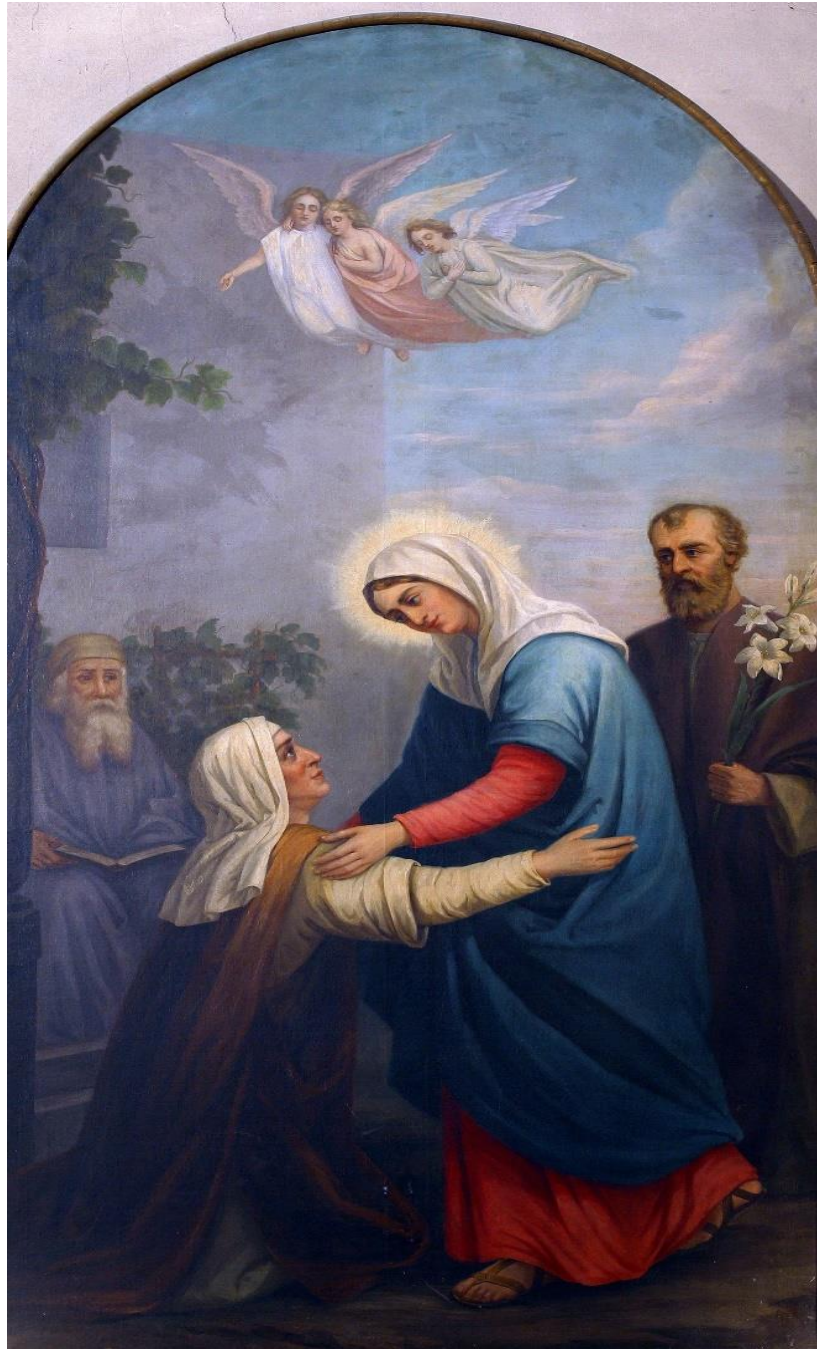


# SOLEMN EUCHARISTIC HOLY HOUR



**DIOCESAN GOLDEN JUBILEE  
PREPARATION YEAR II**

**“REJOICE”**

**“MY SOUL REJOICES IN THE LORD”**



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## DIOCESAN GOLDEN JUBILEE PREPARATION YEAR II



**“REJOICE”**

**“MY SOUL REJOICES IN THE LORD”**

**OFFICE OF DIVINE WORSHIP  
DIOCESE OF ARLINGTON**

## ORDER OF CEREMONY

This service is based on the principles outlined in *Holy Communion and the Worship of the Eucharist outside Mass*, and borrows language from the *Order for the Solemn Exposition of the Holy Eucharist*, published by The Liturgical Press.

After the people have assembled, the ministers approach the altar while an appropriate song is sung or while instrumental music is played. If the Blessed Sacrament is already exposed, the ministers reverence it with a genuflection and go to their chairs.

If the Blessed Sacrament is not exposed, the deacon (or, in his absence, a priest) brings it to the altar and places it in the monstrance. The presiding minister then goes to the altar and, after placing incense in the censer, kneels and incenses the Holy Eucharist. Meanwhile, a suitable song may be sung by the people. After the incensation, the ministers go to their chairs.

