



EUCCHARISTIC ADORATION GUARDIAN WELCOME PACKET

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Dear Guardian,

Thank you for saying yes to our Lord's call to be a Guardian, and to spending time with him in Eucharistic adoration.

By your response to this call, you have become a member of a vital group of people whose love for the Lord is expressed in an hour of adoration and powerful praise. By saying "yes" and sharing of your time, you are helping to ensure that others in our parish can do the same. By saying yes to Him, you join a line of people that stretches through the centuries, from the stable in Bethlehem in the company of the angels, shepherds, and Magi through all of history to this day. This mystical union of ages and adoring souls has sustained the very heart of the Church.

Fellow Guardian, we understand how busy life may be, and we are grateful that you have chosen to make the Eucharistic Presence of Jesus a priority in your life. Your commitment is a sign of faith for all, and your belief in the power of prayer before the Presence of the Eucharistic Lord is a profound witness to his love. Know that the graces and blessings available to you, to your loved ones, and to the faithful through Eucharistic adoration will be abundant in this life and beyond measure in the next.

May He who is ever present, bless and protect you, and may Our Most Holy Mother, Mary, under Her title of Our Lady of the Blessed Sacrament, draw you ever closer to Her Son in His Real Presence in the Eucharist. Thank you once again for answering "His Call."

Eucharistic Guardian Coordinating Team

COMMITMENT TO EUCHARISTIC ADORATION

The Guardians of St Elizabeth's Eucharistic Adoration ministry desire to build a more intimate relationship with Jesus. One of the ways they do so is by offering an hour to be in the presence of the Lord. Each Guardian's commitment to this ministry is a blessing from the Lord for the sake of both the Guardian and our parish.

Each Guardian is specifically called to take part in Eucharistic adoration, freely responding to the first commandment, "The Lord your God is the one to whom you must adore, Him alone you must serve" (Mt. 4:10). For each Guardian, "the act of adoration outside of Mass prolongs and intensifies all that takes place during the liturgical celebration itself" (Pope Benedict XVI, *Sacramentum Caritatis*, #66).

Thus, the chapel where we offer Eucharistic adoration becomes an oasis of peace where people go to realize our Lord's promise, "Come to Me all you who labor and are overburdened, and I will give you rest" (Mt. 11:28). Each chapel visit is an intentional step away from the daily hustle and bustle of life and into the Lord's Divine Presence. "Be still and know that I am God" (Psalm 46:11).

The Church's mission depends on each person's personal relationship with the Lord Jesus and must, therefore, be nourished by prayer. The commitment to Eucharistic adoration helps each of us to grow in our personal relationship with Jesus and contributes to our parish's mission to bring Christ to the world and the world to Christ.

What is Adoration?

What is the Eucharist?

The Eucharist is the sacrament that Jesus established when he took bread and wine, blessed them, and declared them to be his body and blood (see Luke 22:17-20). He commanded his disciples to “Do this in memory of me.” He had earlier foretold that his presence in the Eucharist would be real and substantial: “I am the living bread that came down from heaven; whoever eats this bread will live forever ... Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink” (John 6:51, 54- 55). When a Catholic priest follows this command of Jesus and offers the words of consecration, the bread and wine are permanently changed, and they become Jesus: his body, blood, soul, and divinity. [CCC 1373-1376, 1406, 1410, 1412-1413]

How long is Jesus present in the sacrament of the Eucharist?

Jesus is present in the sacrament permanently. His presence is abiding, not something that vanishes at the conclusion of Mass. The hosts remaining after Communion are kept in a special place of honor called the tabernacle. [CCC 1377, 1379]

Why is the Blessed Sacrament reserved in a tabernacle?

The tabernacle was first intended for the reservation of the Eucharist in a worthy place so that it could be brought to the sick and those absent from the Mass. As faith in the real presence of Christ in the Eucharist deepened, the Church became more conscious of the meaning of silent adoration of the Lord under the Eucharistic species.

