



Know & Grow

Informative pieces intended to help you know more about our faith and to promote both individual and community growth

KNOW & GROW TOPIC OF THE WEEK: WHAT IS ADORATION?

Before we delve into Adoration, it is important to cover some ground regarding the Eucharist and Eucharistic Reservation. As Catholics, we believe that during Mass, the bread and wine become the body and blood of Christ. Christ is truly present among us, and “the celebration of the Eucharist in the sacrifice of the Mass is truly the origin and the goal of the worship... Christ the Lord is offered in the sacrifice of the Mass when he becomes present sacramentally as the spiritual food of the faithful under the appearance of bread and wine.”

After Communion is distributed at Mass, the priest reserves the remainder the body of Christ in the Eucharistic species of the host in the tabernacle. The Eucharistic species of the host remains His body; what is not distributed at Mass does not transform back into bread, so it is important to keep Christ’s body reserved in a holy space.

Many may not be aware, but the reason the Church first began reserving the Eucharist was so that it would be available to anyone who may be sick or near death. This is explained in the Roman Ritual: “The primary and original reason for reservation of the Eucharist outside of Mass is the administration of viaticum¹.”

Before a scheduled Adoration in the Church, the body of Christ in the Eucharistic species of the host—the Blessed Sacrament—is removed from the tabernacle. It is then placed in a monstrance² where it is exposed and viewable to all. This Exposition of the Blessed Sacrament can be witnessed after the 6:45am Mass on the first Friday of each month at St. Mary’s Church³.

Once the Blessed Sacrament is placed in the monstrance on the altar, people are invited to spend time with our Lord. This is called Eucharistic Adoration, or Adoration, for short. Adoration truly is the perfect form of contemplation, and it isn’t necessarily about what we will get out of it. True, the graces dispensed by God help us grow in holiness, but the primary purpose of Adoration is right there in the name of the act:—to *adore* the One present to us in the Eucharist and to long for him in Communion.

Adoration is typically done in Church, but periodically is also done in the Chapel, and the monstrance remains on the altar throughout the day (except during Masses when the Eucharist is reposed). Adoration is meant to be held in an uninterrupted quiet space, and most people spend an hour in Adoration. We recognize that for children, an hour may be too long, and for others, an hour is not long enough. The length of time is not as important as the intent and quality of the time spent adoring the Lord.

What do you do during Adoration? Just be. Remember that you don’t actually have to do anything. The Catholic faith recognizes that the greatest gift God gives us is himself, and Adoration is another way for us to recognize that gift outside of receiving the Eucharist at Mass. So, don’t overthink it. Just be and receive the gift. However, if you wish, you may also pray the rosary or pray for the sick (since as stated above, reserving the Eucharist was first done for the sick).

*Be still
and know
that I am
God*
-PSALM 46:10

Our next scheduled Adoration is Friday, October 4. We hope that you consider giving some time that day in Adoration of our Blessed Lord.

¹*Viaticum — the Eucharist or Communion as given to a person near or in danger of death.*

²*Monstrance — the sacred vessel used for the exposition and adoration of the Blessed Sacrament*



³*Though this schedule may change in the future, Adoration is currently **scheduled for each First Friday at St. Mary’s Church.** Exposition of the Blessed Sacrament is done after 6:45am Mass, and Adoration lasts until 7pm. At that time, Holy Hour & Benediction is held (see page 4 for more information).*

“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