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First Friday Mass
and holy hour
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First Friday Mass

AND HOLY HOUR

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*With Prayers for
Thanksgiving after Communion*

Act of Reparation

Litany of the Sacred Heart

The Twelve Promises

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Archbishop of New York

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FOREWORD

A FATHER, OUT OF LOVE, may suffer the punishment due his son and pay the penalty for his crimes. But he cannot take upon himself a state of guilt. Guilt is such a personal thing that it clings to the sinner, no matter.

How then was it that Christ took upon Himself the iniquity of us all? He did this *by identifying Himself with us*. In his redeeming sacrifice, He was mankind offering itself as a Victim which the Father could accept because of its union with his only begotten Son. As the Victim of the sacrifice, He was worthy of death because, through his oneness with men, the guilt of sin had taken hold of Him.

The resurrection and ascension did not dispel this union. In heaven, Christ continues to offer his sacrifice, sitting at the right of the Father, forever interceding for us. On earth, those who have accepted this union through Baptism, offer his sacrifice with Him. This is our Mass.

The purpose of Christ's offering in heaven, and the reason of our offering it with Him through the Mass, is the same as the purpose of Calvary—to take away the guilt of sin. Together, Christ and his Church continue the work of redemption, bringing the fruits of the Cross to the souls of sinners, washing them clean in the Blood of the Lamb.

This is God's work of love. Because it is a work of love, *to be effective* it requires a responding love on the part of men. Love is never fruitful, indeed it is a sterile thing, unless it be of two.

For this great reason, Our Lord needs us. The pleading of his Sacred Heart is not the cry of a weakling who needs the strength of others to survive. It is the appeal of a strong lover who needs the love of another so that, together, they may have children. A man needs a wife that sons may be born to him. The Church is the Spouse of Christ; together they bring the sons of men into the family of God.

This is redemption. This is reparation for sin.

First Fridays, the Mass which we say is essentially the same as all other Masses. But whereas another Mass may have for its keynote the birth of Christ (Christmas), or one of the glories of Mary, the Mass of the Sacred Heart which we say on First Fridays (rubrics permitting) throws our attention to the love of Jesus for us, so that, impelled by the great cost of that love, we be moved to love Him in return.

To know that He needs our love to finish love's work is to offer ourselves. This is our *Daily Offering*. This is our *Act of Consecration to the Sacred Heart of Jesus*. It is also our *Act of Reparation*, not only requiting the love of God offended by sin but also building up the parts of his Mystical Body destroyed by the ravages of sin.

All this the Church has written into the Mass of the Sacred Heart which we say on the feast once a year and, when it is feasible, on the First Friday of each month. The following translation of the Mass is to help you assist the celebrating priest with fullness of heart and generosity of soul; so that you may love Christ more, and, in your mutual love, souls may be saved.

Mass of the Sacred Heart

MASS OF THE CATECHUMENS

Foot of the Altar to the End of the Gospel

(Keeping in mind that sacrifice is an apology for sin, the priest stands at the foot of the altar and recites, with the server, the forty-second psalm.)

PRIEST: In the name of the Father, and of the Son, and of the Holy Ghost. Amen.

THE ANTIPHON

PRIEST: I will go up to the altar of God.

PEOPLE: To God who gives joy to my youth.

THE PSALM

PRIEST: Judge me, O God, and distinguish my cause from the nation that is not holy; from the unjust and deceitful man deliver me.

PEOPLE: For you, O God, are my strength; why have you cast me off, and why do I sorrow while the enemy afflicts me?

PRIEST: Send forth your light and your truth that have led me to your holy hill and to your tabernacles.

PEOPLE: And I will go up to the altar of God; to God who gives joy to my youth.

PRIEST: I will praise you on the harp, O my God. Why are you sad, my soul, and why do you disquiet me?

PEOPLE: Hope in God, for I will yet praise Him who is the salvation of my countenance and my God.

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

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

The Antiphon I will go up to the altar of God. To
is repeated. God who gives joy to my youth.

THE CONFITEOR

PRIEST: Our help is in the name of the Lord.

PEOPLE: Who made heaven and earth.

PRIEST: I confess to Almighty God, to Blessed Mary ever Virgin, to Blessed Michael the Archangel, to Blessed John the Baptist, to the Holy Apostles Peter and Paul, to all the saints and to you, brethren, that I have sinned very much, in thought, word and deed, through my fault, through my fault, through my most grievous fault. Wherefore I beseech the Blessed Mary ever Virgin, Blessed Michael the Archangel, Blessed John the Baptist, the Holy Apostles Peter and Paul, all the saints, and you, brethren, to pray to the Lord, our God, for me.

PEOPLE: May Almighty God have mercy on you, forgive you your sins, and lead you to life everlasting.

PRIEST: Amen.

PEOPLE: I confess to Almighty God, to Blessed Mary ever Virgin, to Blessed Michael the Archangel, to Blessed John the Baptist, to the Holy Apostles Peter and Paul, to all the saints and to you, Father, that I have sinned very much, in thought, word and deed, through my fault, through my fault, through my most grievous fault. Wherefore I beseech the Blessed Mary ever Virgin, Blessed Michael the Archangel, Blessed John the Baptist, the Holy Apostles Peter and Paul, all the saints, and you, Father, to pray to the Lord, our God, for me.

PRIEST: May Almighty God have mercy on you, forgive you your sins, and lead you to life everlasting.

PEOPLE: Amen.

