

JUNE CONTEMPLATION

Let us keep silence before the Lord.

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.

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: *(Heb 12:11-16, 20-21)*

The high priest carries the blood of animals into the Most Holy Place as a sin offering, but the bodies are burned outside the camp. And so Jesus also suffered outside the city gate to make the people holy through his own blood. Let us, then, go to him outside the camp, bearing the disgrace he bore. For here we do not have an enduring city, but we are looking for the city that is to come. Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that confess his name. And do not forget to do good and to share with others, for with such sacrifices God is pleased.

May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.

The Word of the Lord.

All: Thanks be to God.

Responsorial Psalm *(Psalm 62:6, 7-8, 9, 11-12a)*

Response: *Only in God is my soul at rest.*

He alone is my rock and my salvation,
my fortress where I will not be shaken. **R/.**

My victory and honor come from God alone.
He is my refuge, a rock where no enemy can reach me. **R/.**

O my people, trust in him at all times.

Pour out your heart to him, for God is our refuge. *R/.*

Common people are as worthless as a puff of wind,
and the powerful are not what they appear to be.

If you weigh them on the scales,
together they are lighter than a breath of air. *R/.*

God has spoken plainly,
and I have heard it many times:

Power, O God, belongs to you;
unfailing love, O Lord, is yours. *R/.*

Glory be to the Father...

Meditation: *Ecclesia de Eucharistia* - Chapter Two: *The Eucharist Builds the Church*, 24

The gift of Christ and his Spirit which we receive in Eucharistic communion superabundantly fulfills the yearning for fraternal unity deeply rooted in the human heart; at the same time it elevates the experience of fraternity already present in our common sharing at the same Eucharistic table to a degree which far surpasses that of the simple human experience of sharing a meal. Through her communion with the body of Christ the Church comes to be ever more profoundly “in Christ in the nature of a sacrament, that is, a sign and instrument of intimate unity with God and of the unity of the whole human race.”⁴⁴

⁴⁴ *Lumen Gentium*, 1.

Silent Reflection

Reflection - (*Catechism*, 2724)

Contemplative prayer is the simple expression of the mystery of prayer. It is a gaze of faith fixed on Jesus, an attentiveness to the Word of God, a silent love. It achieves real union with the prayer of Christ to the extent that it makes us share in his mystery.

Prayer for Fathers

Leader: *Let us pray.*

Most gracious Heavenly Father, we thank you for our earthly fathers, those to whom you have entrusted the responsibility to provide loving protection of their families and guidance of their children. We thank you, also, for our priests and bishops, whose spiritual fatherhood is so vital to the faith of your people. May your Holy Spirit constantly inspire them with justice and mercy, wisdom and strength, fidelity and self-giving love. May they receive your grace abundantly in this earthly life, and may they look forward to eternal joy in your presence in the life to come. Amen.

Intentions

Let us pray together the Daily Offering with the intention of the Holy Father and our personal intentions:

R/. Lord, hear our prayer.

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:

For the Holy Father's **Universal Intention:** That social networks may work towards that inclusiveness which respects others for their differences, we pray. *R/.*

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

That by the Church's sacred remembrance of the mysteries of our salvation, the Lord may pour his divine love into every human heart, we pray to the Lord. *R/.*

Lord, you fed your people in the desert, let us hear your Word of life amid the noise of our busy lives today, we pray to the Lord. *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/.*

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