

## **EUCCHARISTIC ADORATION**

In our tri-parish cluster, there are several Eucharistic Adoration devotions:

1. Every Wednesday evening at 6:30 - 8:00 p.m. at **St. Edward Church**
2. Every 1<sup>st</sup> Friday after the morning Mass until 12:00 noon at **St. Edward Chapel**
3. Every Monday morning at 7:00 a.m. – 8:15 a.m. at **St. Paul Church**
4. Every 1<sup>st</sup> Friday morning at 7:00 a.m. – 8:15 a.m. at **St. George Chapel**

### **What is Eucharistic Adoration?**

Eucharistic adoration is the act of worshiping our Lord Jesus Christ as He is present in the consecrated Eucharist. Since the Last Supper, when Jesus broke the bread and distributed the wine, saying, “This is my Body” and “This is my Blood”, we have believed that the bread and wine are no longer merely baked wheat and fermented grape juice, but the actual living presence of Jesus Christ, the Second Person of the Blessed Trinity. Spending time before the Blessed Sacrament, in prayer and devotion, is exactly the same as spending time before the living God. Adoration occurs whenever someone kneels in front of the tabernacle that contains the Blessed Sacrament, genuflects toward a tabernacle, and bows before receiving the Blessed Sacrament at Mass, or, in a more focused way, when the Blessed Sacrament is exposed for adoration. As Pope Benedict XVI says, *“Adoration means entering the depths of our hearts in communion with the Lord, who makes Himself bodily present in the Eucharist. In the monstrance, He always entrusts Himself to us and asks us to be united with His Presence, with His Risen Body.”*

The devotion begins with the exposition of the Blessed Sacrament. A priest or deacon takes the sacred host from the tabernacle and places it in a monstrance on the altar for adoration. The purpose of adoration is to highlight the presence of our Lord in the Holy Eucharist. When a consecrated host is placed in a monstrance, it is said to be a solemn exposition. Adoration ceremonies traditionally include Scripture readings, rosary, hymns, prayers, and time for silent adoration.

### **What To Do During Eucharistic Adoration:**

Aside from the traditional types of prayer namely, adoration and praise, thanksgiving, repentance and trusting intercession, here are some practical suggestions what to do during private Eucharistic Adoration:

1. **Pray the Psalms or the Liturgy of the Hours** – whether you are praising, giving thanks, asking for forgiveness, or seeking an answer, you’ll find an appropriate psalm. The ancient prayer of the church called the Liturgy of the Hours presents an excellent way to pray through the Book of Psalms throughout the year.

2. **Pray the Rosary** – Blessed John Paul II reminds us, “...is not the enraptured gaze of Mary as she contemplated the face of the new-born Christ and cradled Him in her arms that unparalleled model of love which should inspire us every time we receive Eucharistic communion?” (*The Church and the Eucharist*, 55). Ask Mary to join you as you gaze on Christ in the Eucharist and as you pray the Rosary.
3. **Meditate using Scripture** – Choose a passage from the Bible. Read the words slowly and ask God to let the passage speak to you. Pay special attention to anything that strikes you and ask God what He wishes for you to draw from that passage.
4. **Read the life of a saint and pray with him or her** – Most holy men and women had a great devotion to Our Lord in the Eucharist. Read about them and pray their prayers before the Blessed Sacrament.
5. **Pour out your heart to Christ and adore Him** – Speak to Jesus, aware that you are in His presence, and tell Him all that comes to your mind. Listen for His response. Pray the prayer that St. Francis instructed his brothers to pray whenever they were before the Blessed Sacrament: “*I adore You, O Christ, present here and in all the churches of the world, for by your holy cross, You have redeemed the world.*”
6. **Ask for forgiveness and intercede for others** – Think of those who have hurt you and request a special blessing for them. Ask God to forgive you for all the times you have neglected or hurt someone else. Bring before the Blessed Sacrament all those who have asked you to pray for them. Ask the Lord to address their concerns.
7. **Sit quietly and just be “in” the presence of God** – Think of a visit to the Blessed Sacrament as coming to visit your best friend. Sit quietly and enjoy being in each other’s company. Instead of talking to the Lord, try listening to what He wants to tell you.

**“Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the Sacraments, the one dearest to God and the one most helpful to us.” – St. Alphonsus Liguori**