

Holy Hour Eucharistic Exposition and Benediction

Exposition:

5:30 AM: The Priest and assisting ministers silently process from the sacristy to the steps of the high altar. They genuflect together. The Priest exposes the Blessed Sacrament in the monstrance, in the center of the altar. The Priest returns to the foot of the altar intoning the “O Salutaris Hostia”(all join in the singing at the same pace and volume) following the Priest’s lead. Meanwhile the Priest incenses the Sacrament.

<p style="text-align: center;"><u>O Salutaris Hostia</u></p> <p>O Salutaris hostia, Quae caeli pandas ostium, Bella praemunt hostilia: Da robur, fer auxilium.</p> <p>Uni trinoque Domino, Sit sempiterna gloria, Qui vitam sine termini Nobis donet in patria.</p>	<p style="text-align: center;"><u>O Saving Victim</u></p> <p>O Saving Victim, opening wide The gate of heav’n to us below! Our foes press on from every side: Thine aid supply, thy strength bestow.</p> <p>To thy great name be endless praise, Immortal Godhead, one in three; Oh, grant us endless length of days When our true native land we see.</p>
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The Priest and servers pause briefly to pray silently and then return in a procession to the sacristy. The Priest goes to the pulpit and reads the meditation for facilitating the adoration. Following the meditation, the Priest(s) minister the sacrament of reconciliation during the time of adoration.

Benediction of the Blessed Sacrament

5:45 AM: the priest and assisting ministers return to the high altar leading the assembly in chanting the “*Tantum Ergo Sacramentum*”.

<p style="text-align: center;"><u>Tantum Ergo Sacramentum</u></p> <p>Tantum ergo Sacramentum Veneremur cernui: Et antiquum documentum Novo cedat ritui: Praestet fides supplementum Sensuum defectui</p> <p>Genitori, Genitoque Laus et jubilatio, Salus, honor , virtus quoque Sit et benedictio: Procedenti ab utroque Compar sit laudatio. Amen</p>	<p>Bowing low, offer homage To a Sacrament so great! Here is the new and perfect worship; All the old must terminate. Senses cannot grasp this marvel: Faith must serve to compensate.</p> <p>Praise and glorify the Father Bless His Son’s life-giving name, Singing their eternal Godhead, Power, majesty , and fame, Offering their Holy Spirit Equal worship and acclaim. Amen</p>
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He leads the people in a prayer,

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V. Panem de caelo praestitisti eis. (T.P. Alleluia)

R. Omne delectamentum in se habentem. (T.P. Alleluia)

Priest:

Deus, qui nobis, sub sacraménto mirábili,
passiónis tuæ memóriam reliquisti:
tríbe, quæsumus;

ita nos Córporis et Sánguini tui sacra
mystéria venerári,
ut redemptiónis tuæ fructum in nobis
júgiter sentiámus:

Qui vivis et regnas in sæcula sæculórum.
All: Amen.

V. You have given them bread from heaven (P.T. Alleluia).

R. Having within it all sweetness (P.T. Alleluia).

Priest: Let us pray.

Lord Jesus Christ,

you gave us the Eucharist

as the memorial of your suffering and death.

May our worship of this sacrament of your Body and Blood

help us to experience the salvation you won for us
and the peace of the kingdom

where you live with the Father and the Holy Spirit,
one God, for ever and ever.

All: Amen.

The Priest imparts the benediction (blessing) with the blessed sacrament. He returns the monstrance to the altar, descends the steps and leads 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 Ghost, the Paraclete
- ✘ Blessed be the great Mother of Christ, 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 St. Joseph, her most chaste spouse
- ✘ Blessed be God in His Angels and in His Saints

Laudes Divinae

- ✘ Benedictus Deus. Benedictum Nomen Sanctum eius
- ✘ Benedictus Iesus Christus, verus Deus et verus homo
- ✘ Benedictum Nomen Iesu
- ✘ Benedictum Cor eius sacratissimum
- ✘ Benedictus Sanguis eius pretiosissimus
- ✘ Benedictus Iesus in sanctissimo altaris Sacramento
- ✘ Benedictus Sanctus Spiritus, Paraclitus
- ✘ Benedicta excelsa Mater Christi, Maria sanctissima
- ✘ Benedicta sancta eius et immaculata Conceptio
- ✘ Benedicta eius gloriosa Assumptio
- ✘ Benedictum nomen Mariae, Virginis et Matris
- ✘ Benedictus sanctus Ioseph, eius castissimus Sponsus
- ✘ Benedictus Deus in Angelis suis, et in Sanctis suis

The Priest returns to the altar and places our Eucharistic Lord in the tabernacle. The Priest intones the hymn "Holy God We Praise thy Name" and, accompanied by the servers, process to the sacristy.

6:30 AM: The Priest and servers process into the sanctuary to begin the Holy Sacrifice of the Mass.