PRIEST: May the almighty and merciful Lord grant us pardon, absolution and the remission of our sins.

PEOPLE: Amen.

PRIEST: You will come back, O God, and bring us to life.

PEOPLE: And in you will your people rejoice.

PRIEST: Show us, O Lord, your mercy.

PEOPLE: And give to us your salvation.

PRIEST: Lord, hear my prayer.

PEOPLE: And let my cry come to you.

PRIEST: The Lord be with you.

PEOPLE: And with your spirit.

PRIEST: Let us pray.

(The priest mounts the steps and kisses the altar. This is the kiss of peace between Christ and his spouse, the Church, the altar representing the Victim of our sacrifice, the priest representing the Faithful. He says the two following prayers.)

Take from us, we pray, O Lord, our sinfulness, so that, with pure minds, we may enter into the Holy of Holies. Through Christ, Our Lord. Amen.

We beg you, Lord, through the merits of the saints whose relics lie here [he kisses the altar], and of all the saints, to pardon me all my sins. Amen.

THE INTROIT

The priest goes to right side of altar for Introit, which sets keynote for Mass.

The thoughts of his Heart are for all generations, to spare their souls from death and to feed them when hungry. (*At Easter time add: Alleluia, alleluia.*) Rejoice, good men, in the Lord; praise is befitting to you.

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. Amen. The thoughts of his Heart are for all generations, to spare their souls from death and to feed them when hungry.

THE KYRIE

The priest returns to middle of the altar. PRIEST: Lord, have mercy on us!

PEOPLE: Lord, have mercy on us!

PRIEST: Lord, have mercy on us!

PEOPLE: Christ, have mercy on us!

PRIEST: Christ, have mercy on us!

PEOPLE: Christ, have mercy on us!

PRIEST: Lord, have mercy on us!

PEOPLE: Lord, have mercy on us!

PRIEST: Lord, have mercy on us!

THE GLORIA

The priest recites great morning prayer of Church, the Gloria. Glory be to God on high, and on earth peace to men of good will. We praise you, we bless you, we adore you, we glorify you. We thank you for your great glory, Lord God, Heavenly King, God the Father Almighty. Lord, only begotten Son, Jesus Christ. Lord God, Lamb of God, Son of the Father, who takes away the sins of the world, have mercy on us. You who take away the sins of the world, receive our prayer. You who sit

at the right of the Father, have mercy on us. For you alone are holy, you alone are Lord, you alone, O Jesus Christ, with the Holy Spirit, are supreme in the glory of the Father. Amen.

THE PRAYER

The priest goes to right side of altar to recite Prayer proper to this Mass.

O God, who in the Heart of your Son, wounded by our sins, has most mercifully given to us the infinite riches of love, grant, we pray, that, with the devout service we offer you as your sons, we be able to make you true satisfaction for our sins. Through the same Jesus Christ, thy Son, Our Lord, who lives and rules with you, together with the Holy Ghost, one God, world without end. Amen.

THE EPISTLE

(Now that we have prayed to God, He speaks to us, first through the Epistle.)

A Reading from the Epistle of St. Paul the Apostle to the Ephesians: Brothers, to me, the least of all the baptized, has been given the grace to announce to the nations the hidden riches of Christ, and to enlighten all as to this mysterious gift which has been hidden this long time in God, who created everything. [This has been given to me] so that, through the Church, the Principalities and Powers of heaven may know the wealth of

wisdom in God with regard to what from all eternity He wanted to do through Christ Jesus, Our Lord. Through faith in Him, we have access [to God] for sure.

In thanks for this I kneel before the Father of Our Lord Jesus Christ. From Him all the fatherhood of heaven and earth gets its name. [I ask Him] to give you, out of the riches of his glory, the grace to be strengthened by the Holy Spirit in your souls, and to have Christ dwelling through faith in your hearts; so that, being rooted and grounded in love, you and the rest of the Church may be able to understand the breadth and length and height and depth; that is, to know what surpasses all knowledge, Christ's love; so that [knowing this] you be filled with what fills God.

PEOPLE: Thanks be to God.

THE GRADUAL

(The priest then says one of the following prayers, according to the liturgical season.)

From Septuagesima to Easter:

The Lord is kind but just. Wherefore He will give a law for sinners to live by through life; He will guide the judgments of the courts and teach simple people his ways. The Lord is compassionate and merciful; He is patient and full of mercy. He will not be always angry, nor threaten forever. He

has not dealt with us as our sins deserved, nor has He paid us back for our iniquities.

During Paschal Time:

Alleluia, alleluia. Take my yoke upon you, and learn from Me because I am meek and humble of Heart, and you will find rest for your souls. Alleluia. Come to me, all you that labor and are burdened, and I will refresh you. Alleluia.

The Rest of the Year:

The Lord is kind but just. Wherefore He will give a law for sinners to live by through life; He will guide the judgments of the courts and teach simple people his ways. Alleluia, alleluia. Take my yoke upon you, and learn of Me because I am meek and humble of Heart, and you will find rest for your souls. Alleluia.

(At the middle of the altar the priest says the "Munda Cor Meum," asking God to purify his heart and lips for the Gospel.)

Cleanse my heart and my lips, Almighty God, as you did with a burning coal the lips of the Prophet Isaias. In like wise cleanse me, out of pure mercy, to make me worthy to make known your holy Gospel. Through Christ Our Lord. Amen.

Lord, I ask you to bless me.

