

NOVEMBER CONTEMPLATION

IN CONSTANT PRAYER

*In the journey of your communities,
priority goes to prayer, to listening to the Word of God,
to contemplation and the docile obedience to the voice of the Holy Spirit.*
Pope Francis to Families of the Most Precious Blood, 30 June 2018

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: *(Col 1:3-8)*

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love you have for all the saints—the faith and love that spring from the hope that is stored up for you in heaven and that you have already heard about in the word of truth, the gospel that has come to you. All over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth. You learned it from Epaphras, our dear fellow servant, who is a faithful minister of Christ on our behalf, and who also told us of your love in the Spirit.

The Word of the Lord.

All: Thanks be to God.

Responsorial Psalm *(Psalm 95:1-2, 6-9)*

Response: *If today you hear his voice, harden not your hearts.*

O come, let us sing for joy to the LORD,
Let us shout joyfully to the rock of our salvation.
Let us come before His presence with thanksgiving,
Let us shout joyfully to Him with psalms. **R/.**

Come, let us worship and bow down,
Let us kneel before the LORD our Maker.
For He is our God, and we are the people of His pasture
and the sheep of His hand. **R/**

Today, if you would hear His voice,
Do not harden your hearts, as at Meribah,
As in the day of Massah in the wilderness, "When your fathers tested Me,
They tried Me, though they had seen My work." **R/**

Glory be to the Father...

Reflection:* *Gaudete et Exsultate*, 147, 149, 150,171

Though it may seem obvious, we should remember that holiness consists in a habitual openness to the transcendent, expressed in prayer and adoration. The saints are distinguished by a spirit of prayer and a need for communion with God.¹ For this to happen, however, some moments spent alone with God are also necessary.² In that silence, we can discern, in the light of the Spirit, the paths of holiness to which the Lord is calling us. Otherwise, any decisions we make may only be window-dressing that, rather than exalting the Gospel in our lives, will mask or submerge it. For each disciple, it is essential to spend time with the Master, to listen to his words, and to learn from him always. Unless we listen, all our words will be nothing but useless chatter.³

The Lord speaks to us in a variety of ways, at work, through others and at every moment. Yet we simply cannot do without the silence of prolonged prayer, which enables us better to perceive God's language, to interpret the real meaning of the inspirations we believe we have received, to calm our anxieties and to see the whole of our existence afresh in his own light.⁴

¹ IN CONSTANT PRAYER, 147.

² Ibid., 149.

³ Ibid., 150

⁴ ALWAYS IN THE LIGHT OF THE LORD, 171.

Silent Reflection

Prayer

In November we traditionally remember all those who've gone before us with the sign of faith.

"Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen." - St. Gertrude

Intentions

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

* This year the *Reflections* will be taken from *Gaudete et Exsultate*, the Apostolic Exhortation by Pope Francis that presents a spirituality of holiness in everyday life clearly based on Catholic Tradition.

"We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves." *Gaudete et Exsultate*, 14

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 intention: That a spirit of dialogue, encounter, and reconciliation emerge in the Near East, where diverse religious communities share their lives together, we pray. *R/.*

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

That our elected officials truly advance the call of the Church to respect all persons and care for them with the dignity they deserve, we pray. *R/.*

For all our family members who have died: bring them in joy to your eternal home, we pray. *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. *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. *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