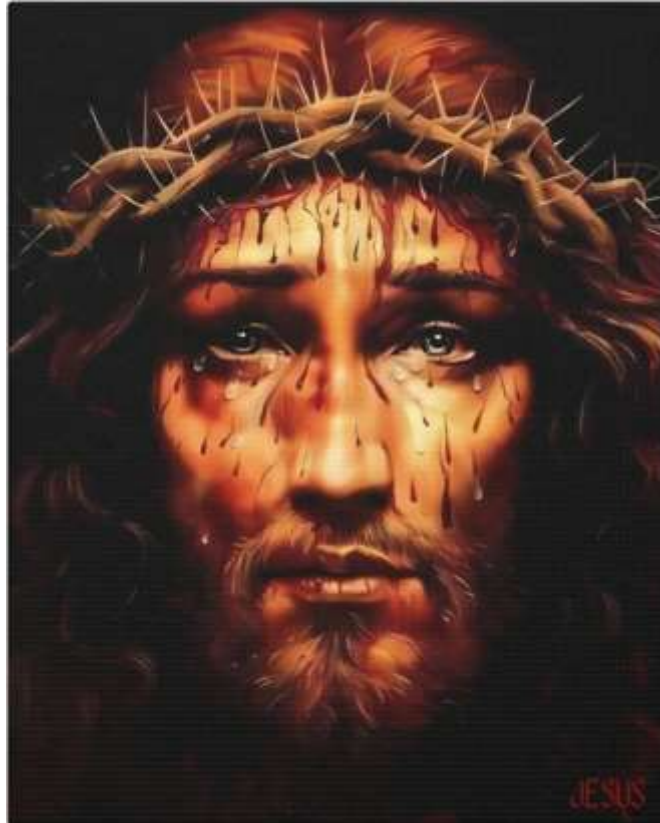


St Joseph Catholic Church

Eucharistic Adoration Newsletter



July 2024  
Issue 61

Presented by the  
St. Joseph Eucharistic Adoration  
Committee

# St. Joseph's Eucharistic Adoration Newsletter

July 2024 Issue 61

**The Month of July  
is Dedicated to the  
Precious Blood of  
Jesus**



**The Precious Blood of  
Jesus**

"The Eucharist, in the Mass and outside of the Mass, is the Body and Blood of Jesus Christ, and is therefore deserving of the worship that is given to the living God, and to Him alone" (St Pope John Paul II, Opening address in Ireland, Phoenix Park, September 29, 1979).

## Feasts for July

1. Junípero Serra (USA), Opt. Mem.
3. Thomas, Apostle, Feast
4. Independence Day (USA), Opt. Mem.
5. Anthony Mary Zaccaria; Elizabeth of Portugal, Queen (USA), Opt. Mem.
6. Maria Goretti, Opt. Mem.
7. FOURTEENTH SUNDAY IN ORDINARY TIME, Sunday
9. Augustine Zhao Rong & companions, Opt. Mem.
11. Benedict, Memorial
13. Henry, Opt. Mem.
14. FIFTEENTH SUNDAY IN ORDINARY TIME, Sunday
15. Bonaventure, Memorial
16. Our Lady of Mount Carmel, Opt. Mem.
18. Camillus de Lellis (USA), Opt. Mem.
20. Apollinaris, Opt. Mem.
21. SIXTEENTH SUNDAY IN ORDINARY TIME, Sunday
22. Mary Magdalene, Feast
23. Bridget, Opt. Mem.
24. Sharbel (Charbel) Makhloof, Opt. Mem.
25. James, Apostle, Feast
26. Joachim and Anne, Memorial
28. SEVENTEENTH SUNDAY IN ORDINARY TIME, Sunday
29. Martha, Mary and Lazarus, Memorial
30. Peter Chrysologus; Solanus Casey, Opt. Mem.
31. Ignatius of Loyola, Memorial

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- Brief History of the Precious Blood of Jesus
- Novena to the Precious Blood of Jesus
- Litany to the Precious Blood of Jesus
- The Liturgy of the Hours (Repeated again)
- The Rule of St. Benedict

## **Brief History of the Precious Blood of Jesus**

Research and copied from The Fatima Center, article written by Matthew Please.

