous lover of souls, Jesus, our God, Jesus, our refuge, Jesus, Father of the poor, Jesus, treasure of the faith- ful, Jesus, Good Shepherd, Jesus, true light, Jesus, eternal wisdom, Jesus, infinite goodness, Jesus, our way and our life, Jesus, joy of Angels, Jesus, King of Patriarchs, Jesus, Master of Apostles, Jesus, Teacher of Evangel- ists, Jesus, strength of martyrs, Jesus, light of confessors, Jesus, purity of virgins, Jesus, crown of all saints,	<i>Have mercy on us.</i>
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Be merciful unto us, *spare us, O Jesus.*
 Be merciful unto us, *graciously hear us, O Jesus.*

THE HOLY HOUR

From all evil,
From all sin,
From Thy wrath,
From the snares of the
devil
From the spirit of unclean-
ness,
From everlasting death,
From the neglect of Thy
inspirations,
Through the mystery of
Thy holy Incarnations,
Through Thy nativity,
Through Thy infancy,
Through Thy most divine
life,

Jesus, deliver us.

Through Thy labors,
Through Thy agony and
passion,
Through Thy cross and
abandonment,
Through Thy sufferings,
Through Thy death and
burial,
Through Thy resurrection,
Through Thy ascension,
Through Thy institution of
the Most Holy Eucharist,
Through Thy joys,
Through Thy glory,

Jesus, deliver us.

Lamb of God, Who takest away the sins of the world, *spare us, O Jesus.*

Lamb of God, Who takest away the sins of the world, *graciously hear us, O Jesus.*

Lamb of God, Who takest away the sins of the world, *have mercy on us, O Jesus.*

Jesus, hear us.

Jesus, *graciously hear us.*

Prayer

O Lord Jesus Christ, Who hast said: Ask, and ye shall receive; seek, and ye shall find; knock, and it shall be opened unto you; give, we beseech Thee, to us who ask, the grace of Thy most divine love, that with all our hearts, words, and works, we may love Thee, and never cease to praise Thee.

Make us, O Lord, to have a perpetual fear and love of Thy Holy Name, for Thou never failest to govern those whom Thou dost solidly establish in Thy love, Who livest and reignest for ever and ever. Amen.

THE HOLY HOUR

LITANY OF THE BLESSED VIRGIN

We fly to thy patronage, O holy Mother of God. Despise not our petitions in our necessities, but deliver us from all dangers, O ever glorious and blessed Virgin,

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,
have mercy on us.
God the Son, Redeemer of the
world, *have mercy on us.*
God the Holy Ghost, *have*
mercy on us.
Holy Trinity, one God, *have*
mercy on us.

Holy Mary,
Holy Mother of God,
Holy Virgin of virgins,
Mother of Christ,
Mother of Divine grace,
Mother most pure,
Mother most chaste,
Mother inviolate,
Mother undefiled,
Mother most amiable,
Mother most admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Redeemer,
Virgin most prudent,
Virgin most venerable,
Virgin most renowned,
Virgin most powerful,

Pray for us.

Virgin most merciful,
Virgin most faithful,
Mirror of justice,
Seat of wisdom,
Cause of our joy,
Spiritual vessel,
Vessel of honor,
Singular vessel of devotion,
Mystical rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the covenant,
Gate of Heaven,
Morning star,
Health of the sick,
Refuge of Sinners,
Comforter of the afflicted,
Help of Christians,
Queen of Angels,
Queen of Patriarchs,
Queen of Prophets,
Queen of Apostles,
Queen of Martyrs,
Queen of Confessors,
Queen of Virgins,
Queen of all Saints,
Queen conceived without
original sin,
Queen of the most holy
Rosary,
Queen of Peace,

Pray for us.

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. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

THE HOLY HOUR

Let Us Pray

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that as we have known the incarnation of Christ Thy Son by the message of an Angel, so, by His Passion and Cross, we may be brought to the glory of His resurrection: through the same Christ our Lord. Amen.

Oh, Mary, conceived without sin, pray for us who have recourse to thee.

THE ANGELUS

(To be said morning, noon and night, kneeling, except on Saturday evening and throughout Sunday, when it is said standing.)

The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Ghost.

Hail, Mary, etc.

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Thy word.

Hail, Mary, etc.

