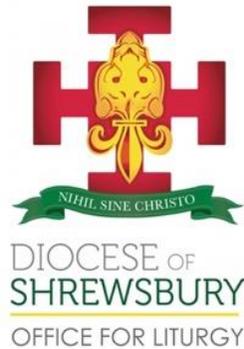


Blessed be her holy and immaculate conception
Blessed be her glorious assumption
Blessed be the name of Mary, virgin and mother
Blessed be Saint Joseph, her spouse most chaste
Blessed be God in his angels and in his saints



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A Visit to the Blessed Sacrament



Thirty Second Sunday in Ordinary Time
Reflection Resource



DIOCESE OF
SHREWSBURY

Stillness: As we approach the Lord in the Tabernacle we make the Sign of the Cross.

Preparation: we open our hearts to the Lord and make a prayer of preparation.

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Invocation: Make an Act of Spiritual Communion.

My Jesus, I believe that you are present in the Most Holy Sacrament of the Altar. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

Read: Meditate on the Gospel of Matthew 25:1-13

Jesus told this parable to his disciples: 'The kingdom of heaven will be like this: Ten bridesmaids took their lamps and went to meet the bridegroom. Five of them were foolish and five were sensible: the foolish ones did take their lamps, but they brought no oil, whereas the sensible ones took flasks of oil as well as their lamps. The bridegroom was late, and they all grew drowsy and fell

asleep. But at midnight there was a cry, "The bridegroom is here! Go out and meet him." At this, all those bridesmaids woke up and trimmed their lamps, and the foolish ones said to the sensible ones, "Give us some of your oil: our lamps are going out." But they replied, "There may not be enough for us and for you; you had better go to those who sell it and buy some for yourselves." They had gone off to buy it when the bridegroom arrived. Those who were ready went in with him to the wedding hall and the door was closed. The other bridesmaids arrived later. "Lord, Lord," they said "open the door for us." But he replied, "I tell you solemnly, I do not know you." So stay awake, because you do not know either the day or the hour.'

Intercession: We place before the Lord the desires of our hearts. Pray for the Holy Father, for Bishop Mark and the clergy of our diocese, for vocations to the priesthood, for those who are sick, for your own personal needs, and for those who have died.

Thanksgiving: In thanksgiving we pray 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 by 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