



Let us never forget that an age prospers or dwindles in proportion to its devotion to the Holy Eucharist. This is the measure of its spiritual life and its faith, of its charity and its virtue.

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Encounter Nights

Guide for Hosting Monthly Eucharistic Holy Hours in
Response to the Second Invitation of the Revival



NATIONAL
Eucharistic
Revival



Welcome to the Encounter Nights Guide. These Holy Hours are a powerful way to answer this call and an important part of the Year of Parish Revival. It is beautiful to know that, in this time of prayer, we are united as the Mystical Body of Christ all across the country!

Revival will only spring from the overflow of our interior lives. We need prayer! And what better place to pray than in the Real Presence of Jesus himself? Think of these Encounter Nights as the heartbeat of your parish's Revival initiatives. When we gather together in the presence of the Blessed Sacrament, we create space for God to work. Even if just one person shows up initially, these nights should be planned intentionally and executed with our best effort.

Encounter Nights will be a crucial part of Revival in parishes across the country. Not only are these Holy Hours a response to the second invitation of the Revival (Personal Encounter), but the interior transformation experienced by parishioners will directly impact their participation in the liturgy (the first invitation: Reinenergizing Worship). This encounter with Jesus will draw parishioners deeper into their relationship with him, motivating them to learn more about their faith (the third invitation) and to share the gift of the Eucharist with others (the fourth invitation). The liturgy for these Encounter Nights includes opportunities for the proclamation of Scripture, reflections, and sacred silence—cultivating a reverent atmosphere for an **encounter** with Jesus in the Eucharist.

When we invite God to reveal himself, he always shows up! Be ready for the Lord to work wonders in the lives of your parishioners as they encounter him in a personal way, possibly for the first time.

This resource is created to accompany the [Leader's Playbook for the Year of Parish Revival](#), providing more specific details on how to execute a Eucharistic Holy Hour in response to the second invitation of the Revival: creating opportunities for Personal Encounter.



Preparing for the Holy Hour

Why a Eucharistic Holy Hour?

It is always good to know why we are doing something. We know that the Lord's grace alone will bring about a Revival in his Bride, the Church. We also firmly believe that the Lord hears our prayers, and because of that, our prayers are powerful. By uniting together and interceding for this Eucharistic Revival in our parishes during these Encounter Nights, we believe the Lord will move in radical ways—ways we cannot fathom, yet our nation sorely needs.

Who may minister at the Eucharistic Holy Hour?

The parish priest or deacon is the ordinary minister for the Eucharistic Holy Hour. Parish priests and deacons are especially encouraged to lead this monthly Holy Hour and to be present with their community in prayer. The flock follows the shepherd, and so the personal involvement of the priest helps increase Eucharistic devotion and connection to the Real Presence of Christ in the Eucharist.

The Eucharistic Sacrifice is the source and summit of the whole Christian life. Therefore, both private and public devotion toward the Eucharist that conform to the norms laid down by lawful authority are strongly encouraged. If it is not possible for a priest or deacon to preside, a lay minister may preside (i.e., pastoral leader, extraordinary minister of Holy Communion, or pastoral associate). If a lay minister presides, the incensation at the Exposition and the Benediction is omitted.

Who is involved in the planning and executing of these Holy Hours?

Presider: Exposition and Benediction should be conducted by a priest or deacon. For simple Exposition, a designated lay minister may preside.

Reader: If the priest or deacon is available, they would proclaim the Gospel. In other cases, a lay leader may read the Scripture passage.

Speaker: If a priest or deacon is available, they may share a short reflection or Eucharistic homily. In cases where a priest or deacon cannot be present, a meditation or reflection may be read by a lay leader who has received permission from the diocesan bishop (Code of Canon Law, can. 766 and [USCCB complementary norm](#)).

Musician: A worship leader, parish choir, or cantor may lead those present in song.

Hospitality Team: A team of volunteers should help welcome parishioners and provide fellowship after the event.

What is needed for the Solemn Exposition of the Holy Eucharist?

Parishes should have the following liturgical items available:

- ◆ Cope/humeral veil (priest/deacon only)
- ◆ Alb (lay leaders)
- ◆ Incense/thurible (priest/deacon only)
- ◆ Corporal
- ◆ Monstrance
- ◆ 4 or 6 candles at the altar
- ◆ Copy of the Order for Service
- ◆ Prayers and songs for recitation by the faithful

Is there a specific timeframe for the Eucharistic Holy Hour?

The Holy Hour may take place at any reasonable time during the day or evening on a monthly basis. If the parish already has hours of exposition, this Holy Hour is to take place distinctly in a location and time that would allow large numbers of the faithful to attend. As mentioned, these Holy Hours will serve as the heartbeat for your Year of Parish Revival. Plan these so that as many parishioners as possible can participate and be nourished.

Can we alter the structure of the Eucharistic Holy Hour?

These nights have the lone goal of allowing parishioners to encounter the Living God through the Blessed Sacrament. Although the structure prescribed in this document is the standard format for a Holy Hour, it may be beneficial to adjust the structure to better fit the needs and spiritual character of your parish. Offering time for sacred music or Lectio Divina can also be appropriate during adoration, yet we strongly encourage that opportunities for silence are maintained in each Encounter Night.

Can we join with another parish in their Eucharistic Holy Hour?

Each parish should host their own Eucharistic Holy Hour. As part of the Year of Parish Revival, every parish, regardless of size, is invited to unite their parish in prayer. However, where two or more parishes are linked, it is desirable to have the Holy Hour at each individual parish. Where there is one parish with multiple worship sites, a specific site should be selected for the Holy Hour, perhaps on a rotating basis.



