

St Joseph Catholic Church  
Eucharistic Adoration Newsletter



February 2026  
Issue 80

Presented by the  
St. Joseph Eucharistic Adoration  
Committee

# St. Joseph's Eucharistic Adoration Newsletter

February 2026 Issue 80

**The Month of February  
is dedicated to  
the Holy Family**



## **The Holy Family**

"The Eucharist, in the Mass and outside of the Mass, is the Body and Blood of Jesus Christ, and is therefore deserving of the worship that is given to the living God, and to Him alone" (St Pope John Paul II, Opening address in Ireland, Phoenix Park, September 29, 1979).

Feasts for February

1. FOURTH SUNDAY IN ORDINARY TIME, Sunday
2. Presentation of the Lord, Feast
3. Blaise; Ansgar, Opt. Mem.
5. Agatha, Memorial
6. Paul Miki and Companions, Memorial
8. FIFTH SUNDAY IN ORDINARY TIME, Sunday
10. Scholastica, Memorial
11. Our Lady of Lourdes, Opt. Mem.
14. Cyril and Methodius, Memorial
15. SIXTH SUNDAY IN ORDINARY TIME, Sunday
17. Seven Founders of the Servite Order; Mardi Gras, Opt. Mem.
18. Ash Wednesday, Commem.
21. Peter Damian, Opt. Mem.
22. FIRST SUNDAY OF LENT, Sunday
23. Polycarp of Smyrna, Opt. Mem.

In this Issue:

- History of the Holy Family
- 5 Creative Ways to Celebrate the Feast of the Holy Family
- The Extraordinary Benefits of Eucharistic Adoration
- Liturgy of the Hours with Dcn. Kevin Boudreaux
- Eucharistic Adoration Etiquette
- SCHEDULE

## History of the Holy Family

[The Holy Family of Jesus, Mary, and Joseph – Feast – My Catholic Life!](#)

**Reflection:** It is amazing that God chose to enter our fallen human condition by becoming Incarnate in the womb of the Blessed Virgin Mary. He was born of her, raised by her and Saint Joseph, acquired human knowledge through their teaching, worked with His hands, experienced the fullness of human society, and did so within the context of an earthly family. Jesus, Mary, and Joseph made up a sacred family, the Holy Family. Today's feast continues our Christmas Day celebration. This feast falls within the octave of Christmas that culminates January 1 with the Solemnity of the Mother of God.

Though the earthly life shared by Jesus, Mary, and Joseph has always been a source of prayer and inspiration, the feast we celebrate today is relatively new. In 1890, Pope Leo XIII issued his encyclical *Sapientiae Christianae* (On Christians as Citizens) in which he emphasized the duties of Christians as citizens in a changing world. At that time, the holy father was concerned about the negative impact that the Industrial Revolution, secularism, and new political ideologies—such as communism—were having upon Christian citizens and the family in particular. He feared that the desire for economic advancement and the communistic separation of God from the political structures would result in the breakdown of the family, the fundamental building block of society. In that encyclical, the Holy Father stated:

*This is a suitable moment for us to exhort especially heads of families to govern their households according to these precepts, and to be solicitous without failing for the right training of their children. The family may be regarded as the cradle of civil society, and it is in great measure within the circle of family life that the destiny of the States is fostered. Whence it is that they who would break away from Christian Discipline are working to corrupt family life, and to destroy it utterly, root and branch.*

*In 1892, Pope Leo XIII issued an apostolic letter, Breve Neminem Fugit, in which he highlighted the importance of the Holy Family for the world as a model for every virtue necessary for human growth.*

*To all fathers of families, Joseph is verily the best model of paternal vigilance and care. In the most holy Virgin Mother of God, mothers may find an excellent example of love, modesty, resignation of spirit, and the perfecting of faith. And in Jesus, who was subject to his parents, the children of the family have a divine pattern of obedience which they can admire, reverence, and imitate.*

In 1893, Pope Leo XIII instituted the Feast of the Holy Family as a liturgical celebration to be celebrated in any diocese that requested it. The feast continued to spread, bringing about a renewed appreciation for the sacredness of family life. In 1921, three years after the end of World War I, Pope Benedict XV, sharing the concerns of his predecessor Pope Leo XIII, added the Feast of the Holy Family to the universal Church calendar.