May the Lord be in my heart and on my lips,

that I be worthy and able to proclaim his Gospel.
Amen.

The priest goes to left side of altar. PRIEST: The Lord be with you.

PEOPLE: And with your spirit.

PRIEST: From the Holy Gospel according to St. John.

PEOPLE: To you be glory, O Lord.

THE GOSPEL

At that time the Jews, because it was the Parasceve, lest the bodies remain on the cross over the Sabbath (especially this important Sabbath) asked Pilate to have their legs broken and to have them taken away. So the soldiers came and broke the legs of the two who were crucified with Him. But when they came to Jesus, they found Him already dead. So his legs they did not break. But one of the soldiers opened his side with a spear, and straightway there came out blood and water. And he who saw this now has given his testimony, and his testimony is true. He knows that he is telling the truth, and you can believe him. These things happened that the Scripture might be fulfilled: "No bone of his shall you break." And again says another Scripture: "They shall look upon Him whom they have pierced."

PEOPLE: May you be praised, O Christ.

(At High Mass only, the following "Credo" is said.)

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all visible and invisible things. And in one Lord, Jesus Christ, the only begotten Son of God, born of the Father before all ages. God of God, Light of Light, true God of true God. Begotten, not made; of one being with the Father, by whom all things were made. Who for us men and for our salvation came down from heaven. [Here all genuflect.] And was made flesh, by the Holy Ghost of the Virgin Mary: **AND WAS MADE MAN.** He was also crucified for us, suffered under Pontius Pilate and was buried. And on the third day He rose again according to the Scriptures. And ascending into heaven, He sits at the right hand of the Father. And He will come again in glory to judge the living and the dead; of his Kingdom there shall be no end. And I believe in the Holy Ghost, the Lord and Giver of life, who proceeds from the Father and Son. Who together with Father and Son is adored and glorified. Who spoke by the prophets. And in the One, Holy, Catholic and Apostolic Church. I confess one Baptism for the remission of sins. And I look for the resurrection of the dead, and the life of the world to come. Amen.

MASS OF THE FAITHFUL

Offertory to the Last Gospel

THE OFFERTORY

PRIEST: May the Lord be with you.

PEOPLE: And with your spirit.

PRIEST: Let us pray.

During Easter Time:

For a holocaust or sin-offering you did not ask. Therefore said I, "Behold, I come." On the first page of the book it is written of Me that I should do your will. O my God, this do I wish; your law is right in my heart. Alleluia.

The Rest of the Year:

My Heart waited for accusation and suffering, and I looked for someone to share my grief, but there was no one; I looked for one to comfort Me but did not find him.

(The priest offers the host: we give ourselves to God.)

Receive, Holy Father, Almighty, Eternal God, this spotless host which I, your unworthy servant, give to you, the real, living God, for my own uncounted sins, offenses and negligences, for all here present, and for all faithful Christians, living and

dead. May it be for my own and for their salvation unto life eternal. Amen.

The priest pours water and wine into chalice, symbol of our union with Christ.

O God, who marvelously created human nature and more marvelously still renewed it, grant that through the mystery of this

water and wine, we may partake of his divinity, as He so willingly partook of our humanity, Jesus Christ, your Son and Our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, world without end. Amen.

The priest offers the chalice.

We offer you, Lord, the chalice of salvation, begging that through your mercy it may come

into your presence as a sweet fragrance for our salvation and for the salvation of all the world.

Take us, O Lord, we who come to you in the spirit of humbleness and with a contrite heart. And may our sacrifice be pleasing this day in your sight, Lord God.

Come, all powerful Sanctifier, Eternal God, and bless this sacrifice prepared in your holy name.

THE LAVABO

The priest goes to right side of altar and washes hands.

I will wash my hands with the innocent, and go round your altar, O Lord, to hear the voice of praise and to tell of your wonderful works. Lord, I have loved the beauty

of your house and the place where dwells your glory. O God, do not lose my soul with the wicked, nor my life with men of blood, in whose hands are iniquities, whose right hands are filled with gifts. I am wont to walk in innocence. Be my redeemer and have mercy on me. My step has been in the right direction. Lord, I will bless you in the churches.

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. Amen.

The priest returns
to center of altar.

Blessed Trinity, take this offering which we make to you in memory of the passion, resurrection and ascension of Our Lord Jesus Christ; to honor Blessed Mary ever Virgin, Blessed John the Baptist, the Holy Apostles Peter and Paul and all the other saints. May it bring them honor, us salvation. May they be pleased to intercede for us in heaven, they whose memory we keep on earth. Through the same Christ Our Lord. Amen.

The priest turns
to the people.

PRIEST: Pray, brethren, that your sacrifice and mine be found acceptable to God the Father Almighty.

PEOPLE: May the Lord receive the sacrifice at your hands, to the praise and glory of his name, and to the benefit of all of us in his holy Church.

PRIEST: Amen.

THE SECRET PRAYER

Look, we beg of you, Lord, upon the unutterable love in the Heart of your beloved Son, so that our offering may be for you a gift you can accept, the expiation of our sins. Through the same Jesus Christ, who lives and reigns with you, in the unity of the Holy Ghost, one God—

PRIEST: World without end.

PEOPLE: Amen.

PREFACE TO THE CANON OF THE MASS

PRIEST: The Lord be with you.

PEOPLE: And with your spirit.

PRIEST: Lift up your hearts.