V. And the Word was made Flesh.

R. And dwelt among us.

Hail, Mary, etc.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let Us Pray

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that as we have known the Incarnation of Christ Thy Son by the message of an Angel, so, by His Passion and Cross, we may be brought to the glory of His resurrection; through the same Christ our Lord. Amen.

In Eastertide, instead of the Angelus, the Regina Cæli is said standing.

THE HOLY HOUR

THE REGINA COELI

(From Holy Saturday till Trinity Eve.)

O Queen of Heaven, rejoice! Alleluia.

For He Whom thou didst merit to bear, Alleluia,

Hath risen, as He said, Alleluia.

Pray for us to God. Alleluia.

V. Rejoice and be glad, O Virgin Mary. Alleluia.

R. For the Lord hath risen indeed. Alleluia.

Let Us Pray

O God, Who, through the Resurrection of Thy Son our Lord Jesus Christ, didst vouchsafe to fill the world with joy; grant, we beseech Thee, that, through His Virgin Mother Mary, we may lay hold on the joys of everlasting life. Through the same Christ our Lord.

R. Amen.

PSALM 12

How long, O Lord, wilt Thou forget me unto the end? How long dost Thou turn away Thy face from me?

How long shall I take counsels in my soul, sorrow in my heart all the day?

How long shall my enemy be exalted over me? Consider, and hear me, O Lord my God. Enlighten my eyes that I never sleep in death: lest at any time my enemy say: I have prevailed against him.

They that trouble me will rejoice when I am moved: but I have trusted in Thy mercy.

My heart shall rejoice in Thy salvation: I will sing to the Lord, Who giveth me good things: yea I will sing in the name of the Lord the Most High.

THE HOLY HOUR

LITANY OF ST. JOSEPH

Lord, have mercy on us.	Foster-father of the Son of
<i>Christ, have mercy on us.</i>	God,
Lord, have mercy on us.	Diligent protector of Christ,
Christ, hear us.	Head of the Holy Family,
<i>Christ, graciously hear us.</i>	Joseph most just,
God the Father of Heaven,	Joseph most chaste,
<i>have mercy on us.</i>	Joseph most prudent,
God the Son, Redeemer of the	Joseph most brave,
world, <i>have mercy on us.</i>	Joseph most obedient,
God the Holy Ghost, <i>have</i>	Joseph most faithful,
<i>mercy on us.</i>	Mirror of patience,
Holy Trinity, one God, <i>have</i>	Lover of poverty,
<i>mercy on us.</i>	Model of workmen,
Holy Mary,	Glory of home life,
St. Joseph,	Guardian of virgins,
Renowned offspring of	Pillar of families,
David,	Solace of the wretched,
Light of Patriarchs,	Hope of the sick,
Spouse of the Mother of	Patron of the dying,
God,	Terror of demons,
Chaste guardian of the Vir-	Protector of Holy Church,
gin,	

Pray for us.

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. He made him the Lord of the household.

R. And Prince over all His possessions.

Let Us Pray

O God, Who in Thy ineffable providence didst vouchsafe to choose blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that we may have for our advocate in heaven him whom we venerate as our protector on earth: Through Jesus Christ Our Lord. Amen.

THE HOLY HOUR

PRAYER TO ST. JOSEPH

We come to see, O blessed Joseph, in our sore distress. Having sought the aid of thy most blessed spouse, we now confidently implore thy assistance also. We humbly beg that, mindful of the dutiful affection which bound thee to the immaculate virgin Mother of God, and of the fatherly love with which thou didst cherish the Child Jesus, thou wilt lovingly watch over the heritage which Jesus Christ purchased with His blood, and by thy powerful intercession help us in our urgent need. Most powerful guardian of the Holy Family, protect the chosen race of Jesus Christ; drive far from us, most loving father, every pest of error and corrupting sin. From thy place in heaven, most powerful protector, graciously come to our aid in this conflict with the powers of darkness, and as of old thou didst deliver the Child Jesus from supreme peril of life, so now defend the holy Church of God from the snares of her enemies and from all adversity. Have each of us always in thy keeping, that, following thy example, and borne up by thy strength, we may be able to live holily, die happily, and so enter the everlasting bliss of heaven. Amen.

INDULGENCED EJACULATIONS IN HONOR OF THE BLESSED SACRAMENT

O Sacrament most holy! O Sacrament divine!

All praise and all thanksgiving be every moment
Thine.

Indulgence of 100 Days—Pius VII., 1818-1819.

Eucharistic Heart of Jesus, have mercy on us.