In 1964, while making an apostolic visit to the Holy Land, Pope Paul VI gave a beautiful speech in Nazareth on the Holy Family. This speech is now included in the Office of Readings for the Feast of the Holy Family. He begins by saying, “Nazareth is a kind of school where we may begin to discover what Christ’s life was like and even to understand his Gospel. Here we can observe and ponder the simple appeal of the way God’s Son came to be known, profound yet full of hidden meaning.” In that speech, the Holy Father wanted to help make Jesus’ family life, culture, and daily interactions as a child tangible and relatable to all so that His childhood, along with the role of His parents, would be a source of reflection for the strengthening of the family.

In 1981, Pope John Paul II, in his apostolic exhortation Familiaris Consortio (The Role of the Christian Family in the Modern World), reinforced the concept of the family as the “domestic church” with its role in fostering prayer, teaching the faith, and nurturing Christian virtues. He highlighted that in the family, the

Christian faith is first proclaimed to children, making the family vital to the mission of the Church, and the most fundamental institution in the world.

As we honor the Holy Family, one of the best ways to do so is to prayerfully ponder the daily life that the Holy Family shared. Because Scripture does not record many of their family interactions in Nazareth, much is left to our prayerful imagination. What we do know is that human familial virtue within the Holy Family, especially between mother and Son, was at a level of perfection. The kindness, respect, obedience, unity, charity, and every other Christian virtue that they lived must become the model for Christian living and for family life.

The Holy Family began with apparent scandal when Mary became pregnant while betrothed to Joseph. Mary and Joseph suffered through the gossip and misunderstandings this miraculous pregnancy brought with it. Though Joseph learned of this conception from an angel in a dream, it was his faith and righteousness that empowered him to remain faithful to Mary and love her with a pure heart. Their family began in Bethlehem, in poverty and rejection. They then fled to Egypt to protect their Child from the paranoia and cruelty of Herod. They later returned to Nazareth and lived faithfully with family and friends. Jesus learned the trade of woodworking from Joseph, grew in wisdom and knowledge, spoke with the elders in the Temple at the age of twelve, and remained obedient to his earthly parents. Saint Thomas Aquinas teaches us that Jesus had direct knowledge of the Beatific Vision from the moment of His conception and had the fullness of infused knowledge. But He also grew in acquired knowledge, learning with a human mind through sensory experience and conceptual understanding. Mary and Joseph watched this growth, participated in it, grew from it themselves, and Mary “pondered all these things in her heart” (Luke 2:51).

As you ponder their inner family dynamics, relationships, and charity, use them as a model of how best to relate to your own family. Some families more fully

imitate those sacred virtues; others fall gravely short. Look into your own heart and ask the Holy Family to teach you how to show greater love to those in your family. Though you will never arrive at perfection, you can receive inspiration from their lives, leading to greater growth and unity, making your own family a greater source of strength for your Christian living.

***Prayer: Most Holy Family of Nazareth, you were a true school of love in which the perfection of family love grew strong. Please bestow upon me, my family, and families everywhere the grace needed to more fully imitate the love you shared, so that families everywhere will continue to be the fundamental building block of the world. Holy Family of Jesus, Mary, and Joseph, pray for us and have mercy on all. Jesus, I trust in You.***

## 5 Creative Ways to Celebrate the Feast of the Holy Family

### [5 Ways to Celebrate the Feast of the Holy Family](#)

#### 1. Cook and Share a Special Meal Together

Many events—especially those in Scripture— are centered around a good



meal. Celebrate the Feast of the Holy Family by cooking up a special dinner with your loved ones. Whether it's a cherished family recipe or a special dish reserved for certain occasions, gather around the kitchen and prepare it together. Share the joy of cooking and savor the results as you spend [quality time around the dinner](#)

[table](#).

