

**Notes from Presentation by Deacon Kelley McCormick on Offering a  
Parish HOLY HOUR FOR LIFE (HHFL)**

*Ongoing Formation program for newly ordained Permanent Deacons January (2019)*

The **first consideration** for our HHFL is design. While the HHFL is formulaic as there is a program booklet ready and available for us to use, it is important to **"customize" your HHFL** as you see fit for your parish. Different elements (music, Rosary, Lectio Divina, Chaplet, silence, etc.) may be incorporated that can reach different people in your congregation and contribute to the time of prayer.

The **second consideration** for the HHFL is our short reflection following the reading of the Gospel. It is important to consider (at least) **3 aspects for your reflection:**

**1)** We are **praying in solidarity** with those hundreds of thousands who have made their way to Washington DC for the March for Life – many of whom are our own parishioners from the Archdiocese of Boston. Our HHFL is our opportunity to gather as a community of prayer, as we do often and simultaneously with many others; but it is also our chance for a **singularly communal prayer** with others. We are all united in **this** moment to pray for the sanctity of life for the unborn, the infirm, the elderly and the dying.

**2)** We must continue **praying for the conversion of hearts**. There are many, many people who can no longer see the light of life in the work they do as abortion providers, assistants, enablers, promoters of assisted suicide, et al. There is no longer any compassionate, scientific, or philosophical explanation we can give them about the Gift of Life that will bring them out of the darkness of the culture of death. Their chance to **see the Light of Life** can only come through a miraculous conversion of their hearts - which can only come through prayer.

**3)** Finally, and **most importantly**, we must continue **praying for those who have been traumatized by the scourge of abortion**. Women, men, Moms & Dads, families, et al., but most especially women, many of whom carry the burden of an abortion alone. **They often think they have nowhere to go and no one to turn to**. It is necessary to express our compassion and sympathy and assure our prayers for them, many indeed, in our midst. It is helpful, if even briefly, to identify some of the help that is available through local, confidential groups like Project Rachel. **Opening a door to mercy and hope**, even just a crack, may be enough of an invitation for someone to walk through.

*God our Father, continue Your work through us all in our words and deeds and, please Lord, touch the hearts of those to whom we minister. Let them see and hear what it is that **You** want them to know.*

*In Jesus' name. Amen.*