Indulgence of 300 Days—Pius X., Sept. 11, 1907.

Let us adore, thank, supplicate and console with
Mary Immaculate the most sacred and lovely Eucharistic
Heart of Jesus.

*Indulgence of 300 Days, Every Time—Pius X., Dec.
19, 1908.*

Sacramental Jesus, have mercy on us.

*Indulgence of 100 Days, Every Time—Pius X., July
6, 1908.*

THE HOLY HOUR

Praised and blessed be the Sacred Heart and the Precious Blood of Jesus in the most holy Sacrament of the Altar.

Indulgence of 300 Days, Every Time—Pius X., Aug., 1908.

May the Heart of Jesus in the Most Blessed Sacrament be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, to the end of time.

Indulgence of 100 Days, Every Time—Pius IX., Feb. 29, 1868.

THE HOLY HOUR

VII

HYMNS

1

JESUS, MY LORD, MY GOD

Jesus, my Lord, my God, my
all,
How can I love Thee as I
ought?
And how revere this wondrous
gift
So far surpassing hope or
thought?

CHORUS

Sweet Sacrament! we Thee
adore,
Oh! make us love Thee more
and more,
Oh! make us love Thee more
and more.

Had I but Mary's sinless heart,
To love Thee with, my dear-
est King!
Oh, with what bursts of fer-
vent praise
Thy goodness, Jesus, would I
sing!

CHORUS (Repeat)

Sound, sound His praises high-
er still,
And come, ye Angels, to our
aid.
'Tis God! 'tis God! the very
God,
Whose power both men and
angels made!

CHORUS (Repeat)

2

MY SOUL DOTH LONG FOR THEE

My soul doth long for Thee,
To dwell within my breast;
Unworthy though, O Lord, I
be
Of so Divine a Guest!
Of so Divine a Guest,
Unworthy though I be,
Yet hath my longing heart no
rest,
Until it come to Thee.

Until it come to Thee,
In vain I look around;
In all I have, in all I see,
No rest is to be found.

No rest is to be found,
But in Thy sweet embrace;
Oh! when I have my Jesus
found
Naught else can take His
place.

3

ABIDE WITH ME

Abide with me, fast falls the
eventide,
The darkness deepens: Lord,
with me abide;
When other helpers fail, and
comforts flee,
Help of the helpless, O abide
with me.

THE HOLY HOUR

Swift to its close ebbs out
life's little day,
Earth's joys grow dim, its
glories pass away;
Change and decay in all around
I see,
O Thou, Who changest not,
abide with me.

I need Thy presence every pass-
ing hour,
What but Thy grace can foil
the tempter's power?
Who like Thy self my guide
and star can be?
Through cloud and sunshine,
Lord, abide with me.

4

COME, HOLY GHOST, CREATOR BLEST

Come, Holy Ghost, Creator
blest,
And in our hearts take up
Thy rest;
Come with Thy grace and heav-
enly aid,
To fill the hearts which Thou
hast made.
(Repeat last line.)

O Comforter, to Thee we cry;
Thou heavenly Gift of God
Most High;
Thou Fount of life and Fire of
love,
And sweet anointing from
above.
(Repeat last line.)

O Holy Ghost, thro' Thee
alone,
Know we the Father and the
Son;
Be this our never changing
creed,
That Thou dost from them
both proceed. (Repeat.)

5

SLAIN FOR MY SOUL

Slain for my soul, for all my
sins defamed,
King, crowned with thorns,
with blasphemies pro-
claimed,
High o'er the clouds, thy royal
Sign I see;
Throned in Thy glory, Lord,
remember me.
For thy tormentors, for my
pardon sue;
"Father, forgive, they know not
what they do."
When they that pierced, when
every eye shall see
Thee in Thy Kingdom, Lord,
remember me.

Think of me now with all Thy
sorrows pressed;
Think of me in Thy crowning
of the blest;
Confessed, besought, and wor-
shipped on the tree,
Lord, in Thy Kingdom, still re-
member me.

6

O FOOD, THE PILGRIM NEEDETH

O Food, the pilgrim needeth,
O Bread, which angels feedeth;
O Manna from above!
The souls that hunger feed
Thou,
The hearts that seek Thee lead
Thou,
With Thy sweet, tender love.
O Fount of love redeeming,
O River ever streaming
From Jesus' holy Side!
Come Thou, Thyself bestowing
On thirsty souls, and flowing,
Till all are satisfied.

