

SOLT Lay Formation Facilitator's Guide

IMITATE MARY BECOME LIKE JESUS LIVE FOR THE TRIUNE GOD

MASS GUIDED HOLY HOUR – Facilitation #3

Note to Facilitators: Please follow the guide for the Holy Hour provided in your Facilitator's Manual. The following meditation may be handed out to the participants and inserted as indicated in the aforementioned guide. If you are blessed to have a priest or deacon to lead the hour, please allow all decisions regarding meditations, and whether they should be read aloud or simply be available as a handout, to be made by the presiding priest or deacon.

Tabernacle Question:

“May Mary Most Holy, the Immaculate Virgin, ark of the new and eternal covenant, accompany us on our way to meet the Lord who comes. In her we find realized most perfectly the essence of the Church...The faithful, for their part, “commend to Mary, Mother of the Church, their lives and the work of their hands. Striving to have the same sentiments as Mary, they help the whole community to become a living offering pleasing to the Father.” She is the *tota pulchra*, the all-beautiful, for in her the radiance of God’s glory shines forth. The beauty of the heavenly liturgy, which must be reflected in our own assemblies, is faithfully mirrored in her. From Mary we must learn to become men and women of the Eucharist and of the Church, and thus to present ourselves, in the words of St. Paul, “holy and blameless” before the Lord, even as he wished us to be from the beginning (cf. *Col. 1:22; Eph. 1:4*).”¹

¹ Pope Benedict XVI, *Sacramentum Caritatis*

SOLT Lay Formation Program

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MASS GUIDED HOLY HOUR – Handout

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