[Most Precious Blood: History and Devotions for the Feast | The Fatima Center](#)

### **The History of Feast of the Precious Blood**

According to the Traditional Catholic Calendar of 1962 and prior, July 1st is the Feast of the Most Precious Blood of Our Lord Jesus Christ. This feast was instituted for the Universal Church in 1849 by Pope Pius IX and was raised to the rank of a double of the first class by Pope Pius XI on the occasion of the nineteenth centenary of our Savior's death in 1933.

This Feast, like so many others, has fallen victim to the post-Vatican II Church's novelties. While only established in 1849, this relatively recent feast day is worth honoring and considering after having completed the month of June, which is dedicated to the honor of the Sacred Heart of Jesus.

However, devotion to the Precious Blood of our Lord stretches back long before the establishment of this July 1st feast day. Devotion to the Precious Blood is connected to devotion to the Passion and Death of Our Lord since through the shedding of His Blood, mankind was redeemed. Consequently, one can say the Church has always honored the Blood of Jesus Christ. Romans 5:9 states, "we are justified by His blood", and Hebrews 13:12 states, "and so Jesus also, that He might sanctify the people by His blood, suffered outside the gate." 1 John 1:7 also writes of the Precious Blood: "...and the blood of Jesus Christ, His Son, cleanses us from all sin." We would do well to meditate on the seven times Christ shed His Precious Blood for our salvation. As Fr. Peter Scott, SSPX reminds us:

"The veneration of the Precious Blood of Our Divine Saviour is as old as the Passion in which it was shed. It is founded on the simple doctrine of the Incarnation, namely that the Second Person of the Blessed Trinity took a human nature to Himself, and that this human nature is the human nature of God. We call this the hypostatic union. Every part of Christ's human nature is united to the second divine Person. This includes his Precious Blood, to which is consequently owed the adoration that is owed to God Himself, that of Latria. We consequently do not need any private revelation to tell us about devotion to the Precious Blood, but find it deeply rooted in the deposit of the Faith."

Closer to our modern era, devotion to the Precious Blood has been greatly encouraged by St. Gaspar Buffalo, founder of the Congregation of the Precious Blood of Jesus Christ. Pope Pius IX was exiled from Rome in 1849. A companion of Pope Pius IX was Don Giovanni Merlini, the third general of that Congregation. Don Giovanni Merlini suggested to Pope Pius IX that he make a vow to give the Feast of the Precious Blood to the entire church if he should regain the papal territory. The Feast however had been celebrated beforehand by the Fathers of the Most Precious Blood on the Friday after the Fourth Sunday of Lent.

We owe the institution of a special feast in honor of the Precious Blood to Pope Pius IX. It was Pope St. Pius X who transferred the feast from the first Sunday of July to July 1st. And it was Pope Pius XI, who raised the rank of the feast day, in commemoration of the 19th centennial of the mystery of the Redemption.

## **Devotions to the Precious Blood**

In honor of the Feast of the Most Precious Blood, and for the month of July which is in a special manner dedicated to the memory of the Precious Blood, the Church has blessed several devotions that we should consider practicing at this time:

1. [Chaplet of the Most Precious Blood](#) (approved by Pope Pius VII and enriched with indulgences originating back to 1809 and 1815)
2. [Litany of the Most Precious Blood of Jesus](#) (approved by Pope John XXIII on February 24, 1960 and enriched with an indulgence)
3. [Offering in Reparation to the Most Precious Blood of Jesus](#) (approved by Pope Pius VII on September 22, 1817, and enriched with an indulgence)
4. [An Offering of the Precious Blood for Souls](#)
5. [The Seven Offerings of the Precious Blood](#) (approved by Pope Pius VII and enriched with indulgences originating back to 1817)

## **Novena to the Precious Blood of Jesus**

### **Day 1 – Novena to the Precious Blood of Jesus**

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

By the Voice of Thy Blood, O Jesus, I seek Thee, ask Thee and beg Thee, to help me at this time of my need.

