



USMC photo

Holy Hour for Those Who Serve in the Military (Civilian Parish Version)

The Mysteries of Light

- (1) Jesus' Baptism in the Jordan (Matthew 3: 13-17)
- (2) His self-manifestation at the wedding of Cana (John 2:1-12)
- (3) The proclamation of the Kingdom of God, with his call to conversion (Mark 1:15; Mark 2:3-13)
- (4) The Transfiguration (Luke 9:28-36)
- (5) The institution of the Eucharist at the Last Supper (Luke 22: 15-20)

©2003, CatholicMil.org, Catholics in the Military

The contents of this document are for private use only. Duplication of any portion of this material for any reason may be made only with the express consent of CatholicMil.org, Catholics in the Military.

Holy Hour Leader announces the mystery and pauses to allow a volunteer to lead the prayers of the decade. Individuals volunteer to lead one decade. Suggestions here are offered simply as a guide. The leader of the decade may vocalize the intention, or it may remain the silent intentions of the heart.

Suggested intentions:

For the intentions of our Holy Father, especially for world peace
That those serving overseas firmly trust the Lord will provide well for family back home

For the moral strength and godly courage of our military
That military families place firm hope and trust in the promises of Christ, and receive grace to allow God to be their strength.

For those who miss the one in service, that they receive God's grace and consolation

For the physical and spiritual protection of those serving overseas
That God's wisdom guide the decisions of our president and all those in authority over our national defense

That members of the Armed Forces remain close to God through prayer and thus consecrate the sacrifice they are making for their country.

+ +

Leader: Canticle of Zechariah

ALL: Blessed be the Lord God of Israel,
for he has visited and redeemed his people,
and has raised up a horn of salvation for us
in the house of his servant David
as he spoke by the mouth of this holy prophets from of old,
that we should be saved from our enemies,
and from the hand of all who hate us;
to perform the mercy promised to our fathers
and to remember his holy covenant,
the oath which he swore to our father Abraham,
to grant us that we,
being delivered from the hand of our enemies,
might serve him without fear,
in holiness and righteousness before him
all the days of our life.
And you, child,
will be called the prophet of the Most High;
for you will go before the Lord
to prepare his ways,
to give knowledge of salvation to his people in the forgiveness of their sins,
through the tender mercy of our God,
when the day shall dawn upon us from on high
to give light to those who sit in darkness
and in the shadow of death
to guide our feet into the way of peace. Amen.

Prayer Asking Divine Protection for Those In Service

Leader: O God, we beseech You, watch over those exposed to the horror of war, and fortify our service members against spiritual and physical dangers. Bless them with courage, wisdom and strength and grant them the grace of noble service that would truly contribute to the maintenance of peace. Help them, O Lord, to remember the oath they swore in Your name, and bring swiftly Your promised Divine Aid when they cry out to you in need.

R: Give them such a strong faith that no human respect may ever lead them to deny it, nor may they ever fear to practice it. By Your grace, O God, fortify them against the contagion of bad example, that being preserved from vice, and serving You faithfully, they may be ready to meet death whenever it may happen. Mother of God, be with them on the battlefield, and if they should be called to make the supreme sacrifice, obtain for them that they may die in the grace of Thy Divine Son. And may we, by our prayers, be sustained and fortified by your everlasting promise of eternal glory for those who serve you well. We ask this through Christ our Lord. Amen

Leader: Sacred Heart of Jesus!

Response: Have mercy on us!

Leader: St. Joseph!

Response: Pray for us!

Leader: St. Michael!

Response: Defend us!

Leader: Guardian Angels!

Response: Protect us!

All: Amen.

+++++

Prayer to Saint Michael (Patron of the Military)

All: St. 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 evil spirits who prowl throughout the world seeking the ruin of souls. AMEN

Leader:
St. Martin of Tours, patron saint of chaplains

All:
R: Pray for us

St. Therese of the Little Flower, Angel of the Trenches

R: Pray for us

St. Ignatius, patron saints of soldiers

R: Pray for us

St. Denis of Padua, patron of women whose husbands are at war **R:** Pray for us

St. Brendon, patron saint of sailors and Marines. **R:** Pray for us

St. Barbara, patroness of artillerymen, **R:** Pray for us

St. Joseph of Cupertino, patron of paratroopers
aviators and all airborne services **R:** Pray for us

St. Philip Neri, patron saint of US Special Forces **R:** Pray for us

St. Maurice, patron saint of infantrymen **R:** Pray for us

St. Andrew the Apostle, patron saint of rangers **R:** Pray for us

St. Michael, and St. George, patron saints of all Military Services **R:** Pray for us

Prayer for Our Nation

ALL: We pray, Thee, O God of might, wisdom and justice,
through whom authority is rightly administered,
laws are enacted and judgments decreed,
assist, with Thy Holy Spirit of counsel and fortitude,
the President of these United States;
that his administration may be conducted in righteousness
and be eminently useful to Thy people over whom he presides;
by encouraging due respect for virtue and religion;
by a faithful execution of the laws of justice and mercy;
and by restraining vice and immorality.

