

# Holy Hour

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## Overview

Encourage deep personal encounters with Christ through Eucharistic adoration in the form of Holy Hours and Eucharistic Processions. As Catholics, we believe in the Real Presence: that Jesus Christ is truly present – body, blood, soul, and divinity – in the Eucharist. As such, we are compelled to grow in our devotion to Jesus in the Eucharist and to share His presence with the world. Holy Hours feature the exposition and benediction of the Blessed Sacrament and can also include a reflection, communal rosary, prayers for intercession by Blessed Michael McGivney or St. Joseph, and other devotions as decided by the council and pastor. Eucharistic Processions provide an opportunity to walk with the Blessed Sacrament through your community, bringing Jesus to everyone along the route. For Holy Hour program resources, visit [www.kofc.org/holyhour](http://www.kofc.org/holyhour). For additional Eucharistic Procession resources, visit [kofc.org/eucharist](http://kofc.org/eucharist).

## Featured Program Requirements

- *For two program credits toward the Columbian Award* – Hold a minimum of four Holy Hours (one per quarter) or organize and support two Holy Hours and at least one Eucharistic Procession.

## Action Steps

1. Identify a program chairman to oversee all action steps and delegate tasks, as needed. If coordinating with the parish, confirm pastor approval with grand knight, and then set up subsequent parish ministry collaboration meetings.
2. In conjunction with your pastor, select the dates for your upcoming Holy Hours and/or Eucharistic Processions well in advance.
3. Prior to the upcoming event use the sample [News Release](#) (#10709) as a model to create and distribute a tailored release to local media.
4. Build public interest! Promote each event in your parish and larger community through a variety of efforts:
  - Prominently display promotional posters
  - Bulletin announcements
  - Pulpit announcements
  - Posting on your council and parish website / social media pages
5. Conduct your Holy Hour and/or Eucharistic Procession.

## *Holy Hours*

Though the structure for a Holy Hour can be broad and left to the discretion of your council, consider following the format laid out in the [Service Guide](#) (#10708). The primary objective is that all in attendance grow closer in faith with their brothers through a prayerful interaction with the Eucharist and with each other.

Aspects of a Holy Hour could include:

- Rosary
- Litanies



- Reflections
- Particular intentions
- Scripture (particularly the daily readings)
- Liturgy of the Hours
- Hymns
- Prayers for intercession by our founder or saints (i.e., Blessed Michael McGivney, St. Joseph, etc.)
- Sacrament of reconciliation
- Participation in perpetual adoration

### *Eucharistic Processions*

Eucharistic Processions can be held in conjunction with a Holy Hour or Mass. The Procession should be organized and structured according to the [\*Eucharistic Procession Guidebook\*](#) (#11348). The guidebook includes all necessary action steps for planning and running the event.

6. Consider hosting a brief fraternal gathering following the conclusion of your events. Have the council membership director bring brochures and membership documents (including [\*Prospect Cards\*](#) #921A). Do not forget that this event is a recruiting opportunity!
7. To gain credit for your program, complete the associated reporting forms.
  - Immediately after each event is finished, complete the [\*Fraternal Programs Report Form\*](#) (#10784)
  - At the end of the fraternal year, complete the [\*Columbian Award Application\*](#) (#SP-7)

### **Resources**

1. #10708-Holy Hour - [\*Service Guide\*](#)
2. #10707-Holy Hour - [\*Vertical Poster\*](#)
3. #11348-Eucharistic Procession - [\*Guidebook\*](#)
4. #11345-Eucharistic Procession - [\*Vertical Poster\*](#)
5. #11334-Eucharistic Procession - [\*Brochure\*](#)
6. #4194- [\*Prayer Card\*](#)
7. #10709- [\*News Release\*](#)

Program resources can be ordered by your grand knight, financial secretary and/or program director on Supplies Online via [Officers Online](#).

### **Link**

[www.kofc.org/holyhour](http://www.kofc.org/holyhour)  
[www.kofc.org/eucharist](http://www.kofc.org/eucharist)