#### 2. Go to Mass as a Family

Attending Mass together is a great way to strengthen your familial bonds. Joining together in the Mass creates a deeper connection as you collectively partake in the Eucharist. Following Mass, consider preparing a brunch as a



family or joining together in post-Mass donuts and coffee with other families in your community.

### 3. Pray a Family Rosary

Honor the Holy Family by gathering for a family rosary on their feast. Create a prayerful environment by lighting candles and illuminating your Christmas tree (remember — don't put those away until the Feast of the Epiphany!). Dedicate a moment for prayer, with family members taking turns leading decades. Conclude your prayer time with a special Holy Family prayer, such as this one:

“We bless your name, O Lord,  
for sending your own incarnate Son,  
to become part of a family,  
so that, as he lived its life,  
he would experience its worries and its joys.

We ask you, Lord,  
to protect and watch over this family,  
so that in the strength of your grace  
its members may enjoy prosperity,  
possess the priceless gift of your peace,  
and, as the Church alive in the home,  
bear witness in this world to your glory.

We ask this through Christ our Lord.  
Amen.” - [Prayer For Families, USCCB](#)

### 4. Participate in Acts of Service



In addition to love, the Holy Family stands as a perfect example of selfless service. Our Lady's perfect obedience to the Lord, St. Joseph's selfless leadership of the divine household, and Christ, the ultimate servant, collectively dedicated their lives to serving others and God.

As a family, take the opportunity to serve and give back to your local community. Volunteer at a nearby shelter, contribute to serving dinners at your church, or assist in sorting donations at a local food pantry. Engage in acts of service to support and uplift your neighbors in need.

## 5. Brainstorm Spiritual New Year's Resolutions

As the feast falls at the close of the year, set aside a moment to think of spiritual resolutions for the upcoming year. Brainstorm ways in which you can foster spiritual growth as a family in the new year. Consider establishing a weekly rosary night, praying a novena, or incorporating a weekly attendance at a daily Mass. Write these resolutions down and display them in a visible area to serve as a constant reminder of your family's commitment to spiritual growth.

## **The Extraordinary Benefits of Eucharistic Adoration**

### [24 Reasons for Spending a Holy Hour before the Blessed Sacrament](#)

#### **Twelve Reasons From The Teachings Of The Church For Wanting To Spend One Hour With Jesus In the Blessed Sacrament**

1. You are greatly needed!  
"The Church and the world have a great need of eucharistic adoration." (Pope John Paul II, *Dominicae Cenae*)
2. This is a personal invitation to you from Jesus.  
"Jesus waits for us in this sacrament of love." (Pope John Paul II, *Dominicae Canae*)
3. Jesus is counting on you because the Eucharist is the center of life.  
"Every member of the Church must be vigilant in seeing that the sacrament of love shall be at the center of the life of the people of God so that through all the manifestations of worship due him shall be given back 'love for love' and truly become the life of our souls." (Pope John Paul II, *Redeemer of Man*)
4. Your hour with Jesus in the Blessed Sacrament will repair for evils of the world and bring about peace on earth.  
"Let us be generous with our time in going to meet Jesus and ready to make



reparation for the great evils of the world. Let your adoration never cease."  
(Pope John Paul II, Dominicae Cenae)

5. Day and night Jesus dwells in the Blessed Sacrament because you are the most important person in the world to him!

"Christ is reserved in our churches as the spiritual center of the heart of the community, the universal Church and all humanity, since within the veil of the species, Christ is contained, the invisible heart of the Church, the Redeemer of the world, the center of all hearts, by him all things are and of whom we exist."  
(Pope Paul IV, *Mysterium Fidei*)