Let the light of Thy divine wisdom direct the deliberations of Congress
and shine forth in all the proceedings and laws framed for our rule and government;
so that they may tend to the preservation of peace, the promoting of national happiness,
the increase of industry, sobriety and useful knowledge;
and may perpetuate to us the blessings of equal liberty.

We pray for His Excellency the Governor of this State,
for the members of the Assembly, for all Judges, Magistrates,
and other officers who are appointed to guard our political welfare;
that they may be enabled by Thy powerful protection,
to discharge the duties of their respective stations with honesty and ability.

We recommend likewise to Thy unbounded mercy all our brethren and fellow citizens,
throughout the United States, that they may be blessed in the knowledge,
and sanctified in the observance of Thy most holy law;
that they may be preserved in union, and in that peace which the world cannot give;
and after enjoying the blessings of this life,
be admitted to those which are eternal,
through Christ our Lord and Savior. Amen.

(From a prayer of Archbishop Carroll, 1800 for the United States of America)

(If enough people are present, have three volunteers alternately lead the next three prayers)

Leader: Prayer for Victory

Volunteer I: O God of battles, who grants the victory to those who put their trust in Thee: mercifully hear the prayers of us, thy servants, that the evil designs of our enemies being defeated, we may praise Thee with unceasing gratitude.

Response: Amen

(from Prayerbook of Catholic Servicemen, 1943)

+ +

Leader: Prayer for Peace

Volunteer II: O God from whom are all holy desires, righteous counsels and just works, give to Thy servants that peace which the world cannot give; that our hearts being disposed to keep Thy commandments and the fear of enemies taken away, the times, by Thy protection, may be peaceable.

Response: Amen

+ +

Leader: Prayer for Our Enemies

Volunteer III: O God, who for your great love of this world did reconcile earth to heaven through your only-begotten Son, grant that we, who by the darkness of our sins are turned aside from brotherly love, may by Thy light shed forth in our souls, embrace our friends in Thee and our enemies for Thy sake in a bond of mutual affection; through the same Jesus Christ, Thy Son, our Lord.

Response: Amen

+ +

Psalm 25 – Psalm of Divine Mercy

(If enough people are present, leader announces those in the right pews recite “A”, those in the left recite “B”; or front half of church “A”, back half of church “B”)

A: To Thee, O Lord, I lift up my soul. O my God, in thee I trust, let me not be put to shame; let not my enemies exult over me. Yea, let none that wait for Thee be put to shame; let them be ashamed who are wantonly treacherous.

B: Make me to know thy ways, O Lord; teach me thy paths. Lead me in thy truth, and teach me, for thou art the God of my salvation; for thee I wait all the day long. Be mindful of thy mercy, O Lord, and of thy steadfast love, for they have been from of old. Remember not the sins of my youth, or my transgressions; according to thy steadfast love remember me, for thy goodness’ sake, O Lord.

A: Good and upright is the Lord; therefore he instructs sinners in the way. He leads the humble in what is right, and teaches the humble his way. All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his testimonies.

B: For thy name's sake, O Lord, pardon my guilt, for it is great. Who is the man that fears the Lord? Him will he instruct in the way that he should choose. He himself shall abide in prosperity, and his children shall possess the land. The friendship of the Lord is for those who fear him, and he makes known to them his covenant. My eyes are ever toward the Lord, for he will pluck my feet out of the net.

A: Turn thou to me, and be gracious to me; for I am lonely and afflicted. Relieve the troubles of my heart and bring me out of my distresses. Consider my affliction and my trouble and forgive all my sins.

B: Consider how many are my foes, and with what violent hatred they hate me. Oh guard my life, and deliver me; let me not be put to shame, for I take refuge in thee. May integrity and uprightness preserve me, for I wait for thee.

ALL: Redeem Israel, O God, out of all his troubles.

**Pause now for 20 minutes
of silent contemplative prayer
before the Blessed Sacrament**

(Presented here are petitions to silently offer before Our Lord in the Blessed Sacrament and to encourage reflection on the life of service and sacrifice called upon our military.)