## GREETING

**The priest or deacon greets the people, saying:**

**Praised be the God and Father of our Lord Jesus Christ,  
who in his great mercy gave us new birth into a living hope  
by the Resurrection of Jesus Christ from the dead.**

**Blessed be God for ever.**

**All: Blessed be God for ever.**

**The celebrant or another minister may briefly introduce the celebration.**

## OPENING PRAYER

**The celebrant invites the people to pray.**

**Let us pray.**

**Lord our God, you were pleased to bring joy to the world  
through the Incarnation of your Son.  
Grant that we who honor his Mother,  
the cause of our joy,  
may always walk in the way of your commandments  
with our hearts set on true and lasting joy.**

**Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.**

**All: Amen.**

## LITURGY OF THE WORD

One or more Scripture readings are proclaimed. It is fitting during Preparation Year II that the Scripture passages chosen focus on the theme – “Rejoice” – and the Blessed Virgin Mary, i.e. the account of the Visitation in Luke 1:39-56. Other readings may be chosen from those suggested in the Common of the Blessed Virgin Mary in the Lectionary. The readings of any Memorial, Feast, or Solemnity of Mary as found in the Proper of Saints may be rightly chosen.

### GOSPEL

**And how does this happen to me, that the mother of my Lord should come to me?**

✠ A reading from the holy Gospel according to Luke 1:39-56

Mary set out

and traveled to the hill country in haste  
to a town of Judah,  
where she entered the house of Zechariah  
and greeted Elizabeth.

When Elizabeth heard Mary's greeting,

the infant leaped in her womb,  
and Elizabeth, filled with the Holy Spirit,  
cried out in a loud voice and said,  
“Most blessed are you among women,  
and blessed is the fruit of your womb.

And how does this happen to me,

that the mother of my Lord should come to me?

For at the moment the sound of your greeting reached my ears,

the infant in my womb leaped for joy.

Blessed are you who believed

that what was spoken to you by the Lord  
would be fulfilled.”

And Mary said:

“My soul proclaims the greatness of the Lord;

my spirit rejoices in God my Savior,

for he has looked with favor on his lowly servant.

From this day all generations will call me blessed:

the Almighty has done great things for me,  
and holy is his Name.

**He has mercy on those who fear him  
in every generation.**

**He has shown the strength of his arm,  
he has scattered the proud in their conceit.**

**He has cast down the mighty from their thrones,  
and has lifted up the lowly.**

**He has filled the hungry with good things,  
and the rich he has sent away empty.**

**He has come to the help of his servant Israel  
for he has remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children for ever.”**

**Mary remained with her about three months  
and then returned to her home.**

**The Gospel of the Lord.**

**-or-**

## GOSPEL

**Blessed is she who believed.**

✠ A reading from the holy Gospel according to Luke 1:39-47

Mary set out

and traveled to the hill country in haste  
to a town of Judah,  
where she entered the house of Zechariah  
and greeted Elizabeth.

When Elizabeth heard Mary's greeting,  
the infant leaped in her womb,  
and Elizabeth, filled with the Holy Spirit,  
cried out in a loud voice and said,  
"Most blessed are you among women,  
and blessed is the fruit of your womb.

And how does this happen to me,  
that the mother of my Lord should come to me?  
For at the moment the sound of your greeting reached my ears,  
the infant in my womb leaped for joy.  
Blessed are you who believed  
that what was spoken to you by the Lord  
would be fulfilled."

And Mary said:

"My soul proclaims the greatness of the Lord;  
my spirit rejoices in God my savior."

The Gospel of the Lord.

**At the conclusion of the last reading a priest or deacon may give a homily. A period of silent adoration follows the homily.**



## RECITATION OF THE HOLY ROSARY

It is fitting, during Preparation Year II for the diocesan Golden Jubilee, that the recitation of the Holy Rosary take place during the Holy Hour. Meditations on the Mysteries of the Rosary may be offered after the announcement of each Mystery. Suggested meditations provided by the Women Religious of the Diocese of Arlington may be found at the jubilee website address or by scanning the QR code found on the back cover of this booklet.

### THE MYSTERIES OF THE ROSARY

#### Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple

#### Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

#### Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

#### Luminous Mysteries

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

## PRAYERS OF THE ROSARY

### Apostles' Creed

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

### Our Father

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy 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,  
but deliver us from evil. Amen.

## Hail Mary

Hail Mary, full of grace, the Lord is with you;  
blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners  
now and at the hour of our death. Amen.

## Glory Be

Glory be to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning,  
is now, and ever shall be,  
world without end. Amen.

## Hail Holy Queen

Hail, holy Queen, mother of mercy,  
our life, our sweetness, and our hope.  
To you we cry, poor banished children of Eve;  
to you we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn, then, most gracious advocate,  
your eyes of mercy toward us;  
and after this, our exile,  
show unto us the blessed fruit of your womb, Jesus.  
O clement, O loving, O sweet Virgin Mary. Amen.