O Jesus, I kneel at Thy bleeding feet pleading that you will hear me. Many graces and many mercies have come from Thy Blood. My hope lives in you, until the end of my time.

O Jesus, by Thy Precious Blood which you shed for our souls, by each drop that you shed for our redemption and by the tears of Thy Immaculate Mother, I beseech Thee and earnestly ask You to listen to my prayer:

**(Mention your request here...)**

O Jesus, who during all the days of Thy mortal life, You consoled so many sufferers, You healed so many infirmities, You raised so often a sinking courage; have pity on my soul who cries to Thee from the depths of my anguish.

O Jesus, from the wounds of Thy heart, may a wave of Thy merciful blood flow and grant to me the grace that I so ardently desire.

O Jesus, hasten the moment when You will change my tears to joy and my sighs to thanksgivings.

Holy Mary, I ask you to join with me in seeking help. But, God our Father in heaven, “May your will be done”. Amen.

Say 1: Our Father...Say 1: Hail Mary...Say 1: Glory Be...

**Jesus, Crucified, Have Mercy on Me**

### **Day 2 – Novena to the Precious Blood of Jesus**

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

By the Voice of Thy Blood, O Jesus, I seek Thee, ask Thee and beg Thee, to help me at this time of my need.

O Jesus, I kneel at Thy bleeding feet pleading that you will hear me. Many graces and many mercies have come from Thy Blood. My hope lives in you, until the end of my time.

O Jesus, by Thy Precious Blood which you shed for our souls, by each drop that you shed for our redemption and by the tears of Thy Immaculate Mother, I beseech Thee and earnestly ask You to listen to my prayer:

**(Mention your request here...)**

O Jesus, who during all the days of Thy mortal life, You consoled so many sufferers, You healed so many infirmities, You raised so often a sinking courage; have pity on my soul who cries to Thee from the depths of my anguish.

O Jesus, from the wounds of Thy heart, may a wave of Thy merciful blood flow and grant to me the grace that I so ardently desire.

O Jesus, hasten the moment when You will change my tears to joy and my sighs to thanksgivings.

Holy Mary, I ask you to join with me in seeking help. But, God our Father in heaven, “May your will be done”. Amen.

Say 1: Our Father...Say 1: Hail Mary...Say 1: Glory Be...

**Jesus, Crucified, Have Mercy on Me**

### **Day 3 – Novena to the Precious Blood of Jesus**

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

By the Voice of Thy Blood, O Jesus, I seek Thee, ask Thee and beg Thee, to help me at this time of my need.

O Jesus, I kneel at Thy bleeding feet pleading that you will hear me. Many graces and many mercies have come from Thy Blood. My hope lives in you, until the end of my time.

O Jesus, by Thy Precious Blood which you shed for our souls, by each drop that you shed for our redemption and by the tears of Thy Immaculate Mother, I beseech Thee and earnestly ask You to listen to my prayer:

**(Mention your request here...)**

O Jesus, who during all the days of Thy mortal life, You consoled so many sufferers, You healed so many infirmities, You raised so often a sinking courage; have pity on my soul who cries to Thee from the depths of my anguish.

O Jesus, from the wounds of Thy heart, may a wave of Thy merciful blood flow and grant to me the grace that I so ardently desire.

O Jesus, hasten the moment when You will change my tears to joy and my sighs to thanksgivings.

Holy Mary, I ask you to join with me in seeking help. But, God our Father in heaven, "May your will be done". Amen.

Say 1: Our Father...Say 1: Hail Mary...Say 1: Glory Be...