PEOPLE: We have—to the Lord.

PRIEST: Let us give thanks to the Lord our God.

PEOPLE: It is the right and proper thing to do.

PRIEST: Truly is it the right and proper thing, and the salutary thing, to always and everywhere give thanks to you, Holy Lord, Almighty Father, Eternal God, who willed that your only Son should hang on the cross and be fixed with a soldier's spear, so that, with his Heart opened up, there should pour from this vessel of divine generosity torrents of mercy and grace. Since it never stops burning with love for us, may it be for the saintly their rest, and for the penitent a refuge where they will be safe. So with the angels and arch-

angels, with the Thrones and Dominations, and with all the armies of heaven, we sing the song of your glory, saying over and over: Holy, holy, holy Lord God of hosts! Heaven and earth are filled with your glory. Hosanna in the highest! Blessed is He who comes in the name of the Lord. Hosanna in the highest!

THE CANON

(In the first three prayers of the Canon, the Faithful on earth and in heaven are gathered round the altar for the Sacrifice.)

Merciful Father, through Jesus Christ, your Son and Our Lord, we beg you to bless and accept this sacrificial gift which we now offer you. First, for the Universal Church. Grant her peace and protection; unite and guide her the world over, together with Pope N_____ and Bishop N_____ and all true believers who cherish the Catholic and Apostolic Faith.

Be mindful, Lord, of your servants [mention those you wish to remember at this Mass], and all with us here. You know their faith and devotion. For them and with them we offer you this Sacrifice of praise; for the good of their souls, for salvation to come and freedom from harm. To you, Eternal God, they vow their homage.

Reverently here, we think of our oneness with the ever-glorious Virgin Mary, the Mother of

Our Lord God, Jesus Christ. And with the Holy Apostles Peter, Paul, Andrew, James, John, Thomas, James, Philip, Bartholomew, Matthew, Simon and Thaddeus. And with the martyrs, Linus, Cletus, Clement, Sixtus, Cornelius, Cyprian, Lawrence, Chrysogonus, John and Paul, Cosmas and Damian—and with all the saints. May their merits and prayers persuade you to protect us in all things. Through the same Christ Our Lord. Amen.

The prayers now speak of the oblation about to be made. The bell is rung once.

This Offering of ours, Lord, is the gift of all your people. Please accept it, and give your peace to all our days. Save us from un-

ending damnation and number us among your chosen ones. Through Christ Our Lord. Amen.

This offering we beg you, dear God, to bless and approve. Ratify it and make it acceptable to you in every way, so that it may become for us the Body and Blood of your beloved Son, Our Lord Jesus Christ.

THE CONSECRATION

Who, the day before He suffered, took bread into his holy and venerable hands. And with his eyes lifted towards heaven, to you, his Almighty Father, He gave thanks. Then He blessed and broke the Bread, giving it to his disciples with

these words: TAKE THIS AND EAT IT, ALL OF YOU:
FOR THIS IS MY BODY.

(The bell is rung three times for the elevation.)

In like manner, when the Supper was over, He took this shining chalice into his holy and venerable hands. And first thanking you, He blessed the chalice and gave it to his disciples with these words: TAKE THIS AND DRINK IT, ALL OF YOU. FOR THIS IS THE CHALICE OF MY BLOOD, OF THE NEW AND ETERNAL TESTAMENT (THE MYSTERY OF FAITH), WHICH WILL BE SHED FOR YOU AND FOR MANY OTHERS UNTO THE REMISSION OF SINS.

As often as you do this, do it in my memory.

(The bell is rung three times for the elevation of the chalice. The following three prayers ask God to accept the Sacrifice.)

In this way do we, your servants and your holy people, call to mind, O Lord, the sacred passion of the same Christ, your Son, Our Lord, his resurrection from the grave and his glorious ascension into heaven; and we offer to your shining majesty, from your gratuitous gifts to us, a pure Victim, holy and immaculate, the blessed Bread of eternal life and the Chalice of everlasting salvation.

Upon them we ask you to look with a favorable and gracious countenance. Take them, as you were pleased to take the gifts of Abel, your perfect

servant, and the sacrifice of our patriarch Abraham, and the one offered by Melchisedech, your high priest. [Take them] a holy sacrifice and unspotted Victim.

We humbly entreat you, Almighty God, to have these [gifts] carried in angelic hands to your altar on high and into the presence of your divine majesty; so that those of us who partake of this altar [on earth] and receive the most sacred Body and Blood of your Son may be filled to the full with heavenly blessings and grace. Through the same Christ, Our Lord. Amen.

Commemoration of the Dead. Remember, too, O Lord, your servants and handmaids, N. and N., who have gone before us signed with the Faith and now sleep the sleep of peace. To them, O Lord, and to all who rest in Christ, grant, we pray, a home of comfort, light and peace. Through the same Christ Our Lord. Amen.

We pray for ourselves. And to your sinful servants, who hope in your great mercy, be kind and give some part and fellowship with your holy apostles and martyrs: with John, Stephen, Matthias, Barnabas, Ignatius, Alexander, Marcellinus, Peter, Felicitas, Perpetua, Agatha, Lucy, Agnes, Cecilia, Anastasia, and with all your holy ones, into whose company, not weighing our

merits but pardoning our offenses, we beseech you to admit us. Through Christ Our Lord.

Through Him, O Lord, you forever create, sanctify, quicken, bless and bestow upon every one of us these good things. Through Him, and with Him, and in Him is to you, God, Almighty Father, all honor and glory.

