

When our hearts are wintry,
Grieving or in pain,
Your touch can call us
Back to life again,
Fields of our hearts that
Dead and bare have been;
Love is come again like
wheat arising green.

Prayer

Eternal Father, I offer you everything
I do this day:
My work, my study, my leisure,
my time with family and friends.
I offer you my difficulties, distress
and problems which I shall try to
bear with patience.

Join these, my gifts, to the unique
offering which Jesus Christ, your
son, offers today in the Eucharist.

I will continue, O my God, to do all
my actions for the love of you. Amen.

(Arranged by Brother Tim Coldwell)

Eucharistic Exposition and Adoration

please kneel

Leader Let us remember . . .
All that we are in the holy
presence of God.

please sit

Reader St. Paul's letter to the Philippians

I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead. Not that I have already obtained this or have already reached this goal; but I press on to make it my own. I press on toward the goal for the prize of the heavenly call of God in Christ Jesus. Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. Our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. He will transform our humble body that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself.

♪ **Solemn Reflection**

Leader

Let us spend some quiet moments in adoration of the Holy Eucharist. Pray for someone—ask God to grant the needs of this person today. Also ask Jesus Christ to give you the strength you need to unite your life to God by loving others.

please kneel

Litany of the Holy Eucharist

Our response to each statement is,
“We adore you”.

Jesus, the Most High,
Jesus, the Holy One,
Jesus, Word of God,
Jesus, Son of Mary,
Jesus, crucified for us,
Jesus, risen from the dead,
Jesus, reigning in glory,
Jesus, coming in glory,

Jesus, our Lord,
Jesus, our hope,
Jesus, our peace,
Jesus, our Savior,
Jesus, our salvation,
Jesus, our resurrection,

Jesus, freedom for the imprisoned,
Jesus, joy of the sorrowing,
Jesus, bread of life,
Jesus, true light,
Jesus, new covenant,
Jesus, food for everlasting life,
Jesus, food for our journey,

♪ **Love is come again**

Now the green blade rises
from the buried grain,
Wheat that in dark earth
many days has lain.
Love lives again, that
with the dead has been;
Love is come again like
wheat arising green.