For an increase in vocations to the Archdiocese for Military Services, USA

In thanksgiving for those bishops who generously release their priests to serve as military chaplains

For deliverance from terrorism, tyranny, oppression

For the intentions and protection of Archbishop Edwin O'Brien of the Military Archdiocese

That fear be replaced with certitude in Christ's ultimate victory over evil

That those returning home after months or years of geographical separation may find consolation and healing in the love received from family, friends, and their faith community

For those awaiting the return of spouse, parent, or child, that they may be spiritually edified and grow even stronger in faith through the trials they endure

For those who minister to the military community

+++++

Leader Announces: Gospel Meditation

(As the Spirit leads, someone other than the Holy Hour Leader reads the following gospel account:)

Other participant reads:

Luke 7:2-9 Now a centurion had a slave who was dear to him, who was sick and at the point of death. When he heard of Jesus, he sent to him elders of the Jews, asking him to come and heal his slave. And when they came to Jesus, they besought him earnestly, saying, "He is worthy to have you do this for him, for he loves our nation, and he built us our synagogue." And Jesus went with them. When he was not far from the house, the centurion sent friends to him, saying to him, "Lord, do not trouble yourself, for I am not worthy to have you come under my roof; therefore did I not presume to come to you. But say the word, and let my servant be healed. For I am a man set under authority, with soldiers under me: and I say to one, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my slave, 'Do this,' and he does it." When Jesus heard this he marveled at him, and turned and said to the multitude that followed him, "I tell you, not even in Israel have I found such faith." *

(***Note on Gospel Meditation:** A most efficacious time to pray for loved ones in the military and for increased Catholic vocations to the military chaplaincy is just before Communion, when the words that caused our Lord to marvel at a soldier's great faith are immortalized in Mass: "Lord, I am not worthy to receive you, but only say the word and I shall be healed.")



Chaplain Emil J. Kapaun

ALL: Lord, Jesus, in the midst of the folly of war, your servant Emil gave himself in total service to You through his service and care of his fellow soldiers. We now ask you, Lord Jesus, to manifest to the world the glory of his sacrifices by signs of miracles and peace. In Your name, Lord, we ask for you are the source of our peace, the strength of our service to others, and our final hope. In Your name, Lord Jesus, we ask. Amen.

Litany for Those in the Military Services

Leader: For all military families and chaplains

Response: Lord, we are not worthy but only say the word and we shall be healed!

For an increase in vocations to the Military Archdiocese,

For those away from home for the first time,

For those in boot camp, in training, and at school,
For those serving overseas or away from home,

For those in veteran's hospitals and those who serve them,

For those who serve in time of war and international unrest,

For MIAs and POWs and for their families who mourn them,

For those wounded in action or scarred by memories,

For those suffering from loneliness and depression,

For military families to find comfort in Christ's promises

For renewed strength and courage in the face of adversity,

For true and lasting peace in the world and within our borders

Our Father....

Closing Prayer: Almighty Father, we do well always and everywhere to give you thanks and praise. When your Son, our Lord Jesus Christ, walked the face of the earth, the simple faith of the centurion caused Him to marvel and moved him to perform a miracle. Grant us that same faith, so that we may acknowledge our unworthiness and your Lordship over all: "Lord I am not worthy, but only say the word...." By these words, may every Mass remind us today of your True Presence- body, blood, soul and divinity- in the Eucharist; and may the memory of the faithful centurion inspire us to carry out our duties honorably so as to "truly contribute to the common good of the nation and the maintenance of peace." We ask this through Christ Our Lord. Amen.