PRIEST: World with end.

PEOPLE: Amen.

(With these words ends the sacrificial part of the Mass.)

THE SACRIFICIAL BANQUET

The Our Father. In obedience to the Divine Command, and because Our Lord Himself taught us this prayer, we dare to say: Our Father, who art in heaven, hallowed be your name. Your kingdom come, your 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:

PEOPLE: But deliver us from evil.

PRIEST: Amen.

We beg you, Father, to deliver us from evil, past, present and future. And in answer to the prayers of Mary and the rest of the saints, give to our days your peace; so that, thanks to you,

we may keep out of sin and be free from worry.
The priest breaks Through the same Jesus Christ,
the Host. your Son and Our Lord, who,
 as God, with you and the Holy
Spirit, lives and rules over us.

PRIEST: World without end.

PEOPLE: Amen.

PRIEST: May the peace of the Lord always be
with you.

PEOPLE: And with your spirit.

The priest drops a particle May this sacred mix-
of the Host into chalice. ture of the Body and
 Blood of Our Lord
Jesus Christ be to us who consume it a help to
everlasting life. Amen.

Striking his breast, Lamb of God, who takes
the priest says: away the sins of the world,
 have mercy on us! Lamb of
God, who takes away the sins of the world, have
mercy on us! Lamb of God, who takes away the
sins of the world, grant us peace.

THE COMMUNION PRAYERS

Lord Jesus Christ, who said to the Apostles,
Peace I leave with you; my peace I give to you,
look not at my sins but at the faith of your
Church and give her the peace and oneness you

have always wanted her to have. Who lives and rules as God forever and ever. Amen.

Lord Jesus Christ, Son of the living God, whose death, according to the will of the Father, through the co-operation of the Holy Ghost, gave life to the world; through this, your holy Body and Blood, deliver me from my own sinfulness and from all other evil. See that I keep your commandments always, and never let me leave you; who with the same God the Father and Holy Ghost lives and rules forever and ever. Amen.

This Communion, Lord Jesus, which I am about to receive, may it not go against me in the Day of Judgment; but may it be, thanks to you, a shield for my soul and body in the battle for salvation; who with God the Father, in the unity of the Holy Ghost, lives and rules, God forever and ever. Amen.

THE PRIEST'S COMMUNION

The Bread of heaven am I about to receive and I call on the name of the Lord.

The bell rings
three times. Lord, I am not worthy that you should enter under my roof. But say the word and my soul will be healed. (Three times.) May the Body of Our Lord Jesus Christ lead my soul into everlasting life. Amen.

(The priest receives the Sacred Host.)

What return shall I make to the Lord for all He has done for me? I will lay hold of the chalice of salvation, calling his name. I will shout the divine praises and the Lord will save me from my enemies.

(The priest drinks the Precious Blood.)

May the Blood of Our Lord Jesus Christ lead my soul into life everlasting. Amen.

COMMUNION OF THE PEOPLE

(While the priest is drinking the Precious Blood, the server recites the Confiteor.)

I confess to Almighty God, to blessed Mary ever Virgin, to Blessed Michael the Archangel, to Blessed John the Baptist, to the Holy Apostles Peter and Paul, and to all the saints, and to you, Father, that I have sinned very much in thought, word and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech the blessed Mary ever Virgin, Blessed Michael the Archangel, Blessed John the Baptist, the Holy Apostles Peter and Paul, and all the saints, and you, Father, to pray to the Lord, our God, for me.

PRIEST: May Almighty God have mercy on you, forgive you your sins, and lead you to life everlasting.

PEOPLE: Amen.

PRIEST: May the Almighty and Merciful Lord grant you pardon, absolution and the remission of your sins.

PEOPLE: Amen.

PRIEST: Behold the Lamb of God, behold Him who takes away the sins of the world. Lord, I am not worthy that you should come under my roof; but say only the word and my soul shall be healed. (Three times, from *Lord, I am not worthy.*)

The priest then gives Communion to each person, saying:

MAY THE BODY OF OUR LORD JESUS CHRIST LEAD YOUR SOUL INTO LIFE EVERLASTING. AMEN.

The server pours wine into chalice.

PRIEST: May the Food which has passed our lips, O Lord, find rest in a pure heart—today's gift which strengthens us forever.

Chalice is purified with wine and water.

May your Body which I have eaten and your Blood which I have drunk fill every part of me, so that no stain of sin can be found where the Holy Sacrament has made everything new. Who lives and reigns world without end. Amen.

(The chalice is dried and covered. The priest goes to right side of altar to say the Communion Prayer.)

During Easter Time:

If anyone thirst, let him come to Me and drink,
Alleluia, Alleluia.

The Rest of the Year:

One of the soldiers opened his side with a spear, and straightway there came out blood and water.

The priest goes to middle of altar and turns to people.	PRIEST: The Lord be with you.
	PEOPLE: And with your spirit.

THE POSTCOMMUNION

The priest returns to right side of altar.	PRIEST: Let us pray. May your holy sacrifice, Lord Jesus, bring about in us the warmth of heaven; so that, perceiving the friendliness of your beloved Heart, we may learn to scorn what is of earth and to love what is from above. We ask this of you who lives and reigns with God the Father, in the unity of the Holy Ghost, world without end. Amen.
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PRIEST: The Lord be with you.

PEOPLE: And with your spirit.