What is the relationship of Eucharistic adoration to the Mass?

The celebration of the Mass is the origin and purpose of the worship shown to the Eucharist outside the Mass. Eucharistic adoration extends Holy Communion in a lasting way even as it prepares the faithful to participate more fully in the celebration of the Mass. It leads us to acknowledge Christ’s marvelous presence in the sacrament and invites us to deeper spiritual union with him in the reception of Holy Communion.

What is the importance of Eucharistic adoration?

Eucharistic adoration is the respect and worship we give to Jesus, who is truly present to us under the appearance of bread and wine. The Eucharist is a priceless treasure; by not only celebrating it but also by praying before it outside of Mass we are enabled to contact the very wellspring of grace. As St. Alphonsus Liguori noted, “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.” [CCC 1418]

What is exposition of the Blessed Sacrament?

Exposition is the placement of the sacred host outside the tabernacle for public adoration. This can take many forms. The simplest form is the opening of the tabernacle doors. Another form is the removal of the sacred vessels from the tabernacle for a more prominent and visible placement. The Church also permits a “full” exposition, when the sacred host is clearly visible in a vessel called a “monstrance.”

What is the purpose of exposition of the Blessed Sacrament?

There are three purposes of Eucharistic exposition: (1) to acknowledge Christ's marvelous presence in the sacrament; (2) to lead us to a fuller participation in the celebration of the Eucharist, culminating in Holy Communion; and (3) to foster the worship which is due to Christ in spirit and in truth.

What are the fruits of Eucharistic adoration?

People who observe Eucharistic adoration experience a deeper devotion to Jesus, and this manifests itself in countless ways. The primary fruits are repentance and conversion which lead to increased charity - that is, the love of Christ alive in his people. The adoration of Jesus in the Eucharist also leads to greater reverence at Mass, a deeper desire for personal holiness, and a stronger sense of union with the parish and the whole Church. Ever since the early centuries of Christianity, the Church has linked Eucharistic devotion to service to the poor. More recently, the practice has led to an increase in vocations to the priesthood, diaconate and religious life.

How long have Christians practiced Eucharistic adoration?

Christians have adored the Eucharist as long as the Church has celebrated the Eucharist - that is, from the time of the Apostles. The earliest texts that speak of the Mass are probably older than some of the New Testament books. In every generation since the generation of the Apostles, the Church Fathers wrote about Jesus' real presence in the Eucharist. In the second, third, and fourth centuries, Christians in lands as far-flung as Italy, Egypt, North Africa, and Cappadocia (modern-day Turkey) testify to the special care given to the Eucharist that was reserved for the sick and homebound.

How should we pray during Eucharistic adoration?

There are many ways to pray. We may meditate silently by gazing on the sacred host. We may silently speak to Jesus from our mind and heart. We may also rely on devotions and prayers from Catholic tradition, such as the reading of Scripture, recitation of the rosary, or the litanies.

What is the best way to promote Eucharistic adoration?

The best way to promote Eucharistic adoration is by doing it! Make frequent visits to Jesus at the tabernacle. Invite your spouse, your children, your neighbors, and co-workers to join you. As the Catechism of the Catholic Church reminds us, "Because Christ himself is present in the sacrament of the altar, He is to be honored with the worship of adoration. "To visit the Blessed Sacrament is...a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord" (CCC 1418).

Pope John Paul II, *Ecclesia de Eucharistia*, April 17, 2003

Pope Benedict XVI, *Sacramentum Caritatis*, February 22, 2007

Catechism of the Catholic Church, 2nd Ed., 1997

United States Conference of Catholic Bishops, *Thirty-One Questions on the Adoration of the Blessed Sacrament*, 2004

Courtesy of Pennsylvania Catholic Conference, *Questions and Answers on the Eucharist*, 2000