THE HOLY HOUR

Jesus, this feast receiving,
Thy word of truth believing,
We Thee unseen adore;
Grant, when the veil is rended,
That we, to heaven ascended,
May see Thee Evermore.

7

O VISION BRIGHT

O vision bright; the glorious
land of light
Beams goldenly beyond the
cloudless sky;
'Mid heavenly fires, above all
angel choirs,
Sweet Mary, our dear Mother,
reigns on high.

REFRAIN

O vision bright! Angels delight!
Mary sits enthroned with
Jesus nigh;
Where brighter far than either
moon or star,
Sweet Mary, our dear Mother,
reigns on high.

REFRAIN (Repeat)

O vision bright! In gentle loving
flight
The Dove around His cherished
Spouse doth fly;
Where in that height of
mercy's gentle might,
Sweet Mary, our dear Mother,
reigns on high.

REFRAIN (Repeat)

8

THE PATRONAGE OF ST. JOSEPH

Dear Guardian of Mary! dear
nurse of her Child!
Life's ways are full weary,
the desert is wild;

Bleak sands are all 'round us,
no home can we see;
Sweet Spouse of Our Lady;
we lean upon thee.

For thou to the pilgrim art
father and guide,
And Jesus and Mary felt safe
at thy side;

Ah! blessed Saint Joseph, how
safe should I be,
Sweet Spouse of Our Lady!
if thou wert with me.

O blessed Saint Joseph, how
great was thy worth,
The one chosen shadow of
God upon earth;
The father of Jesus—ah! then
wilt thou be,
Sweet Spouse of Our Lady!
a father to me.

9

TO JESUS HEART

To Jesus' Heart all burning
With fervent love for man,
My heart, with fondest yearning,
Shall raise the joyful strain.

CHORUS

While ages course along,
Blest be, with loudest song,
The Sacred Heart of Jesus,
By ev'ry heart and tongue,
The Sacred Heart of Jesus,
By ev'ry heart and tongue.

O Heart for me on fire
With love no man can speak,
My yet untold desire
God gives me for Thy sake.

Too true! I have forsak'n
Thy flock by willful sin,
Yet now let me be tak'n
Back to Thy fold again.

THE HOLY HOUR

10

MOTHER DEAR, OH! PRAY FOR ME

Mother dear, Oh! pray for me,
Whilst far from Heav'n and
thee
I wander in a fragile bark
O'er life's tempestuous sea;
O Virgin Mother, from thy
throne,
So bright in bliss above,
Protect thy child and cheer my
path
With thy sweet smile of love.

CHORUS

Mother dear, remember me;
And never cease thy care,
'Till in heaven eternally,
Thy love and bliss I share.

Mother dear, Oh! pray for me,
Should pleasure's siren lay,
E'er tempt thy child to wander
far,
From Virtue's path away:
When thorns beset life's de-
vious way,
And darkling waters flow,
Then Mary, aid thy weeping
child,
Thyself a Mother show.

11

HOLY GOD, WE PRAISE THY NAME

Holy God, we praise Thy name!
Lord of all, we bow before
Thee!
All on earth Thy sceptre claim,
All in Heaven above adore
Thee;
Infinite Thy vast domain,
Everlasting is Thy reign.

Hark! the loud celestial hymn
Angel choirs above are rais-
ing!

Cherubim and Seraphim,
In unceasing chorus praising,
Fill the heavens with sweet ac-
cord:
Holy, Holy, Holy Lord!

Holy Father, Holy Son,
Holy Spirit, Three we name
Thee,
While in essence only One
Undivided God, we claim
Thee;
And adoring bend the knee,
While we own the mystery.

12

I MET THE GOOD SHEPHERD

I met the Good Shepherd
But now on the plain.
As homeward He carried
His lost one again;
I marveled how gently
His burden He bore,
And as He pass'd by me,
I knelt to adore.

"Oh Shepherd, Good Shepherd!
Thy wounds they are deep;
The wolves have sore hurt Thee
In helping Thy sheep;
Thy raiment all over
With crimson is dyed;
And what is this rent
They have made in Thy side?"

"Oh Shepherd, Good Shepherd,
And is it for me
This grievous affliction
Has fallen on Thee?
Ah! then, let me strive,
For the love Thou hast
borne,
To give Thee no longer
Occasion to mourn."

