

NOVEMBER CONTEMPLATION

*It is truly right and just, our duty and our salvation,
always and everywhere to give you thank, Father most holy.
(Eucharistic Prayer II)*

Opening Hymn

Eucharistic Exposition

Leader:

May this time of prayer and adoration before the Blessed Sacrament be a precious opportunity to grow in awareness of the incomparable treasure which Christ has entrusted to his Church. May it encourage a more lively and fervent celebration of the Eucharist, leading to a Christian life transformed by love. May all of us rediscover the gift of the Eucharist as light and strength for our daily lives in the world in the exercise of our respective professions. We pray in Jesus' name.

All: Amen.

Silent Reflection

Let us keep silent within ourselves that our hearts and ears may be open.

Prayer Before Reading Scripture

Leader: *Let us pray.*

All: Jesus Christ, our Master, You are the Way and the Truth and the life. Grant that we may learn the sublime knowledge of Your charity in the Spirit of St. Paul the Apostle and of the Catholic Church. Send Your Holy Spirit to teach us and remind us of what You have preached. We pray in Jesus' name. Amen.

Scripture Reading: (*Phil 4:1,4-9*)

How happy you make me, and how proud I am of you! This, dear brothers, is how you should stand firm in your life in the Lord.

Rejoice in the Lord always; again I will say, rejoice! Let your gentle *spirit* be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

The Word of the Lord.

All: Thanks be to God.

Responsorial Psalm (*Psalm 145: 9-12, 13, 16-17*)

Response: All your works will thank you, Lord.

The Lord is good to everyone.

He showers compassion on all his creation.

All of your works will thank you, Lord,
and your faithful followers will praise you. **R/**

They will speak of the glory of your kingdom;
they will give examples of your power.
They will tell about your mighty deeds
and about the majesty and glory of your reign. **R/**

For your kingdom is an everlasting kingdom.
You rule throughout all generations **R/**.

The Lord always keeps his promises;
he is gracious in all he does. **R/**

When you open your hand,
you satisfy the hunger and thirst of every living thing.
The Lord is righteous in everything he does;
he is filled with kindness. **R/**

Glory be to the Father...

Meditation: Ecclesia de Eucharistia - Introduction, 1

The Church draws her life from the Eucharist. This truth does not simply express a daily experience of faith, but recapitulates *the heart of the mystery of the Church*. In a variety of ways she joyfully experiences the constant fulfilment of the promise: “Lo, I am with you always, to the close of the age” (*Mt 28:20*), but in the Holy Eucharist, through the changing of bread and wine into the body and blood of the Lord, she rejoices in this presence with unique intensity. Ever since Pentecost, when the Church, the People of the New Covenant, began her pilgrim journey towards her heavenly homeland, the Divine Sacrament has continued to mark the passing of her days, filling them with confident hope.

Silent Reflection

Reflection - (Catechism, 2637)

Thanksgiving characterizes the prayer of the Church which, in celebrating the Eucharist, reveals and becomes more fully what she is. Indeed, in the work of salvation, Christ sets creation free from sin and death to consecrate it anew and make it return to the Father, for his glory. The thanksgiving of the members of the Body participates in that of their Head.

Prayer

*In November we traditionally remember
all those who've gone before us with the sign of faith.*

"Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen."

- St. Gertrude

Intentions

Let us pray together the Daily Offering with the intention of the Holy Father and our personal intentions:

R/. Lord, hear our prayer.

All:

Eternal Father, we offer you in union with Mary, Mother of the Redeemer of humankind, the Blood Jesus shed with love in his passion and every day is offered on the altar. In union with the Victim offered for the salvation of the world, we offer today's actions in expiation for our sins, for the conversion of sinners, for the souls in purgatory, for the needs of the holy Church, and especially:

For the Holy Father's **Universal Intention:** That the language of love and dialogue may always prevail over the language of conflict, we pray. **R/**

Our response will be: **Lord, hear our prayer.**

That our elected officials truly advance the call of the Church to respect all persons and care for them with the dignity they deserve, we pray to the Lord. **R/**

For all our family members who have died: bring them in joy to your eternal home, we pray to the Lord. **R/**

O God, we are saddened by the deaths of those we love, bring them into the everlasting joy of your presence, we pray to the Lord. **R/**

Lord, You have promised to be with your Church always, may the Holy Spirit inspire many more vocations to the priesthood and religious life, we pray to the Lord. **R/**

For those who've asked the help of our prayers, for those who have no one to pray for them, and for the intentions we hold in the silence of our hearts, we pray to the Lord. **R/**

Our Father...

Silent Reflection

Closing Prayer

Leader: *Let us pray:*

All: Lord Jesus, in the Eucharist You make your dwelling among us and become our traveling companion; sustain our Christian communities so that they may be ever more open to listening and accepting your Word. May they draw from the Eucharist a renewed commitment to spreading in society, by the proclamation of your Gospel, the signs and deeds of an attentive and active charity. We ask this in Jesus' name. Amen.

Benediction and Reposition

Closing Hymn