

**ORDER OF EUCHARISTIC EXPOSITION AND BENEDICTION**  
**A HOLY HOUR TO PRAY FOR PEACE**  
**on the Feast of the Exultation of the Holy Cross 2022**

**EXPOSITION**

**Hymn**

When the people are gathered, a hymn is sung as the minister approaches the altar.

**Suggested hymns:** Christ be our light; For the healing of the nations; The Lord hears the cry of the poor; Lord, make me a means of your peace; O salutaris hostia.

During the hymn the Blessed Sacrament is exposed and if adoration takes place with a monstrance is incensed.

**Introduction**

**A message from Bishop Kenneth Nowakowski,  
Bishop for Ukranian, Belarusian and Slovak Eastern Catholics in Great Britain,  
Bishop of the Ukranian Catholic Eparchy of the Holy Family of London.**

Dear Sisters and Brothers,

We are now in the seventh month since the 24 February full-scale invasion of Ukraine by Russia. President Putin was sure that he would overrun Ukraine in three short days. He did not expect that the people of Ukraine, regardless of their ethnic background, religious affiliation or language group, love their country and are determined to defend it. For Ukrainians there is no going back to the tyranny and oppression that generations experienced under Russian imperial and Soviet rule from the middle of the 17th century. When the Soviet Union dissolved in 1991, the people of Eastern Europe, including Russia, had hope for the future, and, until Putin's first invasion in 2014, Ukraine had made great progress as a post-Soviet state. It is truly hard for us to believe that such a war could even be possible, with the kind of horrific brutality against the civilian population that we have seen in the last seven months. At the same time, we are inspired to see how the people of Western Europe have opened their hearts to the thousands that have fled harm's way seeking temporary refuge. In this effort communities across Scotland have also extended their traditional and world-famous Scottish hospitality to newly-arrived Ukrainians, for which I am particularly grateful. The struggle is not over yet, and the cost of rebuilding will be unimaginable—broken lives and families, destroyed homes, villages, farmlands, cities, infrastructure. But for now, we give glory to God for his many blessings, and for the grace he has shown us through the kindness and generosity of the wonderful people of Scotland.

## **Prayer for Ukraine** (composed by Bishop Kenneth Nowakowski)

Almighty and Great God,  
accept our gratitude for your boundless mercy towards us.  
Hear the supplication of our afflicted hearts for the land and people of Ukraine,  
as they confront foreign aggression and invasion.  
Open the eyes of those who have been overtaken  
by a spirit of deception and violence,  
that they be horrified by their works.  
Grant victory over the powers of evil that have arisen  
and bless Ukraine with your gifts of liberty, peace, tranquillity, and good fortune.

We implore you, O Merciful God,  
look with grace upon those who courageously defend their land.  
Remember the mothers and fathers, the innocent children,  
widows and orphans, the disabled and helpless,  
those seeking shelter and refuge,  
who reach out to you and to their fellow human beings  
looking for mercy and compassion.  
Bless the hearts of those who have already shown great generosity and solidarity,  
and those who prepare to receive their Ukrainian brothers and sisters  
in Ukraine's greatest time of need.  
Bring us together as your children, your creation,  
and instil in us your strength, wisdom and understanding.  
May you be praised and glorified,  
now and forever, and to the ages of ages. Amen.

## **ADORATION**

### **Scripture**

**From the Lectionary, Occasional Masses: In time of war or civil disturbance**

**First reading:** Micah 4:1-4 (Lect vol III, p 615)

**Responsorial Psalm:** Psalm 71: 1-4. 7-8. 12-13. 17 **R** cf v 9 (Lect vol III, p 616)

*(Optional Second reading: James 4:1-3 (Lect, vol III, p 619 – first paragraph only))*

**Gospel Acclamation:** John 13:34 (Lect vol III, p 622 – using Lenten acclamation)

**Gospel:** John 15:9-12 (Lect vol III, p 622)

### **Homily**

## Intercessions

### Celebrant:

United as God's family, let us pray for peace in our world, especially in Ukraine.

### Reader:

We pray for a speedy end to all war, violence and bloodshed.  
Lord, hear us.

We pray for true peace with justice, based on respect for the rights of all.  
Lord, hear us.

We pray for a conversion, a true change of heart, on the part of those who wage war.  
Lord, hear us.

We pray for the orphans, the widows and those who have lost home and livelihood.  
Lord, hear us.

We pray for the many refugees and all those who seek to help them.  
Lord, hear us.

We pray for children, young people and all those traumatised by violence.  
Lord, hear us.