6. Jesus wants you to do more than to go to mass on Sunday.

"Our communal worship at mass must go together with our personal worship of Jesus in Eucharistic adoration in order that our love may be complete."  
(Pope John Paul II, *Redeemer of Man*)

7. You grow spiritually with each moment you spend with Jesus!

"Our essential commitment in life is to preserve and advance constantly in Eucharistic life and Eucharistic piety and to grow spiritually in the climate of the Holy Eucharist." (Pope John Paul II, *Redeemer of Man*)

8. The best time you spend on earth is with Jesus, your Best Friend, in the Blessed Sacrament!

"How great is the value of conversation with Christ in the Blessed Sacrament, for there is nothing more consoling on earth, nothing more efficacious for advancing along the road of holiness!" (Pope Paul VI, *Mysterium Fidei*)

9. Just as you can't be exposed to the sun without receiving its rays, neither can you come to Jesus exposed in the Blessed Sacrament without receiving the divine rays of his grace, his love, his peace.

"Christ is truly the Emmanuel, that is, God with us, day and night, he is in our midst. He dwells with us full of grace and truth. He restores morality, nourishes virtue, consoles the afflicted, strengthens the weak." (Pope Paul VI, *Mysterium Fidei*)

10. If Jesus were actually visible in church, everyone would run to welcome him, but he remains hidden in the Sacred Host under the appearance of bread, because he is calling us to faith, that we many come to him in humility.

"The Blessed Sacrament is the 'Living Heart' of each of our churches and it is our very sweet duty to honor and adore the Blessed Host, which our eyes see, the Incarnate Word, whom they cannot see." (Pope Paul VI, *Credo of the People of God*)

11. With transforming mercy, Jesus makes our heart one with his.

"He proposes his own example to those who come to him, that all may learn to be like himself, gentle and humble of heart, and to seek not their own interest but those of God." (Pope Paul VI, *Mysterium Fidei*)

12. If the Pope himself would give you a special invitation to visit him in the Vatican, this honor would be nothing in comparison to the honor and dignity that Jesus himself bestows upon you with the invitation of spending one hour with him in the Blessed Sacrament.

"The divine Eucharist bestows upon the Christian people the incomparable dignity." (Pope Paul VI, *Mysterium Fidei*)

### **Twelve Biblical Reasons for Wanting to Spend One Hour with Jesus in The Blessed Sacrament**

1. He is really there!

"I myself am the living bread come down from heaven." (Jn 6:35)

2. Day and night Jesus dwells in the Blessed Sacrament because of his Infinite love for you!

"Behold I will be with you always even to the end of the world," because "I have loved you with an everlasting love, and constant is my affection for you." (Mt 28:20; Jer 31:3)

3. The specific way that Jesus asks you to love him in return is to spend one quiet hour with him in the Blessed Sacrament.

"Where your treasure is, there is your heart...." "Could you not watch one hour with me?" (Mt 6:21; 26:40)

4. When you look upon the Sacred Host, you look upon Jesus, the Son of God.

"Indeed, this is the will of my Father, that everyone who looks upon the Son and believes in him shall have eternal life. Him I will raise up on the last day." (Jn 6:40)

5. Each moment that you spend in His Eucharistic Presence will increase his divine life within you and deepen your personal relationship and friendship with him.

"I have come that you may have life, and have it more abundantly." "I am the vine and you are the branches. Whoever remains in me and I in him shall bear much fruit because without me, you can do nothing." (Jn 15:5)

6. Each hour you spend with Jesus will deepen his divine peace in your heart.

"Come to me all of you who are weary and find life burdensome and I will

refresh you..." "Cast all of you anxieties upon the one who cares for you..." "My Peace is My Gift to you." (Mt 11:28; Pt 5:7; Jn 14:17)

