

GUIDED EUCHARISTIC HOLY HOUR

CK101 Script #12 - "Blessed Herman"

EXPOSITION OF THE MOST BLESSED SACRAMENT

As we begin, the prayer leader says:

Boys and girls, please stand when Father/Deacon enters and then kneel when he opens the tabernacle. We will sing, "O Saving Victim," found in your program, when Father exposes Jesus in the Blessed Sacrament, placing the Host in the monstrance on the altar.

*O Saving Victim, open wide,
The gate of Heaven to man below,
Our foes press on from every side;
Thine aid supply, Thy strength bestow.*

*To Thy great Name be endless praise,
Immortal Godhead, one in Three!
Oh, grant us endless length of day,
In our true native land, with Thee! Amen.*

REETING JESUS AND OPENING PRAYERS

(We are still kneeling) After Father/Deacon exits: *Jesus, we are so happy to be to be here to make our visit with You. (pause) Thank You, Jesus! Thank You for always being here for us. (long pause)*

Lord, we begin by calling upon our Holy Guardian Angel and all the Holy Angels here with us right now. We ask the Holy Angels to help us adore You. Together we pray the first prayer found on the back of our program: "Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side to light, to guard, to rule and to guide. Amen." (pause)

We also call upon the mighty Prince of the Heavenly Host, Saint Michael. Together we pray: “Saint Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do Thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits, who prowl throughout the world seeking the ruin of souls. Amen.” (long pause)

Jesus, we know there is nobody who ever loved You more than our beautiful Blessed Mother Mary loved You. We now ask her to help us love You, Jesus! (pause) We entrust ourselves to her by praying together: “Holy Mary, I want to belong to you. I give you my whole self and all the good things I do: at home, at school, at Church and at play. My Mother! I am all yours, and all I do belongs to you to give to Jesus. Amen.” (long pause)

Yes, all that we have, all that we are, belongs to You, Jesus. (long pause) We want to tell how much we love You, Jesus, by praying our “100,000 Heartbeats Prayer.” Together we pray: “Most Sacred Heart of Jesus, truly present on the altar in the little white Host, I love You! I love You with all my heart and I know You love me with all Your Heart! Jesus, my heart beats around 100,000 times a day. I want each one of my heartbeats to say: Jesus, I love You! Jesus, I love You! Jesus, I love You!” (very long pause)

ROSARY DECADE PREPARATION WITH BIBLE STORY

Jesus, I’m going to invite the boys and girls to sit now, as we prepare our hearts to offer You our Rosary decade by reading a Gospel story in our Bible.

*(Be seated) Boys and girls, open up your Bibles to page 96. Let’s take a look at that picture. (Prayer leader now reads the story from the “New Catholic Picture Bible” by Father Lawrence Lovasik. The only adjustment is the prayer leader will always change the text in the places needed to **address Jesus directly** by talking **to** Him instead of **about** Him.)*

When the angel had gone away, Mary at once made a four-day journey to the home of her cousin Elizabeth, eighty miles away in the south country. When Elizabeth saw Mary, she was filled with the Holy Spirit who let her know about the wonderful thing God had done to Mary. She cried out with joy, “Blessed are you among women, and blessed is the fruit of your womb! And how have I deserved to have the Mother of my Lord visit me?”

Then Mary was filled with the Holy Spirit and began to praise God saying, “My soul praises the Lord and I rejoice in God, my Savior. Because He has looked upon the lowliness of His handmaid. For behold, from now on all generations shall call me blessed; because He who is mighty has done great things for me!”

Mary stayed with her cousin for nearly three months, until the birth of Elizabeth's son.

Nine months before an angel from God had appeared to Zechariah and told him that his wife, Elizabeth, would have a son who was to be called John. John was to convert many people and prepare them for the coming of the Savior. But Zechariah doubted these words, and from that moment he could not speak or hear. So now the relative and friends asked him, by signs, what name he wished to be given to the child. He motioned for something to write upon; and when they brought it, he wrote, "John is his name." Then all at once Zechariah could speak and hear again! He praised God, saying, "You, O child, shall be called the prophet of the Most High, to go before the Lord and make ready His ways."