## **Jesus, Crucified, Have Mercy on Me**

### **Day 4 – Novena to the Precious Blood of Jesus**

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

By the Voice of Thy Blood, O Jesus, I seek Thee, ask Thee and beg Thee, to help me at this time of my need.

O Jesus, I kneel at Thy bleeding feet pleading that you will hear me. Many graces and many mercies have come from Thy Blood. My hope lives in you, until the end of my time.

O Jesus, by Thy Precious Blood which you shed for our souls, by each drop that you shed for our redemption and by the tears of Thy Immaculate Mother, I beseech Thee and earnestly ask You to listen to my prayer:

**(Mention your request here...)**

O Jesus, who during all the days of Thy mortal life, You consoled so many sufferers, You healed so many infirmities, You raised so often a sinking courage; have pity on my soul who cries to Thee from the depths of my anguish.

O Jesus, from the wounds of Thy heart, may a wave of Thy merciful blood flow and grant to me the grace that I so ardently desire.

O Jesus, hasten the moment when You will change my tears to joy and my sighs to thanksgivings.

Holy Mary, I ask you to join with me in seeking help. But, God our Father in heaven, "May your will be done". Amen.

Say 1: Our Father...Say 1: Hail Mary...Say 1: Glory Be...

## **Jesus, Crucified, Have Mercy on Me**

### **Day 5 – Novena to the Precious Blood of Jesus**

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

By the Voice of Thy Blood, O Jesus, I seek Thee, ask Thee and beg Thee, to help me at this time of my need.

O Jesus, I kneel at Thy bleeding feet pleading that you will hear me. Many graces and many mercies have come from Thy Blood. My hope lives in you, until the end of my time.

O Jesus, by Thy Precious Blood which you shed for our souls, by each drop that you shed for our redemption and by the tears of Thy Immaculate Mother, I beseech Thee and earnestly ask You to listen to my prayer:

**(Mention your request here...)**

O Jesus, who during all the days of Thy mortal life, You consoled so many sufferers, You healed so many infirmities, You raised so often a sinking courage; have pity on my soul who cries to Thee from the depths of my anguish.

O Jesus, from the wounds of Thy heart, may a wave of Thy merciful blood flow and grant to me the grace that I so ardently desire.

O Jesus, hasten the moment when You will change my tears to joy and my sighs to thanksgivings.

Holy Mary, I ask you to join with me in seeking help. But, God our Father in heaven, "May your will be done". Amen.

Say 1: Our Father...Say 1: Hail Mary...Say 1: Glory Be...

## **Jesus, Crucified, Have Mercy on Me**

### **Day 6 – Novena to the Precious Blood of Jesus**

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

By the Voice of Thy Blood, O Jesus, I seek Thee, ask Thee and beg Thee, to help me at this time of my need.

O Jesus, I kneel at Thy bleeding feet pleading that you will hear me. Many graces and many mercies have come from Thy Blood. My hope lives in you, until the end of my time.

O Jesus, by Thy Precious Blood which you shed for our souls, by each drop that you shed for our redemption and by the tears of Thy Immaculate Mother, I beseech Thee and earnestly ask You to listen to my prayer:

**(Mention your request here...)**

O Jesus, who during all the days of Thy mortal life, You consoled so many sufferers, You healed so many infirmities, You raised so often a sinking courage; have pity on my soul who cries to Thee from the depths of my anguish.

O Jesus, from the wounds of Thy heart, may a wave of Thy merciful blood flow and grant to me the grace that I so ardently desire.

O Jesus, hasten the moment when You will change my tears to joy and my sighs to thanksgivings.

Holy Mary, I ask you to join with me in seeking help. But, God our Father in heaven, "May your will be done". Amen.

Say 1: Our Father...Say 1: Hail Mary...Say 1: Glory Be...

## **Jesus, Crucified, Have Mercy on Me**

### **Day 7 – Novena to the Precious Blood of Jesus**

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

By the Voice of Thy Blood, O Jesus, I seek Thee, ask Thee and beg Thee, to help me at this time of my need.