PRIEST: Go, the Mass is over.

PEOPLE: Thanks be to God.

The priest turns to the altar again. May what I have done to worship you, O Blessed Trinity, be pleasing to you. May this sacrifice, which I in all unworthiness have brought into your presence, be acceptable to you. And may it be to me, and to all for whom I have offered it, your merciful forgiveness. Through Christ Our Lord. Amen.

The priest blesses the people. May Almighty God bless you, Father, Son and Holy Ghost. Amen.

THE LAST GOSPEL

The priest goes to left side of altar. PRIEST: The Lord be with you.
PEOPLE: And with your spirit.

PRIEST: There begins the Gospel according to St. John.

PEOPLE: To you be glory, O Lord.

In the beginning was the Word and the Word was with God, and the Word was God. He was in the beginning with God. All things were made by Him. Nothing was ever made without Him. In Him was life. This life was the Light of men. The Light shone in the darkness, but the darkness could not put it out. God sent a man by the name of John. He came as a witness, to be a witness to the Light, so that everybody could

believe through him. He was not the Light itself, but only the witness. This Light was real. It enlightens every man born into the world. He was in the world, the world was made by Him, but the world did not know Him. He came to his own people and they rejected Him. But to those who took Him in, He gave the power to become the sons of God—those who believe in his name. And they are born, not of blood, nor of the will of the flesh, nor yet of the will of man—but of God. AND THE WORD WAS MADE FLESH [*here all genuflect*] and lived in our midst. And we saw his glory—glory as of the only begotten Son of the Father—full of grace and truth.

PEOPLE: Thanks be to God.

(Since the Mass of the Sacred Heart, read or sung on First Fridays, has the rank of a Solemn Votive Mass, the Prayers after Mass, prescribed to be said at the foot of the altar, may be omitted.)

Thanksgiving After Communion

It is best to say these prayers slowly, relishing the thought by pausing for a while after each phrase.

To Our Heavenly Father Almighty Creator, upon this altar before which I now kneel, I have offered to you the Sacrifice of your own Son. He is my gift to you. Accept Him as the pledge of my surrender to your holy will in my regard. In giving Him, I give all that I am. Let me never take any of myself back this day by sin.

Eternal Father, the gift which I have given to you was slain on the Cross and has come to you by way of sacrifice. In his love for me, it was Our Lord's will that it should be so. This was the death which I deserved for my sins. In giving Him to you, as the Victim of sin, I humbly beg that you accept his death that I may live in his grace. This is my act of contrition. I confess, dear God, that the Cross by rights is mine. I have dared to offer its Victim to you as a plea of guilt and as a symbol of my sorrow for having abused the gift of life by sin. Just Creator, accept the apology which through the death of your Son I have made to you upon this altar.

To Our Lord Dear Lord, let me never forget all that you have done for me in the short space of this one Mass. I brought to this altar a feeble gift of bread and wine. This you changed into your own Body and Blood. Through you, I offered it to our Heavenly Father; and He accepted it, not because of me—but because of you. For this I am grateful.

Dearest Lord, I have broken today the bread of your Body. At this altar of sacrifice I drank the chalice of your Blood. It was your passion which made this possible. Holy Communion has made me one with you. My thanks, dear Lord, for this oneness which makes me holy out of all proportion to my human nature. There is now about me something of the divine. Because of this, God is my Father. And your coming to me this day is a pledge which I have from Him of eternal life as a member of his heavenly family. Again, dear Lord, my deepest thanks.

Before the Crucifix Behold, O good and gentle Jesus, I cast myself upon my knees before you. And from the depths of my soul, I beg you, I plead with you, to fix deep in my heart a strong sense of faith, hope and love; with real sorrow for my sins and the will to have nothing more to do with them; as with deep affection and sorrow of soul I

ponder and mentally look upon your five most precious wounds, having before my eyes the prophecy of David who, long before your time, put these words into your own mouth, dear Jesus; "They have pierced my hands and my feet; they have numbered all my bones."

The Faithful who recite this prayer devoutly before an image of Jesus Christ Crucified may gain a Plenary Indulgence if they go to Confession, receive Communion and pray for the intentions of the Sovereign Pontiff—one Our Father, one Hail Mary and one Glory be to the Father.

The Holy Hour

Purpose In 1674, Our Lord appeared to St. Margaret Mary and asked her to prostrate herself on the earth between the hours of eleven and twelve on Thursday nights, to share his agony in the Garden of Olives, to assuage the wrath of God and to beg mercy for sinners. He bade her also honor the heaviness of heart He experienced when his disciples could not watch one hour with Him.

The great purpose of the Holy Hour is to instill in us an overflowing love for Christ, who suffered so much for our salvation. Out of these two loves, his for us and ours for Him, spiritual sons are born, souls are saved; because through this kind of divine-human co-operation the fruits of Christ's redeeming death are applied to men.

Indulgences The Faithful who take part for an entire hour in the public exercise known as the "Holy Hour" in any church, public or semi-public chapel (for those who can make use of the latter) may gain a Plenary Indulgence under the usual conditions (Confession and Holy Communion). Members of the Apostleship of Prayer may gain this same plenary indulgence when making the Holy Hour *privately* and *anywhere*. Those who with true contrition make the

Holy Hour, either publicly or privately, may gain an indulgence of ten years.

