

Instructions for the Lenten Holy Hour with Bishop Bambera

PUBLICITY

- Please promote this gathering in your parish and deanery using the bulletin announcement, graphics and flyers from the Diocesan communications office..

HOST PASTOR PREPARATIONS

- **The host pastor will be the presiding minister for the Holy Hour that includes solemn Exposition of the Blessed Sacrament, Vespers and Benediction.**
- Bishop Bambera will be the homilist, and will wear either choir attire or bring his own alb and stole. Please prepare a **chair and kneeler for him** somewhere off to the side of the sanctuary.
- The host pastor should **arrange for altar servers**. At least one server is needed to assist with the incense and humeral veil, but you can include as many as four (incense, cross, 2 candle-bearers, with the candle bearers also assisting with the humeral veil, ringing of the bells etc.)
- A **lector is needed** to proclaim the **reading (Luke 24:13-35), responsory and intercessions** during Vespers.
- The host pastor should arrange for a **cantor and organist** for the Holy Hour, although you can use additional musicians, such as a choir and instrumentalists. Vespers may be unfamiliar to those attending that evening, it would be ideal to have the cantor in front of the assembly to give cues.
- Since this is a deanery-wide event, it would be good to have **hospitality ministers** to greet people as they arrive, pass out programs, direct them to the restrooms etc.
- Should a pastor wish to host a **simple reception** afterwards for participants, he is free to do so, although it is not an expectation for the evening.
- Be sure to have a consecrated host for the monstrance for Eucharistic Exposition reserved in the tabernacle.

PRINTED PROGRAM AND MUSIC

- Attached to the email is a copy of the program for the Lenten Holy Hour, both in Word and PDF formats. The host parish is asked to **print enough copies of the program** for all those attending that evening. It is designed as a 8.5"x11" landscape double-sided and folded booklet and need not be printed in color.
- The program includes the parts of the Holy Hour including Exposition, Vespers and Benediction. The only music included in the program is a simple psalm tone for the Gospel Canticle. It is up to the host parish **music director to select the other hymns** that will be used during the service. There are suggested hymns for each part of the Holy Hour listed below.
- A psalm tone and music for the Gospel Canticle (Canticle of Mary) and its antiphon are included in the email to pastors. Parishes are to **use the exact text and psalm tone provided for the Canticle of Mary**. Please do not substitute another setting.
- The parish music director would select the **four hymns** used during the Holy Hour: *Exposition Hymn, Opening Hymn for Vespers, Benediction Hymn and Closing Hymn*. Suggestions for each part are provided below, but feel free to use whatever music is suitable for each part and that your music ministry and parishioners are most familiar with. Traditionally, all of the verses of the hymns are sung for Vespers.

- It is envisioned that the host parish would utilize its own hymnal for the evening and that the cantor would **announce each hymn number** or have the numbers displayed on the hymn board.

SUGGESTED HYMNS (*title with hymn tune or composer*)

- **During Exposition of the Blessed Sacrament:**
 - “O Salutaris/O Saving Victim” (DUGUET/WERNER, Latin or English)
 - “Let All Mortal Flesh Keep Silence” (PICARDY)
 - “Exposition/O Saving Victim” (Stephan/Angrisano)
 - “O Lord, I Am Not Worthy” (NON DIGNUS)
 - “Panis Angelicus/Holy and Living Bread” (SACRIS SOLEMNIIS)
- **Opening Hymn of Vespers**
 - “Gift of Finest Wheat” (BICENTENNIAL)
 - “Soul of My Savior” (ANIMA CHRISTI)
 - “Jesus, My Lord, My God, My All” (SWEET SACRAMENT)
 - “Christ Be beside Me”(Wasson)
 - “Jesu, Joy of Man’s Desiring” with lyrics (WERDE MUNTER)
 - “For God So Loved the World” (Haugen)
- **Benediction Hymn**
 - “Tantum Ergo” (ST. THOMAS or PANGE LINGUA GLORIOSI, Latin or English)
 - “Adoro Te Devote/Godhead Here in Hiding” (ADORO TE DEVOTE)
 - “O Sacrament Most Holy” (FULDA)
- **Closing Hymn**
 - “Holy God, We Praise Thy Name” (GROSSER GOTT)
 - “O God, beyond All Praising” (THAXTED)
 - “The Church’s One Foundation” (AURELIA)
 - “Christ, before Us” (SUO GÁN)
 - “I Heard the Voice of Jesus Say” (KINGSFOLD)
 - “Now Thank We All Our God” (NUN DANKET)
 - “Love Divine, All Loves Excelling” (HYFRYDOL)