O Jesus, I kneel at Thy bleeding feet pleading that you will hear me. Many graces and many mercies have come from Thy Blood. My hope lives in you, until the end of my time.



O Jesus, by Thy Precious Blood which you shed for our souls, by each drop that you shed for our redemption and by the tears of Thy Immaculate Mother, I beseech Thee and earnestly ask You to listen to my prayer:

**(Mention your request here...)**

O Jesus, who during all the days of Thy mortal life, You consoled so many sufferers, You healed so many infirmities, You raised so often a sinking courage; have pity on my soul who cries to Thee from the depths of my anguish.

O Jesus, from the wounds of Thy heart, may a wave of Thy merciful blood flow and grant to me the grace that I so ardently desire.

O Jesus, hasten the moment when You will change my tears to joy and my sighs to thanksgivings.

Holy Mary, I ask you to join with me in seeking help. But, God our Father in heaven, "May your will be done". Amen.

Say 1: Our Father...Say 1: Hail Mary...Say 1: Glory Be...

**Jesus, Crucified, Have Mercy on Me**

### **Day 8 – Novena to the Precious Blood of Jesus**

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

By the Voice of Thy Blood, O Jesus, I seek Thee, ask Thee and beg Thee, to help me at this time of my need.

O Jesus, I kneel at Thy bleeding feet pleading that you will hear me. Many graces and many mercies have come from Thy Blood. My hope lives in you, until the end of my time.

O Jesus, by Thy Precious Blood which you shed for our souls, by each drop that you shed for our redemption and by the tears of Thy Immaculate Mother, I beseech Thee and earnestly ask You to listen to my prayer:

**(Mention your request here...)**

O Jesus, who during all the days of Thy mortal life, You consoled so many sufferers, You healed so many infirmities, You raised so often a sinking courage; have pity on my soul who cries to Thee from the depths of my anguish.

O Jesus, from the wounds of Thy heart, may a wave of Thy merciful blood flow and grant to me the grace that I so ardently desire.

O Jesus, hasten the moment when You will change my tears to joy and my sighs to thanksgivings.

Holy Mary, I ask you to join with me in seeking help. But, God our Father in heaven, "May your will be done". Amen.

Say 1: Our Father...Say 1: Hail Mary...Say 1: Glory Be...

**Jesus, Crucified, Have Mercy on Me**

### **Day 9 – Novena to the Precious Blood of Jesus**

Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

By the Voice of Thy Blood, O Jesus, I seek Thee, ask Thee and beg Thee, to help me at this time of my need.

O Jesus, I kneel at Thy bleeding feet pleading that you will hear me. Many graces and many mercies have come from Thy Blood. My hope lives in you, until the end of my time.

O Jesus, by Thy Precious Blood which you shed for our souls, by each drop that you shed for our redemption and by the tears of Thy Immaculate Mother, I beseech Thee and earnestly ask You to listen to my prayer:



**(Mention your request here...)**

O Jesus, who during all the days of Thy mortal life, You consoled so many sufferers, You healed so many infirmities, You raised so often a sinking courage; have pity on my soul who cries to Thee from the depths of my anguish.

O Jesus, from the wounds of Thy heart, may a wave of Thy merciful blood flow and grant to me the grace that I so ardently desire.

O Jesus, hasten the moment when You will change my tears to joy and my sighs to thanksgivings.

Holy Mary, I ask you to join with me in seeking help. But, God our Father in heaven, "May your will be done". Amen.

Say 1: Our Father...Say 1: Hail Mary...Say 1: Glory Be...