THE HOLY HOUR

APPENDIX

ARCHCONFRATERNITY OF THE BLESSED SACRAMENT

ITS OBJECT

The Association of the Blessed Sacrament erected into an *Archconfraternity* by a brief of the Holy See, dated May 8, 1897, is a spiritual affiliation with the Congregation of the Fathers of the Blessed Sacrament, founded by the Venerable Père Eymard, of holy memory, and first approved in 1858, by Pope Pius IX.

The purpose of this Association is to adore our Eucharistic Lord, and zealously to promote His glory among the Faithful.

OBLIGATIONS

All Catholics, young and old, may be received as members, on condition of their complying with three simple requirements, namely:

1. Every member is obliged to have both family name and Christian name recorded (*a*) in a special register in any one of the convents of the Fathers of the Congregation of the Blessed Sacrament, (*b*) or in one of the local centres affiliated to the Archconfraternity.

2. Members must pledge themselves to make, once a month, *one continuous hour of adoration* before the Blessed Sacrament, either exposed or in the tabernacle. They are perfectly free with regard to the choice of the day, hour, and church. They may, if they choose, change these every month.

3. The Archconfraternity of the Blessed Sacrament furthermore imposes on its members **ONE COMMUNION EVERY MONTH**, on the day chosen for their hour of adoration. This Communion is, in effect, the condition absolutely required for gaining the Indulgence of the adoration.

These are the fundamental obligations of the Archconfraternity. They suffice for membership, and for sharing in its privileges.

The spirit and the aim of the Archconfraternity are, however, to form *communicants*, not less than *adorers* of the Eucharist. To this end it urges its members to as frequent Communion as possible, offering to them the inducement of numerous Plenary Indulgences, which they can gain on every day they receive Holy Communion.

THE HOLY HOUR

INDULGENCES AND SPIRITUAL ADVANTAGES

The members share in the following Indulgences and spiritual favors :

1. Union and participation in the merits and good works of the Congregation of the Fathers of the Blessed Sacrament, of the Priests' Eucharistic League, and of the other Associations of the Congregation.

2. A PLENARY INDULGENCE on the day of reception into the Archconfraternity, on condition of Confession, Communion, a visit to a church where the Blessed Sacrament is kept, and a prayer for the intentions of the Sovereign Pontiff.

3. A PLENARY INDULGENCE DAILY, on the same conditions, for an hour of adoration before the Blessed Sacrament. (Brief of Jan. 19, 1875.)

The great privilege of this Archconfraternity is that, if an associate spends several hours of adoration in the course of the month, even an hour every week or every day, he may gain each time a Plenary Indulgence, on condition, however, that he received Communion in the morning and prays for the intentions of the Sovereign Pontiff.

4. AN INDULGENCE OF SEVEN YEARS AND SEVEN QUARANTINES for those same hours of adoration on the days when Holy Communion is not received.

5. The Indulgences commonly called *Della Stazione del Santissimo Sacramento* that have been granted to the Seraphic Order; consequently, every time the associates visit the Blessed Sacrament in some public church or oratory, and recite *six Pater, Ave, and Gloria*, they may gain all the Indulgences of the Stations of Rome, Jerusalem, Saint James of Compostella, and the church of the Portiuncula, *i. e.*, an almost incalculable number of Plenary and Partial Indulgences. These Indulgences are, at least, as rich as those of the Way of the Cross, and they can be gained in five minutes, St. Alphonsus di Liguori says that these Plenary and Partial Indulgences are almost innumerable.

6. The Indulgence of the *Portiuncula* may be gained every year (from 2 P. M., August 1, to 7 P. M., August 2), by all the members of the Archconfraternity, in any parish church in which the Blessed Sacrament is reserved. This extraordinary favor consists in a *Plenary Indulgence* which may be gained during these two days as often as a member makes a visit of about five minutes to the church, and prays for the Sovereign Pontiff. Communion must be received on one of the two days, the choice optional. (May 15, 1908.)

THE HOLY HOUR

7. A PLENARY INDULGENCE on each of the following feasts: Christmas, Epiphany, Holy Thursday, Easter, Corpus Christi, the Feast of the Sacred Heart, the Annunciation, the Immaculate Conception, St. Joseph, SS. Peter and Paul (June 29), St. Michael the Archangel (September 29), and St. John the Evangelist (December 27).

8. PLENARY INDULGENCE at the hour of death by invoking the Holy Name of Jesus. (Brief of Jan. 19, 1875.)

All the foregoing Indulgences, except the last, are applicable to the souls in purgatory.

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