

SACRED HEART PARISH PRESENTS

FIRST FRIDAY

# HOLY HOUR



## PRAY IN A NEW WAY

WORSHIP AND HEALING HOLY HOUR - Eucharistic Adoration,  
Confession, Prayer Teams, Musical Accompaniment by Sacred Heart's Worship Team,  
and the Rite of Benediction

RESPECT LIFE HOLY HOUR - Eucharistic Adoration, Rosary, Respect Life Prayers,  
Silent Prayer, Confession, Prayer Teams, and the Rite of Benediction

7PM-8PM

THE FIRST FRIDAY OF EVERY MONTH

SACRED HEART PARISH  
310 SPRING AVENUE, TROY 12180

**DATE****DESCRIPTION****Friday, January 5****Respect Life Holy Hour****Friday, February 2<sup>nd</sup>****Worship & Healing Holy Hour****Friday, March 2<sup>nd</sup>****Respect Life Holy Hour****Friday, April 6<sup>th</sup>****Worship & Healing Holy Hour****Friday, May 4<sup>th</sup>****Respect Life Holy Hour****Friday, June 1<sup>st</sup> (\*Time to be determined)****Worship & Healing Holy Hour****Friday, July 6<sup>th</sup>****Respect Life Holy Hour****Friday, August 3<sup>rd</sup>****Worship & Healing Holy Hour****Friday, September 7<sup>th</sup>****Respect Life Holy Hour****Friday, October 5<sup>th</sup>****Worship & Healing Holy Hour****Friday, November 2<sup>nd</sup>****Respect Life Holy Hour****Friday, December 7****Worship & Healing Holy Hour**