**Jesus, Crucified, Have Mercy on Me**

## Litany to the Precious Blood of Jesus

Blood of Christ, only Son of the Father	be our salvation
Blood of Christ, incarnate Word	be our salvation
Blood of Christ, of the new and eternal covenant	be our salvation
Blood of Christ, that spilled to the ground	be our salvation
Blood of Christ, that flowed at the scourging	be our salvation
Blood of Christ, dripping from the thorns	be our salvation
Blood of Christ, shed on the cross	be our salvation
Blood of Christ, the price of our redemption	be our salvation
Blood of Christ, our only claim to pardon	be our salvation
Blood of Christ, our blessing cup	be our salvation
Blood of Christ, in which we are washed	be our salvation
Blood of Christ, torrent of mercy	be our salvation
Blood of Christ, that overcomes evil	be our salvation
Blood of Christ, strength of the martyrs	be our salvation
Blood of Christ, endurance of the saints	be our salvation
Blood of Christ, that makes the barren fruitful	be our salvation
Blood of Christ, protection of the threatened	be our salvation
Blood of Christ, comfort of the weary	be our salvation
Blood of Christ, solace of the mourner	be our salvation
Blood of Christ, hope of the repentant	be our salvation
Blood of Christ, consolation of the dying	be our salvation
Blood of Christ, our peace and refreshment	be our salvation
Blood of Christ, our pledge of life	be our salvation
Blood of Christ, by which we pass to glory	be our salvation
Blood of Christ, most worthy of honor	be our salvation
Lamb of God, you take away the sins of the world	have mercy on us
Lamb of God, you take away the sins of the world	have mercy on us

Lamb of God, you take away the sins of the world

have mercy on us

Lord, you redeemed us by your blood.

You have made us a  
kingdom to serve our God.

*Let us pray.*

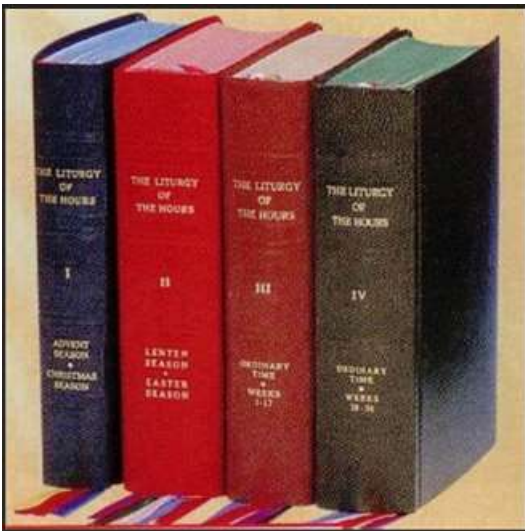
O God, who by the Precious Blood of your Only Begotten Son  
have redeemed the whole world,  
preserve in us the work of your mercy,  
so that, ever honoring the mystery of our salvation,  
we may merit to obtain its fruits.  
Through Christ our Lord.  
*R/. Amen.*

## History of the Liturgy of the Hours

**By special request from a number of Eucharistic Adoration Faithful, we were asked to include the following section again in the Eucharistic Adoration Newsletter.**

**Please note that a formal seminar is being developed for presentation to St. Joseph's Parishioners regarding the Liturgy of the Hours. As a Precursor to the face-to-face seminar and possibly an online seminar the following information is shared again.**

**Reverend Deacon Kevin Boudreaux and Rod Cruz are developing a seminar course for those who would like more information about the Liturgy of the Hours. More information will be forthcoming in future newsletters as well as in the St. Joseph Sunday bulletin.**



The Origins of the Liturgy of the Hours are found in the Old Testament. The psalms, the 150 prayers in the Old Testament, are the real basis of the Liturgy of the Hours. Throughout the Old Testament, we see the Jews praying the psalms. The Jews would pray the psalms at regular hours.

Jesus knew the psalms, He quoted the psalms, and He prayed the psalms. Jesus not only prayed the psalms: He fulfilled them and revealed their deepest meaning. Jesus, who is the fullness of God's revelation, also reveals the fullness of the psalms.

