

MARCH CONTEMPLATION

*Take this, all of you, and eat of it,
for this is my Body which will be given up for you.*

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: *(Heb. 10:11-17)*

Day after day every priest stands and performs his religious duties; again and again he offers the same sacrifices, which can never take away sins. But when this priest had offered for all time one sacrifice for sins, he sat down at the right hand of God. Since that time he waits for his enemies to be made his footstool, because by one sacrifice he has made perfect forever those who are being made holy. The Holy Spirit also testifies to us about this. First he says: "This is the covenant I will make with them after that time, says the Lord. I will put my laws in their hearts, and I will write them on their minds." Then he adds: "Their sins and lawless acts I will remember no more."

The Word of the Lord.

All: Thanks be to God.

Responsorial Psalm *(Psalm 33:3-4, 18-19, 20-22)*

Response: *Lord, let your mercy be on us, as we place our trust in you.*

Sing a new song of praise to him;
play skillfully on the harp and sing with joy.
For the word of the Lord holds true,
and we can trust everything he does. **R/.**

But the Lord watches over those who fear him,
those who rely on his unfailing love.
He rescues them from death and keeps them alive
in times of famine. **R/.**

We put our hope in the Lord.
He is our help and our shield.
In him our hearts rejoice,
for we trust in his holy name. **R/.**

Let your unfailing love surround us, Lord,
for our hope is in you alone. **R/.**

Glory be to the Father...

Meditation: *Ecclesia de Eucharistia* - Chapter One, *The Mystery of Faith*

The saving efficacy of the sacrifice is fully realized when the Lord's body and blood are received in communion. The Eucharistic Sacrifice is intrinsically directed to the inward union of the faithful with Christ through communion; we receive the very One who offered himself for us, we receive his body which he gave up for us on the Cross and his blood which he "poured out for many for the forgiveness of sins" (Mt 26:28)... *The Eucharist is a true banquet*, in which Christ offers himself as our nourishment. (*The Mystery of Faith*, 16)

Take and eat this, all of you, and eat with it the Holy Spirit. For it is truly my body and whoever eats it will have eternal life.²⁷ ... In the *Roman Missal* the celebrant prays: "grant that we who are nourished by his body and blood may be filled with his Holy Spirit, and become one body, one spirit in Christ."²⁹ (*The Mystery of Faith*, 17)

²⁷*Sermo IV in Hebdomadam Sanctam*: CSCO 413

²⁹Eucharistic Prayer III.

Silent Reflection

Reflection - (*Catechism*, 2565)

In the New Covenant, prayer is the living relationship of the children of God with their Father who is good beyond measure, with his Son Jesus Christ and with the Holy Spirit. The grace of the Kingdom is "the union of the entire holy and royal Trinity . . . with the whole human spirit."¹² Thus, the life of prayer is the habit of being in the presence of the thrice-holy God and in communion with him. This communion of life is always possible because, through Baptism, we have already been united with Christ. (cf. *Romans* 6:5) Prayer is *Christian* insofar as it is communion with Christ and extends throughout the Church, which is his Body. Its dimensions are those of Christ's love. (*Eph* 3:18-21)

¹² St. Gregory of Nazianzus, *Oratio*, 16, 9: PG 35, 945.

The Angelus recalls the Visitation of Mary to her cousin, Elizabeth.

The Angelus

V/. The Angel of the Lord declared unto Mary.

R/. And she conceived of the Holy Spirit.

All: Hail Mary, etc.

V/. Behold the handmaid of the Lord.

R/. Be it done unto me according to thy word.

All: Hail Mary, etc.

V/: And the Word was made Flesh.

R/: And dwelt among us.

All: Hail Mary, etc.

V/: Pray for us, O holy Mother of God.

R/: That we may be made worthy of the promises of Christ.

Leader: *Let us Pray*

All: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.

Intentions

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

R/. Lord, hear our prayer.

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 **Evangelization Intention:** That the Church may appreciate the urgency of formation in spiritual discernment, both on the personal and communitarian levels, we pray. *R/.*

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

O God, by the power of your forgiveness you made us "new creatures" again, let us always walk in conformity to your Word and your will, toward the masterpiece of love you have prepared for us, we pray to the Lord. *R/.*

On the cross you offered yourself to the Father as the spotless Passover Lamb, mark us, Lord with the sign of your blood, we pray to the Lord. *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 to the Lord. *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 to the Lord. *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