GUARDIAN'S RESPONSIBILITIES

1. Each time you serve as guardian, you must sign-in. It is important that each hour be covered. The Blessed Sacrament must NEVER be left alone. You are the committed guardian of the Eucharist for your hour.
2. If you are unable to attend your assigned hour, ask a family member or friend who is not a regularly scheduled guardian first. The purpose of asking someone who is not scheduled is to introduce potential new guardians to adoration.
3. If unsuccessful, please send a substitute request to the group contact list for assistance in getting your hour covered.
4. Contact your hour partners to make sure one of them will be present, since you will be absent. DO NOT ASSUME they will be present. A direct confirmation is needed. It is not suitable to rely on leaving a voicemail.
5. Substitutes sign their name on the line of the person they are covering for in the guardian sign-in sheet.
6. To enable guardians to have the means to contact anyone for assistance, a Master Guardian Schedule of all guardians and an Emergency List of guardians who live nearby who can come quickly will be made available in the chapel by the sign-in sheet.
7. If upon completion of your holy hour, the next guardian does not arrive, contact the guardian for that hour using the Master Guardian Schedule provided. If unable to reach them contact the next scheduled guardian to see if they can come early. You MUST remain with the Blessed Sacrament until another Guardian arrives.
8. Familiarize yourself with the other guardians, especially those scheduled before, during, and after your scheduled hour, to facilitate ease in asking for substitutes.

EMERGENCY PROCEDURES - To All Guardians—Remain Faithful!

1. If you become sick during your hour, or need advice, call one of the team coordinators whose telephone numbers will be posted in the Master Guardian Schedule.
2. If an emergency of a serious nature arises, call 911 or the appropriate emergency numbers listed in the Master Guardian Schedule.

GUIDELINES FOR CHAPEL CONDUCT

1. You must sign in. That way the person before you will know that you are in the chapel, and they are now at liberty to leave.
2. Please wear the guardian badge while you serve. This indicates to others that you are a registered guardian for the hour.
3. Check the sign-in sheet before you leave the chapel to make sure the person who is scheduled for the next hour is in the chapel before you leave. If the person after your hour does not show up and you choose to be the substitute for the next hour, sign your name on the sign-in sheet and write the word (substitute) after your name. This will let the coordinators know that an unscheduled absence took place, so it does not happen to you again next time.
4. Nothing is to be placed on the altar of repose.
5. Any provided spiritual reading material is to be kept in the chapel.
6. Know and abide by the procedures for finding a substitute.
7. Respect for our Lord is shown in the following ways:
 - Genuflect upon entering the presence of the Lord.
 - Avoid talking, maintain an austere reverence in the Presence of Our Lord. If you need to talk to someone in the chapel, leave and hold your conversation quietly outside the chapel.
 - Respect other adorers so they can focus on Our Lord, by keeping still and quiet.
 - Adoration should be a peaceful, private time for each adorer. No spontaneous unscheduled events or sermonizing.
 - Refrain from eating or drinking in Chapel, including chewing gum or candy, for reverence.
 - Please turn your cellphones off or on silent before entering chapel to avoid distracting others.

Eucharistic Guardian Yes-Agreement

I believe the Eucharist is the real and true presence, body, blood, soul, and divinity of our Lord, Jesus. By his Real Presence in the Eucharist Christ fulfills his promise to be with us "always, until the end of the age" (Mt 28:20).

While guarding our Lord Jesus, I will be reverent, silent, watchful, and alert.

I agree to be faithful, and punctual to the time that I have committed to guard our Lord Jesus in the Eucharist and will never leave Him alone.

If I am unable to serve my hour, I will find a trusted substitute that understands that Jesus is fully present in the Eucharist to serve in my place.

My service to the parish as a Guardian of the Eucharist allows others the opportunity and freedom to be in the presence of our Lord Jesus.

When I am no longer able to serve as a Guardian, I will let the coordinating team know, so that they can find someone to take my place.

Lord, you asked, and I answered yes. I (printed name) _____ commit to this

'YES agreement,' (signature) _____ Date: _____

Thank you again for saying 'Yes' and may God bless you and your service.

Pastor

Team Coordinator