

MARCH CONTEMPLATION

ACTIVITY THAT SANCTIFIES

*The meditation of Christ's sacrifice leads us to perform works of mercy,
giving our life for God and for our brothers without sparing.*

Pope Francis to Families of the Most Precious Blood, 30 June 2018

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: *(Romans 15:7-13)*

Accept one another, then, just as Christ accepted you, in order to bring praise to God. For I tell you that Christ has become a servant of the Jews on behalf of God's truth, to confirm the promises made to the patriarchs so that the Gentiles may glorify God for his mercy, as it is written: "Therefore I will praise you among the Gentiles; I will sing hymns to your name." Again, it says, "Rejoice, O Gentiles, with his people." And again, "Praise the Lord, all you Gentiles, and sing praises to him, all you peoples." And again, Isaiah says, "The Root of Jesse will spring up, one who will arise to rule over the nations; the Gentiles will hope in him." May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

The Word of the Lord.

All: Thanks be to God.

Responsorial Psalm *(Psalm 24:1-7)*

Response: *Lord, this is the people that longs to see your face.*

The earth is the Lord's and everything in it;
the world and those who dwell in it.

For he founded it upon the seas
and established it upon the rivers. **R/.**

Who can ascend the mountain of the Lord:
or who may stand in his holy place?
He whose hands are sinless, whose heart is clean,
who desires not what is vain. **R/.**

He shall receive a blessing from the Lord,
a reward from God his savior.
Such is the race that seeks for him,
that seeks the face of the God of Jacob. **R/.**

Lift up your heads, O you gates;
be lifted up, you ancient doors, that the King of glory may come in.
Who is this King of glory?
the Lord strong and mighty, the Lord mighty in battle. **R/.**

Glory be to the Father...

Reflection:* *Gaudete et Exsultate*, 25,28,31,34

Your identification with Christ and his will involves a commitment to build with him that kingdom of love, justice and universal peace. Christ himself wants to experience this with you, in all the efforts and sacrifices that it entails, but also in all the joy and enrichment it brings. You cannot grow in holiness without committing yourself, body and soul, to giving your best to this endeavor.¹ We are challenged to show our commitment in such a way that everything we do has evangelical meaning and identifies us all the more with Jesus Christ.²

We need a spirit of holiness capable of filling both our solitude and our service, our personal life and our evangelizing efforts, so that every moment can be an expression of self-sacrificing love in the Lord's eyes. In this way, every minute of our lives can be a step along the path to growth in holiness.³

Do not be afraid to set your sights higher, to allow yourself to be loved and liberated by God. Do not be afraid to let yourself be guided by the Holy Spirit. Holiness does not make you less human, since it is an encounter between your weakness and the power of God's grace. For in the words of León Bloy, when all is said and done, "the only great tragedy in life, is not to become a saint." [*La femme pauvre*, Paris, II, 27.]⁴

¹ ACTIVITY THAT SANCTIFIES, 25

² Ibid., 28

³ Ibid., 31

⁴ MORE ALIVE, MORE HUMAN, 34

Silent Reflection

Prayer for the Family

God and Father of us all, in Jesus, your Son and our Savior, you have made us your sons and daughters in the family of the Church. May your grace and love help our families in every part of the world be united to one another in fidelity to the Gospel. May the example of the Holy Family, with the aid of your Holy Spirit, guide all families, especially those most troubled, to be homes of communion and prayer and to always seek your truth and live in your love. Through Christ our Lord. Amen. Jesus, Mary and Joseph, pray for us!

* This year the *Reflections* will be taken from *Gaudete et Exsultate*, the Apostolic Exhortation by Pope Francis that presents a spirituality of holiness in everyday life clearly based on Catholic Tradition.

"We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves." *Gaudete et Exsultate*, 14

Intentions

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

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 intention: That Christian communities, especially those who are persecuted, feel that they are close to Christ and have their rights respected, we pray. *R/.*

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

That by the Church's sacred remembrance of the mysteries of our salvation, the Lord may pour his divine love into every human heart, we pray. *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. *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. *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