

Order of Malta - Noche De Espiritualidad

The Cardinal Virtue - Temperance

9-17-25



1809 *Temperance* is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will's mastery over instincts and keeps desires within the limits of what is honorable. The temperate person directs the sensitive appetites toward what is good and maintains a healthy discretion: "Do not follow your inclination and strength, walking according to the desires of your heart."⁷² Temperance is often praised in the Old Testament: "Do not follow your base desires, but restrain your appetites."⁷³ In the New Testament it is called "moderation" or "sobriety." We ought "to live sober, upright, and godly lives in this world."⁷⁴

To live well is nothing other than to love God with all one's heart, with all one's soul and with all one's efforts; from this it comes about that love is kept whole and uncorrupted (through temperance). No misfortune can disturb it (and this is fortitude). It obeys only [God] (and this is justice), and is careful in discerning things, so as not to be surprised by deceit or trickery (and this is prudence).⁷⁵

⁷² Sir 5:2; cf. 37:27-31. ⁷⁴ Titus 2:12.

⁷³ Sir 18:30.

⁷⁵ St. Augustine, *De moribus eccl.* 1, 25, 46: PL 32, 1330-1331.

7:00PM – 7:15PM – Exposition of the Blessed Sacrament *Those present will sing together as the blessed Sacrament is exposed (Presider will intone):*

All:

**O salutaris Hostia,
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.**

**Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen.**

Adoration in silence until 7:15 PM:

7:15PM – 7:30/45PM – Homily & Benediction

Homily

Eucharistic Hymn and Incensation: *While the presider incenses the monstrance, all sing the Tantum Ergo (Presider will intone):*

All:

**Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui
Praestet fides supplementum
Sensuum defectui.**

**Genitori, Genitoque
Laus et jubilatio
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.**

After the end of the song, the presider and altar server remain kneeling for the prayer below. The presider sings or says:

Presider: **You have given them Bread from heaven**

All: **Having all sweetness within it**

Presider: **Let us pray.**

The presider stands and, after a brief period of silence, continues:

Presider: **Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your Body and Blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever.**

All: **Amen.**

Eucharistic Blessing

All remain kneeling while the presider puts on the humeral veil, genuflects, and takes the monstrance. He makes the sign of the cross over the people with the monstrance in silence.

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 be 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.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, virgin and mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in his Angels and in His Saints.

May the Heart of Jesus in the Most Blessed Sacrament be praised, adored, and loved with grateful affection at every moment in all the tabernacles of the world, now and until the end of time. Amen

Reposition

After the Eucharistic Blessing and Devine Praises, the presider replaces the Blessed Sacrament in the tabernacle and genuflects.

Recessional Hymn

Salve, Regina, mater misericordiae; Vita, dulcedo et spes nostra salve.
Ad te clamamus, exsules filii Hevae. Ad te suspiramus, gementes et flentes
in hac lacrimarum valle.
Eia ergo, advocata nostra, illos tuos misericordes oculos ad nos converte.
Et Jesum, benedictum fructum ventris tui, nobis post hoc exsilium ostende.
O clemens, o pia, o dulcis Virgo Maria.

Presider: Pray for us o Holy Mother of God

All: That we may be made worthy of the promises of Christ.

7:30/45PM – 9:00PM – Transition over to the Lounge <<Dinner & discussion>>