7. Jesus will give you all the graces you need to be happy!  
"The Lamb on the throne will shepherd them. He will lead them to the springs of life-giving water." (Rev 7:17)
8. Jesus is infinitely deserving of our unceasing thanksgiving and adoration for all he has done for our salvation.  
"Worthy is the Lamb that was slain to receive honor, glory and praise." (Rev. 5:12)
9. For peace in our country!  
"When my people humble themselves and seek my presence... I will revive their land." (2Chr 7:14)
10. Each hour you spend with Jesus on earth will leave your soul everlastingly more beautiful and glorious in heaven!  
"They who humble themselves shall be exalted..." "All of us, gazing on the Lord's glory with unveiled faces, are being transformed from glory to glory into his very image." (Lk 18:14; 2Cor 3:18)
11. Jesus will bless you, your family and the whole world for this hour of faith you spend with Him in the Blessed Sacrament.  
"Blessed are they who do not see and yet believe..." "Faith can move mountains..." "What is needed is trust..." "Behold I come to make all things new." (Jn 20:29; Mk 11:23; Mk 5:36; Rev 21:5)
12. Each moment you spend with Jesus in the Blessed Sacrament brings joy, pleasure, and delight to his Sacred Heart!  
"My joy, my pleasure, my delight is to be with you." (Prov 8:31)

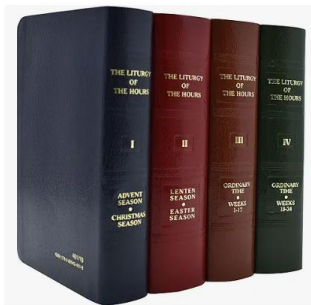
## Liturgy of the Hours with Dcn. Kevin Boudreaux

- If you are interested in joining Dcn Kevin Boudreaux, please click on the YouTube link:

[\(2964\) Liturgy of the Hours with Dcn. Kevin - YouTube](#)

- If you are interested in learning more about the prayer of the church, please click on the following link for detailed information about the Liturgy of the Hours:

[Resources | St. Joseph's Catholic Church | Jacksonville, FL](#)



Liturgy of the Hours

### Books

**Four  
Volume  
Liturgy  
of the  
Hours**



**DivineOffice:  
Another  
Popular choice  
for praying the  
Liturgy of the**

**Hours.**



**iBreviary: A popular choice  
for praying the Liturgy of the  
Hours. Offering daily prayers  
in a user-friendly format.**

## **EUCCHARISTIC ADORATION ETIQUETTE**

### **A Gentle Reminder of the Do's and Don'ts**

First and foremost, the Eucharistic Adoration Committee, our Parish Priests and Deacons and Administrative Staff at St. Joseph's, recognize the commitment and dedication which is evident by the growth in numbers of Eucharistic Adorers making it possible for our entire parish to be able to just come in and pray with Our Lord in the Blessed Sacrament. It is a testament to the understanding and devotion by so many Eucharistic Adorers which makes it possible for so many Eucharistic Adoration hours to be available for our Parish.

Along with growth in numbers comes the need for some gentle reminders, which are needed from time to time. **Please note, as most already know that Eucharistic Adoration has for centuries been a SILENT ADORATION. There are guidelines which support a SILENT EUCCHARISTIC ADORATION and have for the most part been part of St. Joseph's Eucharistic Adoration format.**

### **FOLLOWING ARE SOME VERY SPECIFIC "ETIQUETTE" ITEMS WHICH MUST BE FOLLOWED BY EVERYONE COMING TO THE CODY CENTER CHAPEL.**

The Etiquette for Eucharistic Adoration was developed with the understanding that the Blessed Sacrament in the Monstrance is the "Real Presence" and thus the ultimate reverence should always be shown and displayed. Yes, there is etiquette which should always be observed. Following is a list of reminders which involves your personal commitment to the Hour of Adoration and some personal behavior while in the chapel.

