**EUCHARISTIC HOUR 2020**

**Processional O Sacrament Most Holy (Arr. Ian Callanan)**

**All sing:** O Sacrament most holy, O Sacrament divine

All praise and all thanksgiving be every moment thine.

I am the bread of life, come down from heav’n,

come down to bring life.

All who eat this bread, will never hunger again.

**All sing:** O Sacrament most holy, O Sacrament divine

All praise and all thanksgiving be every moment thine.

I am the wine of hope, poured out for you, for life renewed.

All who drink this cup, will never thirst again. O Sacrament

**Invitation to Adoration**

Come adore this wondrous presence,

bow to Christ the source of grace.

Here is kept the ancient promise of God’s earthly dwelling place.

Sight is blind before God’s glory, faith alone may see his face.

Glory be to God the Father, praise to his eternal Son.

Adoration to the Spirit, bond of love, in Godhead one.

Blest be God by all creation, joyously while ages run, Amen.

*Pause for Silence*

**Instrumental**

**Reading Revelation 3:20**

‘Listen! I am standing at the door, knocking;

If you hear my voice and open the door,

I will come in to you and eat with you,

and you with me.’

*Pause for Silence*

**Reflection**

Imagine that you hear a gentle knock on the door of your heart…at first you’re not sure… is it real…maybe you’re simply hearing things…there is so much going on for you…the strings of your heart are pulled in many directions and plucked by many people…the gentle knock comes again…you feel so tired you just don’t want to be bothered…and still that occasional gentle yet persistent knock comes again…this time you feel something draw you to that door…the knock is less frequent but each time it comes it’s stronger…more regular…even rhythmic like a mantra…the knock now begins to sound like a voice…it’s warm and appealing…there is no threat in it…it seems to say ‘I’m a friend’…‘I’m a friend’…’Let me in’…as soon as you turn the key and begin to open the door you are gradually invaded by a light and a presence that warms and softens you…wordlessly you sit at the table…you had already prepared the food…as you shared it together your loneliness disappeared…every morsel was tasty…you savoured it…you could feel it already nourishing you…and you asked yourself the questions – ‘why don’t I do this more often? – ‘what stops me from hearing that knock on the door?’ – ‘how can I be more attentive?’ – and the answer came - ‘simply be’.

**Song Take, O Take Me As I Am (John Bell)**

**Prayer** Even when I doubt my own worth

**All say:** **Lord you make me worthy**

Even when I stray from the path of goodness

**All say:** **Lord you make me worthy**

Even when I allow others put me down

**All say:** **Lord you make me worthy**

Even when I lose faith in you

**All say:** **Lord you make me worthy**

Even when I give in to despair

**All say:** **Lord you make me worthy**

Even when I am obsessed my own faults

**All say:** **Lord you make me worthy**

**Instrumental**

Scripture **Luke 9:35**

A voice came out of the cloud, saying, "This is my beloved Son. Listen to him!"

**Would you listen to him when he says nice things to you** - ‘Do not be afraid’ (Mt 14:28)– ‘You are the salt of the earth’ (Mt 5:13) or ‘You are the light of the world’ (Mt 5:14) – You are worth more than hundreds of sparrows’ (Mt10:31) **– would you listen and take them to heart?**

**Would you listen to him when he says hard things to you** - about the hungry and the needy - ‘give them something to eat yourselves’ (Mt 14:16) – ‘give to anyone who asks’ (Mt 5:42) – or about forgiveness ‘not seven I tell you but seventy seven times’ (Mt 18:22) or ‘love your enemies’ (Mt 5:44) – or ‘Why did you doubt? (Mt 14:32) - **would you listen and respond?**

**Would you listen to Him when he says words of hope to you –** ‘anyone who loses his life for my sake will find it’ (Mt 16:25) – ‘where two are three meet in my name, I shall be there with them’ (Mt 18:20) – ‘the last will be first, and the first, last’ (Mt 20:16) - ‘Happy the merciful: they shall have mercy shown them’ (Mt 5:7) **– would you listen and let Him transform you?**

**Song Listen (Anaceto Nazareth)**

*Pause for silence*

**Reading Luke 9:11-17**

Jesus made the crowds welcome and talked to them about the kingdom of God; and he cured those who were in need of healing.

It was late afternoon when the Twelve came to him and said, ‘Send the people away, they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.’ He replied, ‘Give them something to eat yourselves.’ But they said, ‘We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.’ For there were about five thousand men. But he said to his disciples, ‘Get them to sit down in parties of about fifty.’ They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd. They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.

**Song O Esca Viatorum (J. Shanahan)**

**Prayer** For the nourishment yougive us

**All say: We give you praise and thanks**

For the strength you offer us

**All say: We give you praise and thanks**

For the goodness you show us

**All say: We give you praise and thanks**

For your presence in times of crisis

**All say: We give you praise and thanks**

For the generosity of your love

**All say: We give you praise and thanks**

For the gift of your forgiveness

**All say: We give you praise and thanks**

**Song The Last Supper (Bernard Sexton)**

**All sing:** Jesus took the bread he broke, Jesus shared the bread he broke and said ‘Do this, do this in memory of me’.

Jesus took the wine he poured, Jesus shared the wine he poured and said ‘Do this, do this in memory of me’.

**Prayer Celtic Rune of Hospitality**

I saw a stranger today.  
I put food for him in the eating-place   
And drink in the drinking-place  
And music in the listening-place.

In the Holy name of the Trinity  
He blessed myself and my family.  
And the lark said in her warble  
Often, often, often  
Goes Christ in the stranger's guise.

**Reflection** **St. Margaret Mary Alacoque (1647 – 1690)**

‘Set up your abode in the loving heart of Jesus and you will find there lasting peace and the strength both to bring to fruition all the good desires he inspires in you and to avoid deliberate fault. Place in this heart all your sufferings and difficulties. Everything that comes from the Sacred Heart is sweet. He changes everything into love.’

**Prayer Let us pray,**

**All say:** Come light of my heart and dispel any darkness.

Open in me a warm place to receive and offer love.

Let your compassion flow from my words and actions.

Change me into an instrument of your mercy.

We ask this, in the Spirit through Christ, our Lord. Amen.