

**HOLY HOUR FOR LIFE AND FAITH  
OFFICIAL PRAYER PROGRAMME  
SOLEMNITY OF MARY THE MOTHER OF  
GOD  
1st January 2020**

*Placing the cause of Life and Faith in Ireland in the  
Immaculate Heart of Mary the Mother of God*

**Hymn: Hail Queen of Heaven**

Hail, Queen of Heav'n, the ocean Star,  
Guide of the wand'rer here below!  
Thrown on life's surge we claim thy care,  
Save us from peril and from woe.  
Mother of Christ, Star of the sea,  
Pray for the wanderer, pray for me

O gentle, chaste, and spotless Maid,  
We sinners make our prayers through thee  
Remind thy Son that He has paid  
The price of our iniquity.  
Virgin most pure, Star of the sea,  
Pray for the sinner, pray for me.

[If the Holy Hour includes Eucharistic Exposition start by  
singing or reciting](#)

["Oh Sacrament Most Holy, O Sacrament Divine, All  
Praise and All Thanksgiving be every moment Thine." X  
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**The Angel's Prayer (Fatima)**

"O Most Holy Trinity, Father, Son and Holy Spirit, I  
adore Thee profoundly. I offer Thee the most precious  
Body, Blood, Soul and Divinity of Jesus Christ present  
in all the tabernacles of the world, in reparation for the  
outrages, sacrileges and indifferences by which He is  
offended. By the infinite merits of the Sacred Heart of

Jesus and the Immaculate Heart of Mary, I beg the  
conversion of poor sinners."

**The Pardon Prayer (Fatima)**

"My God, I believe, I adore, I hope and I love Thee! I  
beg pardon for all those that do not believe, do not  
adore, do not hope and do not love Thee."

**5 minutes of Silent Prayer in honour of Mary the  
Mother of God**

**ROSARY REFLECTION** can now be read. See  
supplementary document below

**HOLY ROSARY: Glorious Mysteries**

**The Resurrection**

Consider Our Lady at dawn on Easter Sunday. She who  
kept all her Son Jesus' words in her Immaculate Heart.  
She alone awaited His resurrection. Like the wise  
virgins of the parable, her lamp of faith was burning  
brightly. O Mother, in this troubled time, keep  
Ireland in your heart so that the faith of our people will  
grow in this new year.

**The Ascension**

Consider Our Lady on the Mount of Olives as her Son  
Jesus ascends to His Father in Heaven. O Mother as  
you were left to nurture and form the apostles and  
disciples in prayer, nurture and form our bishops,  
priests, religious and those your Son calls to religious  
vocation.

**The Descent of the Holy Spirit**

Consider Our Lady in the Upper Room. She is the  
Daughter of the Father, Mother of the Son, and Spouse  
of the Holy Spirit, truly Mary the Mother of God. O  
Mother as you brought forth Jesus at Christmas by the  
Power of the Holy Spirit, you bring forth His Mystical

Body the Catholic Church by the Power of the same  
Holy Spirit on Pentecost, as you did then, O  
Mother, guide your Church to holiness bringing your  
Son to an Ireland and world in desperate need of His  
redemptive Grace.

**Assumption of Our Lady into Heaven**

Consider Our Lady's Assumption. Having faithfully  
carried out her Mission of Motherhood on Earth she is  
brought to Heaven body and soul to continue her  
mission from Heaven where she is in the bosom of the  
Blessed Trinity, the source of all Grace. O Mother, we  
ask you to protect the life and innocence of all  
children, born and unborn and keep their families in  
your Immaculate Heart, so that through your Rosary  
mothers and fathers will share with their children the  
precious gift of life and faith.

**Coronation of Our Lady, Queen of Heaven and Earth**

Consider Our Lady crowned queen. She who is most  
humble is most exalted. O Mother we honour and  
revere you as Queen never forgetting that you are  
ever and always our Mother. O Mother obtain for us  
living in the stress and complexity of this world, the  
love and humility to be your little Child, mindful that  
only "little children" will live forever in the everlasting  
happiness with God in heaven.

**Sing Salve Regina or Recite Hail Holy Queen**

Salve Regina mater misericordiae, vita, dulcedo et spes  
nostra salve  
Ad te clamamus, exsules filii Hevae  
Ad te suspiramus gementes et flentes in hac  
lacrimarum valle  
Eia ergo advocata nostra, illos tuos miseri cordes  
oculos ad nos converte  
Et Jesum benedictum fructum ventris tui nobis post  
hoc exsilium ostende  
O clemens, o pia, o dulcis virgo Maria

## **5 Minutes of Silent Prayer in thanksgiving to Mary our Mother**

### **Act of Consecration of Ireland to the Immaculate Heart of Mary (Archbp Eamon Martin)**

Most Blessed Virgin Mary, Mother of God and Refuge of Sinners, we entrust and consecrate ourselves, our family, our home, our Dioceses and Ireland our country to Jesus through your Immaculate Heart. As your children, we promise to follow your example in our lives by doing at all times the will of God.

O Mary, Spouse of the Holy Spirit, we renew today the promises of our Baptism and Confirmation. Intercede for us with the Holy Spirit that we may be always faithful to your Divine Son, to his Mystical Body, the Catholic Church, and to the teachings of his Vicar on earth, our Holy Father the Pope.

Immaculate Heart of Mary, our Queen and our Mother, we promise to uphold the sanctity of marriage and the welfare of the family. Watch over our minds and hearts and preserve our young people from dangers to their faith and the many temptations that threaten them in the world today.

We ask you, Mary our Advocate to intercede with your divine Son. Obtain for our country the grace to uphold the uniqueness of every human life, from the first moment of conception to natural death.