1. **Please be silent always.** Anytime the Blessed Sacrament is exposed in the Monstrance, there must be **TOTAL SILENCE** (other than the specific times when prayers or songs are recited... see schedule above). All Prayers and Readings should be recited in total SILENCE. The exception to this silence comment is at the beginning Eucharistic Adoration hour or at the scheduled time when the Blessed Sacrament is reposed. At those times there are prayers which are recited by a Priest, Deacon or an Extra Ordinary Minister of Holy Communion. The adorers are encouraged to respond to those prayers.

2. **Please do NOT Talk or Socialize in the Chapel.** There are two primary reasons for this silence, first is that the Eucharistic Adorer is in the Real Presence of the Our Lord and Savior in the Blessed Sacrament and second, any talking or socializing in the Chapel is a distraction to those praying and meditating. There is "absolutely no talking, or socializing in the ENTIRE CHAPEL, not just where the chairs are located. This means that the area in the back, where people sign in, is also a NO TALK or SOCIALIZING ZONE.

3. Please note: To the parents who bring young children to Eucharistic Adoration. You and your wonderful children are most welcome. It is understood that young children will from time to time get a bit restless. We know that you are first and foremost, parents who want to teach your children the love and kindness which Our Lord in the Blessed Sacrament and His Blessed Mother will bestow on your family. **Please do not leave when your children are restless... in your own loving manner, softly**

**and kindly, whisper to them that they are in His house and Presence. No Eucharistic Adorer will be offended that you are teaching your (HIS) children to learn to pray to Jesus and His Blessed Mother.**

**4. Please genuflect or kneel upon entering the presence of the Lord or simply bow if you are not able to genuflect.** Sitting or kneeling during your Hour of Adoration is appropriate.

**5. Please do not bring anything to adoration that will make noise and be a distraction to others.**

**6. Please do use of electronic devices (cell phones, tablets or iPads) to read prayers or scriptures if doing such is not a distraction to others praying and meditating.** The electronic devices should NEVER be heard or be used to cause a distraction to others. If you bring a phone, be sure to turn it off or put it on vibrate. NEVER answer your phone in the Chapel. If the phone vibrates, and you feel that you must respond, leave the Chapel to take the call.

**7. Please do not ever bring food or drink to Eucharistic Adoration. If you need water, it is preferred that you quietly step outside the adoration chapel for a drink.**

**8. Please do remember to take off your hats, dress appropriately, don't chew gum and observe the same etiquette as if you were in Mass.**

**9. Please do not ever place anything on the altar.**

**10. Please do not ever touch Monstrance.**

**11. Meeting your Commitment:**

- If you are scheduled to attend, please arrive on time or arrange for a back-up as soon as you know that you will not be able to go.
- Arriving at least 10 minutes before your scheduled hour is preferred.
- Sign the book to record your arrival and departure.
- If there is an emergency, please quietly notify the adorers which are there, that you have a personal emergency and leave quietly.
- If you are attending any of the Nocturnal Eucharistic Adoration hours, please make sure that upon entering or leaving the Cody Center that the door clicks. This will make sure that the Cody Center remains safe and secure. Suggestions for the Hour of Adoration:
  - Read the Booklet for Hours of Adoration (which is in the Chapel on the bookshelf at the entrance)
  - Pray the Liturgy of the Hours
  - Pray the Holy Rosary or Chaplet of Divine Mercy
  - Pray the Stations of the Cross
  - Read Scripture, other religious books or articles
  - Read copies of the Eucharistic Adoration Newsletter



## **SCHEDULE**

### **ADORATION HOURS & LOCATION**

**Cody Center Chapel**

### **ADORATION HOURS**

**Monday - Thursday**

**9:00 AM to 9:00 PM**

**Friday**

**9:00 AM to 6:30 PM**

### **NOCTURNAL ADORATION**

**1st Friday**

**7:30 PM Midnight Saturday**

**2nd Friday**

**9:00 AM to 7:30 AM Saturday PM**

### **ADORATION FOR VOCATIONS**

**Last Friday**

**7:00 PM to 8:00 PM**