The remote origins of the Liturgy of the Hours lie in the Old Testament practice of praying the psalms, which was continued by Christians in the early Church. With the peace of Constantine in the fourth century, Christians could for the first time build churches and gather publicly to pray in them. There quickly arose a tradition of gathering in the church as the day began and again in the evening for what was called Morning and Evening Hymns — that is, the praying of the psalms.

The Acts of the Apostles talks about how the early Christian community was faithful to the Jewish tradition of gathering for prayer at appointed times.

# Opus Dei: The Divine Office

Information written by the Monastery of Christ in the Desert and shown in the Eucharistic Adoration Newsletter with permission.

<https://christdesert.org/>

The origins of the Divine Office, the *Opus Dei* or “Work of God,” are to be found in the early Church. No exact date, however, can be assigned to the inauguration of the official “Prayer of the Church,” the Divine Office, as we’ve come to know it. Many scholars hold that the origins of the Christian Office are within the Jewish liturgical tradition due to the fact that the Book of Psalms is the bulk of the structure for both Jewish and Christian public prayer (outside of the Mass). Jews and Christians prayed the Psalms and other Scripture texts especially in the morning and evening and continue to do so. The continuity between Jewish and Christian traditions seems clear, as Christ’s first followers were Jewish and no doubt comfortable with existing forms of public prayer.

Along with possible Jewish roots, another important source of the Divine Office is the New Testament injunction to “pray without ceasing,” found in Saint Paul’s First Letter to the Thessalonians, a document that even pre-dates the written Gospels. First Thessalonians 5:17 seems to have encouraged early Christians to gather regularly for prayer following the example of the Apostles and “Mary the mother of Jesus” as described in the Acts of the Apostles (Acts 1:14). **These gatherings of early Christians would have been in the morning and evening, but likely also at midmorning, midday, and mid-afternoon, that is, the third, sixth, and ninth hours. Since the hours of the day were counted from sunrise (approximately 6:00 am), Terce, Sext, and None, as the hours eventually came to be known, corresponded to the third, sixth, and ninth hours of the day, that is, three, six, and nine hours after sunrise.**

Prime, the first hour, was a later innovation in the West beginning close to the time of Saint Benedict (480-547) in the sixth century. Because of its late beginning, it is not universally accepted as an authentic part of the Divine Office, and so it is disputed whether or not Prime is to be celebrated as an hour of the Divine Office. It should be noted, however, that Prime was known to John Cassian in the Egyptian desert at an earlier date (*Institutes*, 3.4). Cassian claims the monks in Bethlehem invented Prime to keep monks from returning to bed between Lauds and Terce! That sounds reasonable enough!

For the early Christians, morning and evening prayers were the principal or major hours, as in the Jewish tradition. These two gatherings were the longer hours, meaning they were composed of more psalms and other sacred texts. The “little hours” of Terce, Sext, and None were and are as the name indicates: shorter prayer times with fewer psalms and other texts.

Besides the morning and evening prayers, with minor or “little hours” in between, the early Christian liturgy also had an all-night Vigil service before the great feasts of the Church calendar such as Easter, Pentecost, and Christmas. The long Vigil was typically followed by the celebration of the Holy Eucharist at dawn, and then time was allotted for a meal and rest. This structure is carefully maintained by many Orthodox monasteries today.

The Vigil for great feasts in some Orthodox monasteries today begins the night before around 8:30 pm and only ends the next morning around 7:00 am with the conclusion of Mass! The only break might be for the main group of cantors, perhaps 7 or 8 monks, to go out for some coffee around midnight, during which time a soloist continues with the chanting. I experienced this schedule of prayer in the flourishing monasteries on Mount Athos in Greece in 1979 during a forty-day stay. I was in my 20s then, and the all-night Vigil was most enjoyable. I might feel less enthusiastic about the idea now! But I’m sure the monks there carry on the custom with vigor.