**A period of silent adoration may follow the recitation of the Rosary.**

## BENEDICTION

At the conclusion of the period of silent adoration, the celebrant goes to the altar, genuflects, and then kneels. A suitable Eucharistic song is then sung. Meanwhile, the presiding minister incenses the Blessed Sacrament.

All kneel as the Benediction Hymn, *Tantum Ergo*, is sung and the Blessed Sacrament is incensed.

### BENEDICTION HYMN

*Tantum Ergo*



1. Tan - tum er - go Sac - ra - mén - tum Ve - ne - ré - mur cér - nu - i:  
2. Ge - ni - tó - ri, Ge - ni - tó - que Laus et ju - bi - lá - ti - o,  
Et an - tí - quum do - cu - mén - tum No - vo ce - dat rí - tu - i:  
Sa - lus, ho - nor, vir - tus quo - que Sit et be - ne - dí - cti - o:  
prae - stet fi - des sup - ple - mén - tum Sén - su - um de - fé - ctu - i.  
Pro - ce - dén - ti ab u - tró - que Com - par sit lau - dá - ti - o. A - men.

### BENEDICTION PRAYER

V/. You have given them bread from heaven.

R/. Having all sweetness within it.

He then rises and sings or says the following prayer.

Let us pray.

Lord our God,  
in this great Sacrament  
we come into the presence of Jesus Christ, your Son,  
born of the Virgin Mary and crucified for our salvation.  
May we who declare our faith  
in this fountain of love and mercy  
drink from it the water of everlasting life.

Through Christ our Lord. Amen.

After the prayer, the presiding minister puts on the humeral veil, genuflects, and takes the monstrance. He then makes the Sign of the Cross with it over the people in silence.

The presiding minister replaces the monstrance on the altar after the blessing, genuflects, and returns to the front of the altar for the recitation of the Divine Praises.

## 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 His most Precious Blood.**

**Blessed be Jesus in the Most Holy Sacrament of the Altar.**

**Blessed be the Holy Spirit, the Paraclete.**

**Blessed be the great Mother of God, Mary, most holy.**

**Blessed be her holy and Immaculate Conception.**

**Blessed be her glorious Assumption.**

**Blessed be the name of Mary, Virgin and Mother.**

**Blessed be Saint Joseph, her most chaste Spouse.**

**Blessed be God in His angels and in His saints.**

**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, even until the end of time. Amen.**

**If Exposition is to be interrupted, the Blessed Sacrament is removed from the monstrance and placed in the tabernacle. A suitable hymn may accompany the recession of the ministers.**

**If Exposition is to continue, the people may sing an acclamation or another song, or instrumental music may be played. The ministers then depart.**

Ho - ly God, we praise thy name; Lord of  
Ho - ly Fa - ther, Ho - ly Son, Ho - ly

all, we bow be - fore thee! All on earth thy  
Spir - it, Three we name thee; While in es - sence

scep - ter claim, All in heav'n a - bove a - dore thee;  
on - ly One, Un - di - vid - ed God we claim thee;

In - fi - nite, thy vast do - main, Ev - er -  
And a - dor - ing, bend the knee, While we

last - ing is thy reign. In - fi - nite, thy  
own the mys - ter - y. And a - dor - ing,

vast do - main, Ev - er - last - ing is thy reign.  
bend the knee, While we own the mys - ter - y.

### Acknowledgments

Excerpts from the English translation of *Holy Communion & Worship of the Eucharist Outside Mass* © 1974, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *Collection of Masses of the Blessed Virgin Mary* © 1989, ICEL; excerpts from the English translation of *The Roman Missal* © 2010, ICEL. All rights reserved. Used with permission. Excerpts from *Lectionary for Mass [LectM]* © 1997, 2001 ICEL, Confraternity of Christian Doctrine. All rights reserved. Used with permission. Music used with permission under Onelicense.net #A-603267. EXPOSITION Text: Thomas Aquinas, c. 1225-1274; tr. by Edward Caswall, 1814-1878 and John Mason Neale, 1818-1866, alt. Music: DUGUET, LM; Dieudonné Duguet, 1794-1849. HYMN Text: Revelation 19:12; st. 1, 3-5, Matthew Bridges, 1800-1894; st. 2, Godfrey Thring, 1823-1903 Music: DIADEMATA, SMD; George J. Elvey, 1816-1893. BENEDICTION Text: 87 87 87; *Tantum ergo*; St. Thomas Aquinas, 1227-1274; *Liber Hymnarius*, 1983; tr. by Edward Caswall, 1814-1878. Music: John F. Wade, 1711-1786. RECESSIONAL Text: *Grosser Gott, wir loben dich*; ascr. Ignaz Franz, 1719-1790; tr. Clarence Walworth, 1820-1900, GROSSER GOTT, 7 8 7 8 7 7; *Katholisches Gesangbuch*, Vienna, c. 1774.





**GOLDEN JUBILEE**  
**PREPARATORY YEAR II: REJOICE!**  
*My soul rejoices in the Lord.*

For more information,  
please go to our Jubilee website at  
[www.arlingtondiocese.org/jubileehome/](http://www.arlingtondiocese.org/jubileehome/)

