

## **ST. JOSEPH CHURCH, MANTUA ~ WEDNESDAYS, 7 TO 9 P.M.**

### **WHAT IS THE ADORATION & EXPOSITION OF THE BLESSED SACRAMENT?**

Eucharistic Adoration, also known as Adoration of the Blessed Sacrament, dates back to the times of the Apostles. It is one of the Church's most beautiful and powerful devotions. St. Alphonsus Liguori explained it as follows: *"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."* And yet, many Catholics are not familiar with it or they have forgotten it.

We pray that by providing the following information on Eucharistic Adoration our community will more fully understand, be better prepared and spend more time in His presence, whether reserved in the tabernacle, a ciborium or during a full exposition in a monstrance. May God open the eyes of your heart.

### **WHAT IS THE EUCHARIST?**

The Eucharist is nothing less than Jesus' complete and personal gift of Himself to us - Body, Blood, Soul and Divinity under the appearances of bread and wine in the consecrated Host. He hides His immense glory, beauty and dignity in the Blessed Sacrament because He wants us to come to Him in faith that we may love Him for Himself. (Missionaries of the Blessed Sacrament)

### **WHAT IS EUCHARISTIC ADORATION?**

Eucharistic Adoration (Adoration of the Blessed Sacrament) is the act of worshipping God 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," Catholics have believed that the bread and wine are no longer merely baked wheat and fermented grape juice, but the actual living presence of the Second Person of the 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, bows before receiving the Blessed Sacrament at Mass, or, in a more focused way, when the Blessed Sacrament is exposed for adoration. (Our Sunday Visitor)

### **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" (Sanctuary of the Divine Mercy). However, exposition may only take place if there is assurance of the participation of a reasonable number of faithful adorers.

### **WHO ARE THE ADORERS?**

While all are welcomed and encouraged to attend Adoration, individuals are needed to commit to spend an hour or two once or twice a month before the Blessed Sacrament. That is why typically, two or more people take turns, to spend an hour, in prayer and silence, before the Blessed Sacrament. This is crucial since Christ exposed in the monstrance must never be left unattended. Also, in case something happens to one of the adorers, another adorer will always be ready to step in when needed.

### **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. (Sanctuary of the Divine Mercy)

### **WHAT IS PERPETUAL ADORATION?**

Perpetual Adoration is continuous prayer and worship before the Most Blessed Sacrament twenty-four hours a day, seven days a week. The hours are covered by Adorers.

### **ARE CHILDREN WELCOMED?**

Absolutely. Adoration is for the entire family. Just make sure that they are old enough to understand how to be quiet. Children under the legal age cannot be assigned an hour on their own, but they may adore with their family.

## **WHY IS PERPETUAL ADORATION IMPORTANT?**

Perpetual Adoration is your personal time with Jesus Christ. It integrates the entire faith community of Epiphany Cathedral and everyone who joins us, uniting our prayer intentions and concerns into ONE. Many miracles and blessings have been associated with Perpetual Adoration.

## **WHAT BLESSINGS ARE ASSOCIATED WITH PERPETUAL ADORATION?**

Documented blessings include:

- Increased vocations to the priesthood and religious life.
- Increased parish-wide attendance, goodwill offerings, both monetarily and in volunteerism.
- Return of fallen away Catholics and Conversions..
- Healing of troubled marriages.
- Healing of broken relationships.
- Healing of diseases and sickness.

## **REFLECTIONS AND QUOTES FROM THE SAINTS ON THE EUCHARIST**

St. Alphonsus Liguori - "One thing is certain, that next to Holy Communion no act of worship is so pleasing to God, and none is so useful, as the daily visit to our Lord Jesus Christ in the Blessed Sacrament dwelling upon our altars. Know that in one-quarter of an hour which you spend before Jesus in the Blessed Sacrament you attain more than in all the good works of the rest of the day."

St. Augustine - "Christ held Himself in His hands when He gave His Body to His disciples saying: 'This is My Body.' No one partakes of this Flesh before he has adored it."

St. Francis de Sales - "When you have received Him, stir up your heart to do Him homage; speak to Him about your spiritual life, gazing upon Him in your soul where He is present for your happiness; welcome Him as warmly as possible, and behave outwardly in such a way that your actions may give proof to all of His Presence."

St. Jerome - "If Christ did not want to dismiss the Jews without food in the desert for fear that they would collapse on the way, it was to teach us that it is dangerous to try to get to heaven without the Bread of Heaven."

St. John Hardon, SJ. - "While all sacraments confer grace, the Eucharist contains the author of grace, Jesus Christ Himself."

St. John Paul II - "The spiritual lives of our families are strengthened through our Holy Hour."

St. John Vianney - "Let us cite only one example: A priest was saying Mass in a church of the town of Bolsena and, after pronouncing the words of consecration, doubted the reality of the Body of Jesus Christ in the Sacred Host. At that same instant the Sacred Host was all covered with blood. It seemed as though Jesus Christ would reproach his minister for his infidelity, and make him sorry for it and, at the same time, show us by this great miracle how firmly convinced we ought to be of His Holy Presence in the Eucharist. The Sacred Host shed blood with such abundance that the corporal, the cloth, and the altar, itself, were covered with it."

St. Therese of Lisieux - "Do you realize that Jesus is there in the tabernacle expressly for you - for you alone? He burns with the desire to come into your heart...don't listen to the demon, laugh at him, and go without fear to receive the Jesus of peace and love..."

St. Teresa of Calcutta - "When you look at the Crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host you understand how much Jesus loves you now."

### **Taken From:**

<https://www.stelizabethofthetrinity.org/adoration#:~:text=What%20is%20Exposition%20of%20the,opening%20of%20the%20tabernacle%20doors>