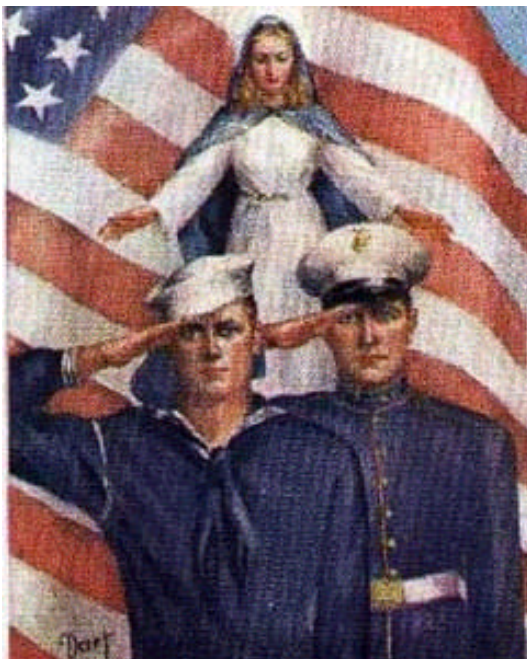
Copyright 2003

Optional Final Prayer

An American Christian's Prayer in Time of Anxiety

--Fr. Frank Pavone, www.priestsforlife.org

World War II Prayer Card image



"Deliver us, Lord, from every evil, and grant us peace in our day. In your mercy, keep us free from sin and *protect us from all anxiety*, as we wait in joyful hope for the coming of our Savior, Jesus Christ."

Lord, as we face threats from our enemies, we turn our face to you for deliverance. You are mighty, O Lord, and you are able to deliver us from all the plotting of evil people.

As your people, O Lord, we are not afraid to face the truth of the threats that surround us. We know they are there, and we do not find our peace by pretending they aren't.

Yet we, Your people, are able to see a larger truth. We see the truth that *You alone are God*, and that all the earth is in Your hands.

The winds, the waves, and the paths of the human heart, are under Your Sovereign control.

You allow us, O God, to live in the shadow of death, but you also allow us to know that *You have conquered death* by the resurrection of Your Son.

You allow us, O God, to experience anxiety, but you also allow us to know that *peace which surpasses all understanding, which the world cannot give and which none can take away.*

You allow us, O God, to be tested, but you also allow us to *triumph.*

You alone are God. In You alone, we are bold enough to say to those who hate us: "*We are not afraid of you or your co-conspirators. We are Americans, and we are Christians. We have been through the fire before. The flag still flies and the Cross still stands. Secure in the shadow of both, we will neither be afraid nor distracted. We will serve our God, we will live our lives, we will love our country -- and long after you and your terrorist plots are gone and forgotten, we will still be celebrating our freedom and proclaiming the glorious name of our Savior.*" Amen.

Distributed by
CatholicMil.Org
Catholics in the Military
www.catholicmil.org

Resources for Military Families and Chaplains

Online resources:

www.milarch.org- the Archdiocese for Military Services, USA

www.catholicmil.org- Catholics in the Military

www.cwv.org- Catholic War Veterans

www.father-capodanno.org Vietnam Chaplain, Reverend Vincent Robert Capodanno

Books:

Blessings from the Battlefield by Thomas O'Brien and Archbishop Edwin O'Brien

Catholic Prayer Book for the Marine Corps arranged and edited by John J. Burke, C.S.P.

The Grunt Padre by Fr. Daniel Mode

A Shepherd in Combat Boots by William L. Maher

Wartime Prayer Book by Fulton Sheen (recently republished)

(all resources available at local Catholic bookstores, or online at www.catholicmil.org)

Devotional for Military:

Magnificat! Order online at www.magnificat.net. One way to spiritually support your loved one in the military is to provide a gift subscription to this devotional. Packed with daily Mass readings, morning and evening prayers, meditations, and James Monti's biographies of the saints, the pocket size of this particular publication makes it a practical companion for those serving in the Armed Forces. In the field, this publication may provide the only connection a military member has to the Mass, the shortage of Catholic chaplains being so severe. And regular mail is always well received by the troop.

(USMC photo)



Other: Catholic Care Packages: Free Catholic Care Package (CCP) to military personnel are available through CatholicMil. Each packet contains a **New Testament**, a **handmade rosary**, a **religious medal** and **small crucifix** that can be worn on a dog chain, a Catholic **prayer book** and two **holy cards**. This packet is provided and sent directly to the designated Catholic troop at no cost, as a way of spiritually supporting our Catholics in uniform. CCPs may be requested by family members, friends, or the troop himself. Some restrictions apply. Limit one per request. For more info: www.catholicmil.org/html/care_req.html

Also available through www.CatholicMil.org: Your intentions remembered in Mass for the Military, Bible study on oath-swearing, biographies of military saints, the military vocation, the military chaplaincy, just war, Ask the Chaplain Q&A forum.

Catechism of the Catholic Church: Within Part III, Life of Christ, is an extensive section on Just War. Also, see sections on Authority, Duty of Citizens, and the Common Good.

The love and service of one's country follow from the duty of gratitude and belong to the order of charity
-----CCC ¶2239

Those who are sworn to serve their country in the armed forces are servants of the security and freedom of nations. If they carry out their duty honorably, they truly contribute to the common good of the nation and the maintenance of peace." -----¶2310