We pray for the wounded, the injured and all those who try to care for them.  
Lord, hear us.

We pray for those who work for peace, seeking an end to hostilities and lasting reconciliation between warring factions.  
Lord, hear us.

For all who have died, that their sacrifice may not be in vain, and that God will grant them eternal rest.  
Lord, hear us.

### Celebrant:

O God,  
from whom all holy desires,  
all good counsels,  
and all just works do proceed:  
give to your servants that peace which the world cannot give,  
that our hearts may be set to obey your commandments,  
and also that by you, we, being defended from the fear of all enemies,  
may pass our time in rest and quietness.  
Through Christ our Lord.

## Period of Silent Reflection

Additional prayers and readings for optional use during the period of reflection are included in the Appendix.

### Litany for Peace

God the Father of Heaven.	<b>Have mercy on us.</b>
God the Son, Redeemer of the world.	<b>Have mercy on us.</b>
God the Holy Spirit.	<b>Have mercy on us.</b>
Holy Trinity, one God.	<b>Have mercy on us.</b>
In these days of trouble and fear.	<b>Have mercy on us.</b>
In the face of violence and war.	<b>Have mercy on us.</b>
In our grieving for those who have died.	<b>Have mercy on us.</b>
In our compassion for those who are bereaved.	<b>Have mercy on us.</b>
For those who carry out acts of violence.	<b>Lord, deliver us, we pray.</b>
From the fear that grows into hatred.	<b>Lord, deliver us, we pray.</b>
From the urge to seek revenge.	<b>Lord, deliver us, we pray.</b>
From a culture of death, not life.	<b>Lord, deliver us, we pray.</b>
For the leaders of all the nations.	<b>Lord, we ask you, hear our prayer.</b>
For the people of Ukraine.	<b>Lord, we ask you, hear our prayer.</b>
For all who seek justice and follow God's law.	<b>Lord, we ask you, hear our prayer.</b>
For those who have fled their homes.	<b>Lord, we ask you, hear our prayer.</b>
For all those who continue to live in fear.	<b>Lord, we ask you, hear our prayer.</b>
For, medics, aid agencies and their workers.	<b>Lord, we ask you, hear our prayer.</b>
For solidarity with the suffering.	<b>Lord, we ask you, hear our prayer.</b>
For the grace to share our resources.	<b>Lord, we ask you, hear our prayer.</b>
For peace amongst all God's children.	<b>Lord, we ask you, hear our prayer.</b>
Lamb of God, who takes away the sins of the world.	<b>Spare us, O Lord.</b>
Lamb of God, who takes away the sins of the world.	<b>Graciously hear us, O Lord.</b>
Lamb of God, who takes away the sins of the world.	<b>Have mercy on us.</b>

Let us pray.

O God, who have revealed  
that peacemakers are to be called your children,  
grant, we pray,  
that we may work without ceasing to establish that justice  
which alone ensures true and lasting peace.  
Through Christ our Lord.

## BENEDICTION

Towards the end of adoration, the Priest or Deacon approaches the altar, genuflects and kneels, and a Eucharistic hymn is sung.

**Suggested hymns:** O bread of heaven; Sweet Sacrament Divine; Godhead here in hiding; O Godhead hid; Seed, scattered and sown; One bread, one body Jesus, my Lord, my God, my all; Tantum ergo sacramentum.

Meanwhile the minister, while kneeling, incenses the Most Blessed Sacrament.

After this the minister rises and says:

Let us pray.

A brief pause for silence follows. Then the minister continues:

O God, who in this wonderful Sacrament  
have left us a memorial of your Passion,  
grant us, we pray,  
so to revere the sacred mysteries of your Body and Blood  
that we may always experience in ourselves  
the fruits of your redemption.  
Who live and reign for ever and ever.

All reply:

Amen.

Once the prayer has been said, the Priest or Deacon puts on a humeral veil, genuflects, and then takes the monstrance or ciborium and, with it, makes the Sign of the Cross over the people, without saying anything.

After this, the minister kneels and recites the Divine Praises with the people:

Blessed be God.  
Blessed be his holy Name.  
Blessed be Jesus Christ, true God and true Man.  
Blessed be the name of Jesus.  
Blessed be his most Sacred Heart.  
Blessed be his most Precious Blood.  
Blessed be Jesus in the most holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be her glorious Assumption.  
Blessed be the name of Mary, Virgin and Mother.  
Blessed be St Joseph, her most chaste spouse.  
Blessed be God in his Angels and in his Saints.