O Blessed Mother, Our Life, Our Sweetness and Our Hope, we wish that this Consecration be for the greater glory of God and that it lead us safely to Jesus your Son. A Naomh-Mhuire, a Mháthair Dé, guigh orainn na peacaigh, anois agus ar uair ár mbáis.

Amen

**St. Joseph.** Spouse of Mary, Protector of the Church **Pray for us!**

**St Patrick,** saints and holy souls of Ireland, **Pray for us!**

**St Michael,** Gabriel and Raphael. the Angel of Ireland and Holy Guardian Angels. **Pray for us!**

Saint Michael the Archangel, defend us in this hour of conflict. Be our safeguard against the wickedness and snares of the devil. May God rebuke him we humbly pray, and do Thou, O Prince of the Heavenly Host thrust Satan down to hell, and with him all the wicked spirits who wander the world seeking the ruin of souls. Amen

### ***THERE ARE THREE OPTIONS FOR THE CONCLUSION OF THE HOLY HOUR FOR LIFE AND FAITH***

**1.) If The Holy Hour is lead by a priest and involves Exposition of the Blessed Sacrament then end with Benediction.**

#### **BENEDICTION**

**2.) If the Holy Hour is not led by a priest but involves Exposition of the Blessed Sacrament then conclude with**

#### **Tantum Ergo Sacramentum**

Tantum ergo sacramentum  
Veneremur cernui

Et antiquum documentum  
Novo cedat ritui  
Praestet fides supplementum  
Sensuum defectui

Genitori Genitoque  
Laus et jubilation  
Salus, onor, virtus, quoque  
Sit et benediction  
Procendenti ab utroque  
Compare sit laudatio

#### **The Divine Praises**

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 Jesus, the Divine Mercy!  
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!

And when the Holy Eucharist is being returned to the Tabernacle sing or recite

**“Oh Sacrament Most Holy, O Sacrament Divine, All Praise and All Thanksgiving be every moment Thine.”  
X 3**

**3.) If the Holy Hour is not led by a priest and does not involve Exposition of the Blessed Sacrament then conclude with**

#### **Divine Mercy Chaplet Memorare**

#### **Closing Hymn**

#### **Our Lady of Knock**

There were people of all ages  
gathered 'round the gable wall  
poor and humble men and women,  
little children that you called  
We are gathered here before you,  
and our hearts are just the same  
filled with joy at such a vision,  
as we praise your name

Refrain: Golden Rose, Queen of Ireland,  
all my cares and troubles cease  
as we kneel with love before you,  
Lady of Knock, my Queen of Peace

Though your message was unspoken,  
still the truth in silence lies  
as we gaze upon your vision,  
and the truth I try to find  
here I stand with John the teacher,  
and with Joseph at your side  
and I see the Lamb of God,  
on the Altar glorified Refrain

And the Lamb will conquer  
and the woman clothed in the sun  
will shine Her light on everyone  
and the lamb will conquer  
and the woman clothed in the sun,  
will shine Her light on everyone Refrain:

#### **ROSARY REFLECTION:**

Some incredible things have happened recently in  
some European Countries through the Rosary.

#### **HUNGARY:**

Amongst the many miracles and interventions  
attributed to Our Lady of the Rosary, the following are  
noteworthy. After the 2010 election in Hungary, the  
Prime Minister brought in a new Constitution which  
was both pro-life and pro-family. A great revival of  
religion occurred with Churches being rebuilt and  
authentic Catholic teaching in schools. Hungarians  
credit Cardinal Erdo with the transformation of their  
country, as from 2003 to 2006 he had promoted the  
Rosary, until finally 10% of the population or 1 in 10  
people agreed to pray the daily Rosary. Since 2010  
Marriages in Hungary have increased by 43% and

Divorce has dropped by 22.5%. There are 23% less  
Abortions and the birth rate is the highest in twenty  
years. Parliament brought in sweeping changes.  
Mortgage reductions of €3,000 are given to couples on  
the birth of their second child and €12,000 is given on  
the birth of the third child. In 2020 mothers of four or  
more children will enjoy lifetime tax exemption. Eight  
hundred thousand new jobs have been created and  
the balance between life and work has been  
established. Hungary has been greatly blessed because  
of its return to the faith and the Rosary.

#### **AUSTRIA:**

After the second World War, Austria was taken over by  
communist Russia. An Austrian priest Fr Petrios went  
up and down the country asking people to pray the  
Rosary every day to save Austria. Only 1 in 10 agreed  
to sign a pledge to do this. However, on the 13th May,  
1955, the Feast Day of Our Lady of Fatima the Russian  
army suddenly withdrew peacefully from Austria.  
Many people could not understand why, as the  
Russians had never left Hungary, Poland, Yugoslavia  
and other Eastern European countries. However,  
Chancellor Raab in a radio broadcast declared that it  
was the 1 in 10 people that saved Austria. Our Lady  
works these miracles not just to solve critical situations  
but to remind us of the power of “her weapon” of the  
Rosary and to spur us on to do as she asked on her six  
visits to Fatima “Pray the Rosary” every day.

Will YOU help Our Lady to transform Ireland by praying  
the Rosary, or one decade of the Rosary, every day?

If so, please sign the 1 in 10 Rosary pledge at the back  
of the Church.

Please photocopy 1 in 10 Rosary Pledge Sheets to be  
signed and then posted to:  
1 in 10 Rosary Mission  
C/O Church of the Assumption,

Ballypnehane,  
Cork

**PLEASE NOTE:** In relation to Sign Up Sheets:  
Organisers just need a sheet with a space for people to  
write name, town, and email address and phone  
number (should the person signing wish to get further  
information on the 1 in 10, and other faith events etc.)