What Constitutes a Valid Holy Hour? Those making the Holy Hour must recall and meditate on the passion and death of Our Lord, or upon the burning love which led Him to institute the Holy Eucharist. This can be done in different ways. For instance, there can be a sermon on the Last Supper, or on the passion and death of Jesus, followed by appropriate prayers. There can be short meditations. The five sorrowful mysteries of the rosary can be said, the Way of the Cross can be made, followed by an Act of Reparation, an Act of Consecration or by the Litany of the Sacred Heart. Holy Mass can be a part of the Holy Hour.

The only requirement as regards time is that it be a whole hour. In the public Holy Hour, Exposition and Benediction of the Blessed Sacrament are recommended but not required.

The following thoughts may be helpful to those wishing to make the Holy Hour in private. It is suggested that six or seven minutes be spent, reflecting on each paragraph.

Introductory Prayer Gentle Saviour, so few have kept the watches of your passion with you, to console your afflicted Heart, to share with you the labor of man's redemption. I

desire now, as did St. Paul, to have a share in your suffering. Give me the grace to rejoice in the privileges of the Cross, for in it is the hope of life. Amen.

The Agony in the Garden The Heart of Jesus becomes an abyss of pain and anguish at the thought of the passion about to break over Him. He offers me the bitter chalice. Christ says to me: "Will you, whom I love so dearly, will you taste a few drops from my cup? The more you drink, the less bitter will be the rest for Me, the more effective will what I suffer be in the sinful hearts of men."

Generous Jesus, the cup is mine because of my sins. Would that I could drink it all, so that nothing might remain for you! I accept as precious drops from that cup the pains and sufferings which make me your companion in sorrow and your apostle in the saving of others.

The Night in the House of Caiphas The Son of God becomes the sport of rough soldiers. They spit in his face, they buffet Him, and they slap Him with the palms of their hands, saying: "Prophecy unto us, O Christ, who is he that struck you?" But Christ says to me: "Will you bear like insults and bruises for my sake? Suffering with Me, out of love, you will share with Me the victimhood of my sacrifice for the salvation of souls." What will my answer be?

The Palace of Herod The Infinite Wisdom of the Father stands silent before the throne of lust and gluttony. Because He would not show signs and wonders, Herod clothes Jesus in the white robes of the fool. Our Lord says to me: "This is what the world thinks of chastity. Are you strong enough to wear the white with Me?" He is waiting for my answer.

The Scourging at the Pillar The leaded lash was the compromise which Pilate hoped the Jews would accept in place of the Cross. But with the forces of evil there is no compromise. Nor with Christ. See how compromise cuts the Body of Christ to pieces. O gentle Jesus, may every ache and pain of mine atone in part for what Pilate did to you at the whipping-post the awful morning of your passion.

The Crowning with Thorns "And the soldiers led Him away into the court of the palace, and they called together the whole band. And they clothed Him with purple, and plaiting a crown of thorns, they put it upon Him. And they began to salute Him: 'Hail, King of the Jews!' And they struck his head with a reed; and they spat upon Him. And, bowing their knees, they mocked Him."

So does St. Mark give to us the picture of that mock adoration which the world gives to

its real King. Am I willing to take into my head some of these thorns?

The Way of the Cross “Pilate released unto the Jews Barab-
bas; but Jesus he delivered up to their
will. And as they led Him away, they
laid hold of one Simon of Cyrene, coming from
the country; and they laid the Cross on him to
carry after Jesus.” My Saviour, I will not shrink
from the Cross as Simon did. I accept it; I em-
brace it. And I accept the death which you have
destined for me, with all the pains which may
accompany it. O Jesus, give me the grace to carry
my cross with patience and resignation.

The Crucifixion “When they were come to the
place which is called Calvary, they
crucified Him there.” The Crucifixion was no
mere murder. It was the sacrifice of a Victim who
loved me enough to take upon Himself the just
punishment of my sins. O Jesus, the Cross is not
yours; it is mine. Give me the strength to accept
the nails which fix me to it, in whatever shape
or form they may take; that I may be crucified
with you.

**Christ, Abandoned
on the Cross** “O God, my God, look upon
Me; why have you forsaken
Me? I am poured out like
water; and all my bones are scattered. They have
dug my hands and feet. They have numbered

all my bones. But you, O Lord, remove not your help to a distance from me. Deliver, O God, my soul from the sword." O my dying Jesus, why must the Father seem to leave you in your hour? You have suffered the loss of all things, and now, as it were, the loss of God. Hearken to his reply. "God does not abandon the sinner; but the sinner abandons God. This is the awfulness of sin. I must suffer it for you." There is nothing I can say to a love that gives like that.

The Thirst of the Crucified " 'I thirst.' Now there was a vessel set there full of vinegar. And having put a sponge soaked with the wine on a stalk of hyssop, they put it to his mouth. Jesus, therefore, when He had taken the vinegar said: 'It is consummated.' And bowing his head He gave up the spirit."

Everyone who bleeds from wounds will thirst. But the thirst of Christ was also a thirst for souls. He died that they might all be his. His cry was a cry, not to God, but to men, that his passion and death might not have been in vain. He has freed my chains. He asks me not to put them round my neck again by sin. O Jesus, I accept the freedom which your death has given to me. I will never, never abuse it again.

Concluding Prayer Soul of Christ, sanctify me.
 Body of Christ, save me.

Blood of Christ, fill my veins.

Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds, hide me.
Never permit me to separate myself from you.
From the malignant enemy, defend me.
In the hour of death, call me,
And bid me come to you,
That with your saints I may praise you,
Forever and ever. Amen.

