

MARCH CONTEMPLATION

Be happy in the Lord, doing very quietly his lovable will and gently submitting yourself to it.
– St. Gaspar (Letter #1759)

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.

Leader:

Let us pray together the Daily Offering with the intention of the Holy Father:

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: that persecuted Christians may be supported by the prayers and material help of the whole Church.

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: (Phil 4: 1, 4-9)

How happy you make me, and how proud I am of you! This, dear brothers, is how you should stand firm in your life in the Lord.

Rejoice in the Lord always; again I will say, rejoice! Let your gentle *spirit* be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

The Word of the Lord.

All: Thanks be to God.

Responsorial Psalm (*Psalm 112: 1-2, 4-5, 6, 9*)

Response: *Happy are those who fear the Lord.*

Praise the Lord!

How joyful are those who fear the Lord
and delight in obeying his commands. *R/.*

Their children will be successful everywhere;
an entire generation of godly people will be blessed. *R/.*

Light shines in the darkness for the godly.
They are generous, compassionate, and righteous. *R/.*

Good comes to those who lend money generously
and conduct their business fairly.
Such people will not be overcome by evil.
Those who are righteous will be long remembered. *R/.*

They share freely and give generously to those in need.
Their good deeds will be remembered forever.
They will have influence and honor. *R/.*

Glory be to the Father...

Prayer for Missionaries

All: Lord our God, loving Father, we humbly pray to You for our beloved missionaries, heralds of the Gospel. May our prayers reach their hearts that they may feel our love, our strength, and our faith that they continue the mission entrusted to them with Your zeal. May their presence in our community be a reminder of Your presence among us. We pray in Jesus' name. Amen.

Meditation: CHAPTER I - THE PRIESTHOOD IN THE MINISTRY OF THE CHURCH

Through the ministry of the priests, the spiritual sacrifice of the faithful is made perfect in union with the sacrifice of Christ. He is the only mediator who in the name of the whole Church is offered sacramentally in the Eucharist and in an unbloody manner until the Lord Himself comes. [Cf. I Cor. 11:26] The ministry of priests is directed to this goal and is perfected in it. Their ministry, which begins with the evangelical proclamation, derives its power and force from the sacrifice of Christ. Its aim is that "the entire commonwealth of the redeemed and the society of the saints be offered to God through the High Priest who offered Himself also for us in His passion that we might be the body of so great a Head." [Cf. St. Augustine "*The City of God*" 10, 6: PL 41, 284]

The purpose, therefore, which priests pursue in their ministry and by their life is to procure the glory of God the Father in Christ. That glory consists in this--that men working keenly and with a grateful spirit receive the work of God made perfect in Christ and then manifest it in their whole lives. Hence, priests, while engaging in prayer and adoration, or preaching the word, or offering the Eucharistic Sacrifice and administering the other sacraments, or performing other works of the ministry for men, devote all this energy to the increase of the glory of God and to man's progress in the divine life. All of this, since it comes from the Pasch of Christ, will be crowned by the glorious coming of the same Lord, when He hands over the Kingdom to God the Father. [Cf. I Cor. 15:24] (*Presbyterorum Ordinis, Decree on the Ministry and Life of Priests, #2*)

Silent Reflection

Prayer for the Family

Leader: *Let us pray.*

All: God and Father of us all, in Jesus, your Son and our Savior, you have made us your sons and daughters in the family of the Church. May your grace and love help our families in every part of the world be united to one another in fidelity to the Gospel. May the example of the Holy Family, with the aid of your Holy Spirit, guide all families, especially those most troubled, to be homes of communion and prayer and to always seek your truth and live in your love. Through Christ our Lord. Amen. Jesus, Mary and Joseph, pray for us! Amen.

Intentions

Leader:

Jesus Christ our Savior and Lord, you have loved us with an everlasting love, and have established your friendship with us. We desire to live as you live, following you as your disciples along the path of holiness. Help us to share the good news of your love and your salvation to many others on life's journey. Amen.

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

God of the covenant, you draw all humanity to yourself; grant that your Church may be one in its great act of praise on its pilgrim journey to your house, we pray. *R/.*

You open the banquet of the good things of this world to everyone. May we who experience your generosity become instruments of solidarity and mutual cooperation among all people, we pray. *R/.*

You know our needs and give us what leads to our true good. You free us from being overly preoccupied about tomorrow. Do not abandon us in our times of need, 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 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/.*

Sharing in the mission of the Church to establish the kingdom of God we pray:

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