When John grew up, he went out into the desert to the south, and there he stayed until the time came for him to preach to the people, for this child became the great prophet John the Baptist. (Long pause)

Jesus, as we offer You our Rosary decade, we want to especially ponder or think about the part in today's Gospel story that said: When Elizabeth saw Mary, she was filled with the Holy Spirit who let her know about the wonderful thing God had done to Mary. She cried out with joy, "Blessed are you among women, and blessed is the fruit of your womb! And how have I deserved to have the Mother of my Lord visit me?"

Jesus, we too want to be filled with the Holy Spirit as we repeat with joy the same words that Elizabeth said to Our Lady, "Blessed are you among women, and blessed is the fruit of your womb, JESUS!"

Just like Your little Sacred Heart was beating in the womb of Mother Mary, right under her Immaculate Heart, we offer our Rosary decade for all the babies whose little hearts are beating right now in their mother's wombs. We pray that they will be born safely and one day come to know and love You just like we do, Jesus.

PRAYING THE ROSARY DECADE

Boys and girls, let's take out our Rosary beads now and kneel down. (kneel) Find the Crucifix on the end of your Rosary beads. Let's give the Crucifix a kiss. (kiss the Cross) Thank You, Jesus, thank You for dying on the Cross for me. Let's make the Sign of the Cross together: "In the name of the Father and of the Son and of the Holy Spirit. Amen."

Now find the second decade on your Rosary beads - 1, 2 (pause) Jesus, with all the love in our hearts, we offer You the second Joyful mystery, the Visitation.

Boys and girls, I'll say the first part of the prayer, you say the second. (pause) (Prayer leader) "Our Father, who art in Heaven, hallowed be Thy name. Thy Kingdom come. They will be done, on earth as it is in Heaven. (Boys and girls) Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen." (Prayer leader) "Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. (Boys and girls) Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen." (9 times)

Boys and girls, we come now to our last "Hail Mary." We pause and call this one our "Golden Hail Mary." What special intentions do you need to bring to Jesus? Are you worried about something to do with school? Is there someone in your family who needs prayers? If it is important to you, it is important to Jesus because you are so important to Him! Tell Jesus everything. He is listening. (Very long pause) Jesus, we gather up all our special intentions and lay them before Your throne as together we pray: Hail Mary...

Boys and girls, let's bow our heads down low and adore the most Holy Trinity. (Very long pause of adoration silence.) Together we pray: "Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen."

Let's come back up slowly now and look right at Jesus on the altar. (pause). This next prayer is one that Blessed Mother taught the three children at Fatima. Our Lady asked that this be prayed at the end of each Rosary decade. (pause) Jesus, we know this must be very important. (pause) Boys and girls, let's hold out our hand towards Jesus (extend your hand) Together we pray: "O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to Heaven, especially those most in need of Thy mercy. Amen." (pause) Let's find the Crucifix again at the end of our Rosary beads and give the Cross a kiss. (kiss the Cross) Together we make the Sign of the Cross: "In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Boys and girls, have a seat. (very long pause)

SAINT OR STORY MEDITATION

Jesus, our mediation today is based on a story written by Elaine Woodfield. This very special story begins like this:

The candle seemed to get brighter and brighter as the room got darker. It was around the year 1054 and the monk, Brother Herman, had just finished writing.

Brother Herman carefully laid his pen next to the container of ink on his desk and smiled.

He looked over at the image of Our Blessed Mother hanging on the wall. "I hope I have served you well today, my Lady," he whispered. Brother Herman looked back down at his manuscript. It was a prayer entitled: "Salve Regina."

Never would the humble Brother Herman imagine that his "Salve Regina" prayer would be one of the most well known and famous prayers ever written! He only knew that it was an expression of the great love that he had in his heart for You, Jesus, and Mother Mary.

Just then Brother Herman heard a gentle knock on his door, and another Brother entered. He was there to help Brother Herman get ready to go to sleep. Why? Because Brother Herman was a cripple. He was so deformed and his muscles were so contracted that he could not walk. He could not move in and out of his chair without assistance. He could not wash up, or get dressed or lay down in his bed without help.

Brother Herman spent most of his life in his little cell. (pause)

Brother Herman first came to the monastery when he was seven years old. His parents realized that his mind was as brilliant as his body was disabled. They knew that the best place for their son would be the Benedictine Monastery on Lake Constance in Switzerland. There he could develop his mind with the ways of learning that the Benedictines were famous for. It was there that he used all his talents for the service and glory of God.