An Act of Reparation to the Sacred Heart of Jesus

Adorable Heart of Jesus, glowing with love for us and inflamed with zeal for our salvation! O Heart ever sensible of our misery and the wretchedness to which our sins have reduced us, infinitely rich in mercy to heal the wounds of our souls! Behold us humbly kneeling before you to express the sorrow that fills our hearts for the coldness and indifference with which we have so long repaid the numberless benefits you have conferred upon us. With a deep sense of the outrages heaped upon you by our sins and the sins of others, we come to make a solemn reparation of honor to your most sacred Majesty. It was our sins that overwhelmed your Heart with bitterness; it was the weight of our offenses that pressed down your face to the earth in the Garden of Olives and caused you to die in anguish and agony on the Cross. But now, repenting and sorrowful, we cast ourselves at your feet and implore forgiveness.

Adorable Heart of Jesus, source of true contrition and ever merciful to the penitent sinner, impart to our hearts the spirit of penance and give

to our eyes an abundance of tears, that we may sincerely grieve for our sins now and for the rest of our days. Oh, would that we could blot them out even with our blood! Pardon them, O Lord, in your mercy, and pardon and convert to you all that have committed irreverences and sacrileges against you in the Sacrament of your love, and thus give another proof that your mercy is above all your works. Divine Jesus, with you there is mercy and plentiful redemption. Deliver us from our sins. Accept the sincere desire we now entertain and our holy resolution, relying on the assistance of your grace, henceforth to be faithful to you. And, in order to repair the sins and ingratitude by which we have grieved your most tender and loving Heart, we are resolved in future ever to love and honor you in the most adorable Sacrament of the Altar, where you are ever present to hear and grant our petitions and to be the food and life of our souls. Be, O compassionate Jesus, our Mediator with your Heavenly Father, whom we have so grievously offended. Strengthen our weakness, confirm our resolutions of amendment, and, as your Sacred Heart is our refuge and our hope when we have sinned, so may it be the strength and support of our repentance, that nothing in life or death may ever again separate us from you! Amen.

Litany of the Sacred Heart

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.

Heart of Jesus, Son of the Eternal Father, have
mercy on us.

Heart of Jesus, formed by the Holy Ghost in the
womb of the Virgin Mother, have mercy on us.

Heart of Jesus, substantially united to the Word
of God, have mercy on us.

Heart of Jesus, of infinite 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.

Heart of Jesus, house of God and gate of heaven,
have mercy on us.

- Heart of Jesus, glowing furnace of charity, have mercy on us.
- Heart of Jesus, vessel of justice and love, have mercy on us.
- Heart of Jesus, full of goodness and love, have mercy on us.
- Heart of Jesus, abyss of all virtues, have mercy on us.
- Heart of Jesus, most worthy of all praise, have mercy on us.
- Heart of Jesus, King and center of all hearts, have mercy on us.
- Heart of Jesus, in whom are all the treasures of wisdom and knowledge, have mercy on us.
- Heart of Jesus, in whom dwells the fullness of the Godhead, have mercy on us.
- Heart of Jesus, in whom the Father was well pleased, have mercy on us.
- Heart of Jesus, of whose fullness we have all received, have mercy on us.
- Heart of Jesus, desire of the everlasting hills, have mercy on us.
- Heart of Jesus, patient and most merciful, have mercy on us.
- Heart of Jesus, enriching all who invoke Thee, have mercy on us.

Heart of Jesus, fountain of life and holiness, have mercy on us.

Heart of Jesus, propitiation for our sins, have mercy on us.

Heart of Jesus, overwhelmed with reproaches, have mercy on us.

Heart of Jesus, bruised for our offenses, have mercy on us.

Heart of Jesus, obedient unto death, have mercy on us.

Heart of Jesus, pierced with a lance, have mercy on us.

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 for our sins, have mercy on us.

Heart of Jesus, salvation of those who trust in Thee, have mercy on us.

Heart of Jesus, hope of those who die in Thee, have mercy on us.

Heart of Jesus, delight of all the saints, have mercy on 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. Jesus, meek and humble of heart,

R. Make our hearts like unto thine.

Let Us Pray

O Almighty and Eternal God, look upon the Heart of thy dearly beloved Son, and upon the praise and satisfaction He offers Thee in behalf of sinners, and, being appeased, grant pardon to those who seek thy mercy, in the name of the same Jesus Christ, thy Son, who liveth and reigneth with Thee, for ever and ever. Amen.

(Seven years' indulgence each time; plenary indulgence once a month for recitation every day for a month under the usual conditions.)

THE PROMISES OF OUR LORD

To St. Margaret Mary

For Souls Devoted to His Sacred Heart

1. I will give them all the graces necessary in their state of life.
2. I will establish peace in their homes.
3. I will comfort them in all their afflictions.
4. I will be their secure refuge during life, and above all in death.
5. I will bestow abundant blessings upon all their undertakings.
6. Sinners shall find in my Heart the source and the infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place where an image of my Heart shall be exposed and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. Those who shall promote this devotion shall have their names written in my Heart, never to be effaced.
12. I promise thee in the excessive mercy of my Heart that my all-powerful love will grant to all those who communicate on the First Friday in nine consecutive months the grace of final penitence; they shall not die in my disgrace nor without receiving their Sacraments; my Divine Heart shall be their safe refuge in this last moment.