## Reposition

After the blessing, the Priest or Deacon who gave the blessing, or another Priest or Deacon, places the Sacrament back in the tabernacle and genuflects, while the people sing the acclamation:

O Sacrament most holy, O Sacrament divine,  
all praise and all thanksgiving be every moment thine.

## Hymn

A hymn may be sung as the minister leaves.

**Suggested hymns:** Make me a channel of your peace; O comfort my people; How lovely on the mountains; Hail Redeemer, King divine; Tell out my soul; Hail Queen of heaven.

## APPENDIX

### Other prayers for optional use during the period of reflection

#### **Prayer of Saint Francis**

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

Amen.

#### **Prayer for Peace by Pope Saint John Paul II (1978-2005)**

O God,  
Creator of the universe,  
who extends your paternal concern over every creature  
and guides the events of history to the goal of your salvation,  
we acknowledge your fatherly love when you break the resistance of mankind  
and, in a world torn by strife and discord, you make us ready for reconciliation.  
Renew for us the wonders of your mercy:  
send forth your Spirit that he may work in the intimacy of hearts,  
that enemies may begin to dialogue,  
that adversaries may shake hands  
and people may encounter one another in harmony.  
May all commit to the sincere search for true peace  
which will extinguish all arguments  
for charity which overcomes hatred,  
for pardon which disarms revenge.  
Through Christ our Lord.

## **Prayer for Peace by Pope Francis**

Lord God of peace, hear our prayer!

We have tried so many times and over so many years to resolve our conflicts by our own powers and by the force of our arms. How many moments of hostility and darkness have we experienced; how much blood has been shed; how many lives have been shattered; how many hopes have been buried... But our efforts have been in vain.

Now, Lord, come to our aid! Grant us peace, teach us peace; guide our steps in the way of peace. Open our eyes and our hearts, and give us the courage to say: "Never again war!"; "With war everything is lost". Instil in our hearts the courage to take concrete steps to achieve peace.

Lord, God of Abraham, God of the Prophets, God of Love, you created us and you call us to live as brothers and sisters. Give us the strength daily to be instruments of peace; enable us to see everyone who crosses our path as our brother or sister. Make us sensitive to the plea of our citizens who entreat us to turn our weapons of war into implements of peace, our trepidation into confident trust, and our quarrelling into forgiveness.

Keep alive within us the flame of hope, so that with patience and perseverance we may opt for dialogue and reconciliation. In this way may peace triumph at last, and may the words "division", "hatred" and "war" be banished from the heart of every man and woman. Lord, defuse the violence of our tongues and our hands. Renew our hearts and minds, so that the words which always brings us together will be "brother" and "sister", and our way of life will always be that of: Shalom, Peace, Salaam!

Amen.

## **A reflection on Peace by Pope Francis**

Peace is not simply the absence of war, but a general condition in which the human person is in harmony with themselves, in harmony with nature and in harmony with others. This is peace. Nevertheless, silencing weapons and extinguishing the hotbeds of war is an inevitable condition to begin a journey that leads to peace in its various aspects. We must convince ourselves, despite every appearance to the contrary, that harmony is always possible, on every level and in every situation. There is no future without proposals and plans for peace! There is no future without peace!

In the Old Testament, God made a promise. The Prophet Isaiah said: "they shall beat their swords into ploughshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more" (cf. Is 2:4). This is beautiful! Peace is proclaimed, as a special gift of God, in the birth of the Redeemer: "on earth peace among those with whom he is pleased" (cf. Lk 2:14). This gift needs to be ceaselessly implored in prayer. Let us recall that "prayer is at the root of peace". This gift must be implored and must be welcomed with commitment every day, in whatever situation we are in. We are all called to rekindle in our heart an impulse of hope, which must be translated into concrete works of peace. "Do you not get on with



a certain person? Make peace!"; "At home? Make peace!" "In your community? Make peace!"; "At your place of work? Make peace!". Work for peace, for reconciliation and fraternity. Each of us must perform gestures of fraternity towards our neighbour, especially towards those who are tried by family tensions or various types of conflict. These small gestures are of so much value: they can be seeds which give hope, they can open paths and perspectives of peace.

Let us invoke Mary, Queen of Peace. During her life on earth, she met many difficulties, related to the daily toils of life. But she never lost peace of heart, the fruit of faithful abandonment to God's mercy. Let us ask Mary, our gentle Mother, to show the entire world the sure way of love and peace.

*Pope Francis, Angelus, 4 January 2015*

#### Acknowledgments

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