HOLY HOUR

- **Immediate Preparations**

- The empty monstrance should be placed on the altar along with a corporal for it to rest on during Exposition.
- The consecrated host for Exposition should already be in a luna in the tabernacle. Remember to leave out the tabernacle key.
- Print out the presiding minister binder with the texts for Vespers and Benediction.
- Reading, responsory and intercessions should be printed and placed in a binder at the ambo.
- The humeral veil should be set out in the sanctuary.
- Be sure a chair and kneeler is provided for the Bishop off to the side of the sanctuary.
- Light the charcoal for the incense approximately 10-15 before the start of Vespers. An additional piece of charcoal should be added during Bishop Bambera's homily for the incensation during the Gospel Canticle and Benediction
- Altar candles, including any additional candles used for Exposition should be lit.
- Since it is a Eucharistic Holy Hour, the presiding minister wears an alb, white stole and white cope, but if the parish does not have a cope, the alb and white stole alone is sufficient.
- Approximately 5 minutes prior to the start of the Holy Hour, the host pastor, cantor, or someone else from the parish may want to offer a brief welcome and explanation of the Holy Hour to the assembly, including using the hymnal and which is the "left" and "right" side for the recitation of the Psalmody.

- **Holy Hour Timeline**

- Procession of the Ministers and Exposition (7:00-7:05 P.M.)
- Silent Adoration of the Blessed Sacrament (7:05-7:10 P.M.)
- Vespers with Bishop Bambera's Homily (7:10-7:50 P.M.)
- Silent Adoration of the Blessed Sacrament (7:50-7:55 *if time allows*)
- Benediction of the Blessed Sacrament (7:55-8:00 P.M.)

- **Exposition**

- The cantor invites everyone to stand and all the ministers process to the sanctuary. Quite instrumental music should be played during the procession and end when the presiding minister is at the tabernacle.
- The ministers bow to the altar, and the presiding minister goes to the tabernacle and takes the Blessed Sacrament to the altar and places it in the monstrance.
- The Exposition Hymn begins, and the presiding minister kneels and incenses the Blessed Sacrament.
- Following the Exposition Hymn, the presider minister and the assembly spend 5 minutes in silent adoration. The presiding minister then goes to the presider's chair to begin Vespers.

- **Vespers**

- All stand for the Introductory Dialogue of Vespers
- The cantor announces the number of the hymn unless they are listed on a hymn board. All verses of the hymn should be sung
- There is no need for the presiding minister or musicians to rush through Vespers. Please allow prayerful silence in between the psalms, canticles and other parts of the service.

- The lector will proclaim the Reading, lead the Responsory following a moment of silence after the Bishop's homily, and read the Intercessions
- The organist plays through the tone of the Canticle of Mary first so everyone can listen to it, and then the cantor sing the antiphon, ("When you meet....") The cantor sings the antiphon once, and then the entire assembly begins singing the Gospel Canticle ("My soul proclaims..."). The text is pointed in the program with the note of the line changing on the bolded and italicized word or syllable. All sing the antiphon at the end.
- During the singing of the Canticle of Mary (Magnificat) the presiding minister kneels and incenses the Blessed Sacrament.
- The Lord's Prayer can be either recited or chanted depending on whether or not the assembly is familiar with the chant. The Vespers portion of the Holy Hour concludes with the Collect after the Lord's Prayer.

- **Benediction**
 - Following the Lord's Prayer, the presiding minister goes to the altar, genuflects and then kneels. The Benediction Hymn begins, and the presiding minister incenses the Blessed Sacrament.
 - The presiding minister should note that there is no "*You have given them bread from heaven...*" following the Benediction Hymn—this is not found in the ritual book, *Holy Communion and Worship of the Eucharistic Mystery Outside Mass*. After the hymn, the presiding minister stands and offers the prayer.
 - Following the prayer, the presiding minister puts on the humeral veil and blesses the faithful with the monstrance. The minister then removes the humeral veil, and replaces the Blessed Sacrament back in the tabernacle and genuflects. Meanwhile, the assembly recites the Divine Praises.
 - After the Divine Praises, the assembly stands for the Closing Hymn and the ministers leave the sanctuary.