

LITURGICAL PLANNING GUIDE FOR HOLY HOURS OFFICE FOR DIVINE WORSHIP

PERIOD OF EUCHARISTIC EXPOSITION AND BENEDICTION

Directions for Eucharistic exposition are found in the ritual book, *Holy Communion and Worship of the Eucharist Outside Mass*. Please note especially the following:

- The altar should be prepared with four to six lit candles, corporal and monstrance.
- When exposition precedes Mass or takes place apart from Mass, there should be a recently consecrated host in the tabernacle for exposition.
- When exposition immediately follows Mass, the host for exposition is consecrated at that Mass.

EUCHARISTIC EXPOSITION BEFORE MASS

The priest or deacon, vested in a surplice/alb and white stole [and cope], processes to the altar accompanied by a server with the incense. At the altar, a reverence is made. The Blessed Sacrament is exposed in the usual way. Once the Blessed Sacrament is exposed in the monstrance, it is incensed with three single swings of the thurible as the faithful sing a Eucharistic hymn.

During the period of Eucharistic exposition, there is a reading or readings at the ambo from sacred Scripture. The readings may be from any fitting part of the *Lectionary*. The priest or deacon may speak briefly.

During the period of Eucharistic exposition, there can be other prayers, such as the Litany of the Sacred Heart or the Holy Rosary or an appropriate Prayer of the Faithful concluding with the Lord's Prayer.

Several minutes before the start of Mass, the priest or deacon kneels before the Blessed Sacrament for a period of silence. Then, he stands and prays one of the prayers found in the ritual book, *Holy Communion and Worship of the Eucharist Outside Mass*, n. 98. The Blessed Sacrament is simply reposed without benediction. The altar is prepared for Mass to follow.

EUCCHARISTIC EXPOSTION AFTER MASS

The Blessed Sacrament is exposed in the monstrance on the altar after the distribution of Holy Communion by the deacon or the priest celebrant. After the *Prayer after Communion*, the priest celebrant incenses the Blessed Sacrament with three single swings of the thurible as the faithful sing a Eucharistic hymn.

During the period of Eucharistic exposition, there can be other prayers, such as the Litany of the Sacred Heart or the Holy Rosary or an appropriate Prayer of the Faithful concluding with the Lord's Prayer.

Toward the end of the period of Eucharistic exposition, the priest or deacon, vested in a surplice/alb and white stole and cope, kneels before the Blessed Sacrament and incenses it with three single swings of the thurible as the faithful sing a Eucharistic hymn. Then, he stands and prays one of the prayers found in the ritual book, *Holy Communion and Worship of the Eucharist Outside Mass*, n. 98. After the prayer before the Blessed Sacrament, the priest or deacon accepts the humeral veil, goes to the altar, genuflects, takes the monstrance, and gives the Eucharistic Benediction. The Blessed Sacrament may be incensed with three single swings of the thurible and bells rung during Benediction. After Benediction, the priest or deacon replaces the monstrance on the altar and reposes the Blessed Sacrament in the tabernacle. Meanwhile, the Divine Praises are prayed. A hymn may follow the Divine Praises.

EUCCHARISTIC EXPOSTITION APART FROM MASS

The priest or deacon, vested in a surplice/alb and white stole and cope, processes to the altar accompanied by a server with the incense. At the altar, a reverence is made. The Blessed Sacrament is exposed in the usual way. Once the Blessed Sacrament is exposed in the monstrance, it is incensed with three single swings of the thurible as the faithful sing a Eucharistic hymn.

During the period of Eucharistic exposition, there is a reading or readings at the ambo from sacred Scripture. The readings may be from any fitting part of the *Lectionary*. The priest or deacon may speak briefly.

During the period of Eucharistic exposition, there can be other prayers, such as the Litany of the Sacred Heart or the Holy Rosary or an appropriate Prayer of the Faithful concluding with the Lord's Prayer.

[Or, Evening Prayer for the day may be prayed. The plan for Evening Prayer with Eucharistic Benediction is found in the appendix to the ritual book, *Holy Communion and Worship of the Eucharist Outside Mass*. The prayer before the Blessed Sacrament is the Prayer from Evening Prayer.]

Toward the end of the period of Eucharistic exposition, the priest or deacon, vested in a surplice/alb and white stole and cope, kneels before the Blessed Sacrament and incenses it with three single swings of the thurible as the faithful sing a Eucharistic hymn. Then, he stands and prays one of the prayers found in the ritual book, *Holy Communion and Worship of the Eucharist Outside Mass*, n. 98. After the prayer before the Blessed Sacrament, the priest or deacon accepts the humeral veil, goes to the altar, genuflects, takes the monstrance, and gives the Eucharistic Benediction. The Blessed Sacrament may be incensed with three single swings of the thurible and bells rung during Benediction. After Benediction, the priest or deacon replaces the monstrance on the altar and reposes the Blessed Sacrament in the tabernacle. Meanwhile, the Divine Praises are prayed. A hymn may follow the Divine Praises.

SUGGESTED LITURGICAL MUSIC FOR THE HOLY HOURS

Exposition Hymns	<i>O Salutaris</i> / O Saving Victim God, We Praise You Praise to the Lord
Benediction Hymns	<i>Tantum Ergo</i> / Down in Adoration
Recessional Hymns	Holy God We Praise Thy Name Praise, My Soul, the King of Heaven From All that Dwell below the Skies