Holy Hour Structure

The ordinary minister for a Eucharistic Holy Hour is first the priest and then the deacon. If a priest or deacon is unable to lead this liturgy, then a designated and trained lay minister may lead. The Holy Hour is structured in the following way:

00:00:00 – Welcome

00:02:00 – Opening Procession

00:03:00 – Exposition of the Blessed Sacrament with Incensation*

00:05:00 – Introductory Rites

00:07:00 – Sacred silence

00:15:00 – Readings from the Gospel for the upcoming Sunday

00:17:00 – Short reflection

00:32:00 – Sacred silence

00:55:00 – Tantum Ergo with Incensation*

00:56:00 – Prayer

00:57:00 – Benediction*

00:58:00 – Divine Praises

00:59:00 – Reposition

00:60:00 – Recession

**when a priest or deacon presides*



Order of Eucharistic Holy Hour

Welcome/Introduction to Prayer

The introduction to prayer can be easily overlooked, but this is a crucial part of the night. It sets the tone for the heart to open naturally, to assume a posture that is open to a radical encounter with the Lord. The presiding minister—or other designated minister—should greet parishioners with joy and reverence. This “welcome” is an opportunity for their flock to witness a heart that has been transformed by Christ in the Eucharist. The minister should greet the assembled faithful with these or similar words:

“Good <Morning/Afternoon/Evening>:

Welcome to this Encounter Night.

We gather in the presence of Christ, truly present in the Blessed Sacrament—Body and Blood, Soul and Divinity. We join our Catholic brothers and sisters across the country at the feet of Jesus, humbly praying for a Revival of Eucharistic faith in our Church, our parish communities, and our own hearts. May we be healed, converted, formed, and unified by this encounter with Jesus in the Eucharist, and may we increase our reverence for this most precious gift.

At this time, please kneel or prayerfully be seated as we expose the Blessed Sacrament.”

Exposition

St. Maximilian Kolbe once said, “Be a Catholic: When you kneel before an altar, do it in such a way that others may be able to recognize that you know before whom you kneel.” As you expose Jesus in the Eucharist, recognize the King of Kings and show him your heart with all its love. Your act of reverence might just be the thing to open a parishioner’s eyes to whom it is that approaches them.

The presiding minister will enter the sanctuary, go to the tabernacle, genuflect, remove the Blessed Sacrament, bring it to the altar, and place it in the monstrance turned towards the faithful. The presiding minister will then kneel before the altar and incense the Holy Eucharist. During the incensation, sing the hymn *O Salutaris Hostia*.

Greeting

Presider

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

All:

R: And with your spirit

Opening Prayer

Presider:

Let us pray (brief pause)
Almighty and eternal God, in Christ your Son
you have shown your glory to the world.
Guide the work of your Church:
help it proclaim your name, to persevere in faith
and to bring salvation to people
everywhere. We ask this through Christ our Lord.

All:

R: Amen

Gospel Reading with Reflection

At the 15-minute point, the presiding minister and/or a designated reader should proclaim the Gospel of the day or for the upcoming Sunday. If the presider is a priest or deacon, a short reflection may be given. If the presider is not a priest or deacon, a lay person may read the Gospel but should omit “the Lord be with you” and “with your spirit.” A lay leader who has received permission from the diocesan bishop (Code of Canon Law, can. 766 and [USCCB complementary norm](#)) may offer a meditation or reflection. This reflection should be Eucharistic in theme.

Sacred Silence

There should be a period of silence after the reading and reflection. This is when Jesus will speak to the hearts of those present. St. John of the Cross once said, “What we need most in order to make progress is to be silent before this great God with our appetite and with our tongue, for the language he best hears is silent love.” In these moments of silent prayer and intercession, beg the Lord for revival in your parish!

Benediction

(Priest/Deacon ONLY)

If incense is used, the priest or deacon kneels before the altar and again incenses the Holy Eucharist. Meanwhile, *Tantum Ergo* is to be sung in either Latin or English/Spanish.

Presider

Together we will now sing *Tantum Ergo/Down in Adoration Falling*, found in <insert location in missalette/hymnal>.

Presider

You have given them Bread from heaven

All:

R: Having within it all sweetness.

Presider:

Let us pray (brief pause)
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,
God for ever and ever.

All:

R: Amen.

Eucharistic Blessing

(Priest/Deacon ONLY)

The presiding minister, if a priest or deacon, dons the humeral veil and approaches the altar and the Blessed Sacrament. He genuflects, takes the monstrance, and makes the sign of the cross with it over the people in silence. He then replaces the monstrance on the altar, genuflects, and returns to the front of the altar to kneel.

A lay presiding minister may NOT minister the blessing with the Eucharist or conduct a blessing/ritual action in its place. The Order of the Holy Hour should move, instead, from the preceding prayer directly to the Divine Praises.

Divine Praises:

The presiding minister then leads the faithful in the recitation of the Divine Praises:

Presider:

Blessed be God.

All:

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 St. Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints.

Reposition

The presiding minister then genuflects, removes the Blessed Sacrament from the monstrance, places it in the tabernacle, and genuflects again. Once the tabernacle is closed, all stand.

Presider:

Please stand as we conclude this Holy Hour with the singing of *Holy God, We Praise Thy Name* (or another appropriate hymn), found in <insert location in missalette/hymnal>.

Recession

During the recessional hymn, the presiding minister—accompanied by other ministers if present—goes before the altar and genuflects toward the tabernacle (or if the tabernacle is not located in the sanctuary, profoundly bows to the altar) before exiting the church.