Brother Herman became known throughout all of Europe as one of the most brilliant and gifted men of his time. He wrote a chronicle of world history. He wrote treatises on mathematics and astronomy. He made astronomical instruments to better read the positions of the stars. He was known as a maker of musical instruments.

However, his finest works were his prayers, the most famous being the “Salve Regina.”

The “Salve Regina,” in English the “Hail Holy Queen,” has been prayed at the end of the Rosary by millions of people for nearly 800 years!

Saints have prayed it. Martyrs have gone to their deaths with this prayer on their lips.

Dozens of musical composers have used the words of the “Salve Regina” in their hymns and chants.

Countless are the graces and favors that have been granted to the men, women and children who have prayed this beautiful prayer with faith.

Brother Herman combined a brilliant mind and a disabled body with a pure and strong love for You, Jesus, and Our Blessed Mother. (pause)

Boys and girls, let us pray the “Hail Holy Queen” prayer together now.

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.*

*To thee do we cry,
poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears.*

*Turn then, most gracious advocate,
thine eyes of mercy toward us, and after this our exile,
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.*

Blessed Herman of Reichenau, pray for us!

(pronounced: Rei-che-nau, “rye-jeh-know”)

In the name of the Father and of the Son and of the Holy Spirit. Amen.

QUIET PRAYER TIME

Boys and girls, let's have some quiet prayer time now, speaking with Jesus, Heart-to-heart.

One minute before Father/Deacon and the altar servers enter for Benediction:

Jesus, in a moment, Father/Deacon is going to come and lift You high in Benediction. I know that You want to pour out many graces upon the children, upon their families and upon our entire world! Boys and girls, open your hearts wide to receive all that Jesus wants to give you today!

BENEDICTION OF THE MOST BLESSED SACRAMENT

Let's take out our program now and find the Benediction Hymn. We will sing together when Father/Deacon and the servers enter.

*Down in adoration falling
Lo! The Sacred Host we hail;
Lo! o'er ancient forms departing,
Newer rites of grace prevail;
Faith for all defects supplying
Where the feeble senses fail.*

*To the everlasting Father,
And the Son who reigns on high,
With the Holy Ghost proceeding Forth from each eternally,
By salvation, honor, blessing,
Might and endless majesty. Amen.*

Priest/Deacon: *You have given them Bread from Heaven.*
All: *Having within It all sweetness.*

Priest/Deacon: *Let us pray. Lord Jesus Christ, you gave us the Eucharist as the memorial of Your suffering and death. May our worship of this Sacrament of Your Body and Blood help us to experience the salvation You won for us, and the peace of the kingdom; where You live with the Father and the Holy Spirit, One God, forever and ever.*

All: *Amen.*

*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 Saint Joseph, her most chaste spouse.
Blessed be God in His Angels and in His Saints.*

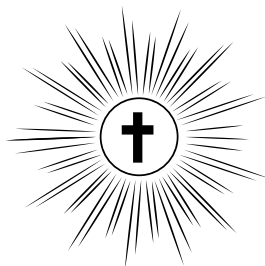
When Father/Deacon puts the Blessed Sacrament back into the tabernacle and closes the tabernacle doors, say: *Boys and girls, let's stand and sing "Immaculate Mary."*

As Father/Deacon and the altar servers start to exit, sing:

*Immaculate Mary, your praises we sing;
You reign now in splendor with Jesus, our King.
Ave, ave, ave Maria! Ave, ave, Maria!*

After Father/Deacon and the altar servers have left the Church, turn towards the children and say: *Jesus is so happy that you came to make a visit with Him. Remember, He's always here in the tabernacle for you to come and make your visits with Him. Have a great week and we'll see you at our next Guided Eucharistic Holy Hour.*

If you have not read the booklet, "VISITING JESUS – A Simple Plan to Begin Guided Eucharistic Holy Hours for Children," please go online to *Catholic Kids 101* for your free download. Questions? Go to *Catholic Kids 101* and click the "Contact Us" page.



Catholic Kids 101
We are kids telling kids about Jesus!