In any case, we have the early Christian witnesses of people like the pilgrim Egeria to the Holy Land around 380 A.D., coming perhaps from Spain, partaking in the all-night Christian Vigil in Jerusalem. The Jewish custom of the new day beginning at sundown is seen in this practice. This is a practice which we still maintain in our Catholic tradition with First Vespers on the evening before Sundays and Solemnities. In the Jewish tradition the new day always begins at nightfall. For us, it is only on Sundays and Solemnities. This is certainly a way to mark off the great feasts with practices different from those observed on regular or ferial days.

Some scholars of Church liturgy connect the origins of the night Vigil to the account in the Book of Exodus of the Hebrews fleeing Egypt at nighttime. The resurrection of Christ also occurred during the night. The modern practice of early morning Vigil, which Saint Benedict expected his monks to maintain, also finds its origin in “waiting for the risen Lord” to come to us at dawn as did the women disciples of our Lord who went to the tomb at daybreak. The idea of waiting is linked to being always ready to open the door of the heart, of one’s time, and of all one has should Jesus return even at midnight or before

sunrise. To wait in the dark keeping vigil is a very ancient monastic custom, still preserved by stricter Orders and some individual monasteries such as Christ in the Desert.

**As already stated, the Book of Psalms has always been the chief text used in whatever Christian Office is celebrated. Many of the psalms are chosen specifically to reflect the time of day the Office is celebrated, e.g. nighttime, morning, midday, etc. Other psalms would have a difficult time fitting into any particular time of day, but are nonetheless worthy material—as divinely inspired texts—for general use in the Divine Office.** Some psalms in fact quite naturally developed a relationship with a particular feast or solemnity. Think of Psalm 2, for example, in relation to the birth of our Lord: “The Lord said to me: ‘You are my Son. It is I who have begotten you this day.’” Or Psalm 71 for the same feast: “O God, give your judgment to the king, to a king’s son your justice...The kings of Sheba and Seba shall bring him gifts.” This psalm especially calls to mind our Lord’s Epiphany. These and other appropriate psalms are understandably assigned for the Office during the Christmas season. Psalm 44 has a particular Marian resonance and is assigned to feasts of our Lady: “Listen, O daughter, give ear to my words: forget your own people and your father’s house.”

The Christian community has always interpreted the Psalms in the light of the Risen Christ and found the deepest meaning of the Psalms in Christ’s saving deeds. In the earliest practice of celebrating the Divine Office, the laity, in congregations that we now call parishes, were the primary participants. They would gather with their clergy—priests or deacons—and in unison or with soloists sing some or all of the Offices. They also made use of sacred images, candles, bells, and incense to enhance the celebrations. Gestures of bowing, prostrating in prayer, making the sign of the cross, etc. were also part of the liturgy.

For those of you who would want a more complete text of the research provided by the Christ in the Desert Monastery, I suggest that you click on each of the Table of Contents. The live Links will easily take you on another journey full of wonderful information.

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- [A Spirituality of Eucharistic \(or Thanksgiving\) Praise](#)
- [In the Presence of God](#)
- [In the Fear of the Lord](#)
- [Voice and Heart in Harmony](#)
- [Fountain of Christian Life](#)
- [Fountain of Piety or Devotion](#)
- [Fountain of Holiness](#)
- [Conclusion](#)

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## **The Rule of St. Benedict**

The Rule of St. Benedict are available in the link, simply click on the link and you will be taken to the Rule of St. Benedict.

[Rule of Saint Benedict — Saint John's Abbey \(saintjohnsabbey.org\)](http://saintjohnsabbey.org)

## **SCHEDULE**

### **ADORATION HOURS & LOCATION**

**Cody Center Chapel**

### **ADORATION HOURS**

**Monday - Thursday**

9:00 AM to 9:00 PM

**Friday**

9:00 AM to 6:30 PM

### **ADORATION FOR VOCATIONS**

**Last Friday**

7:00 PM to 8:30 PM

### **NOCTURNAL ADORATION**

**1st Friday**

7 PM until 7 AM Saturday

**2nd Friday**

7 PM until 7 AM Saturday (Hispanic Community)