



Frequently Asked Questions Regarding Adoration of the Real Presence of Jesus Christ in the Most Blessed Sacrament

“Beneath the veil of the Eucharistic Elements is contained the Invisible Head of the Church, the Redeemer of the world, the Center of all hearts, through Whom all things are and through Whom we exist.”

(Pope Paul VI)

PERSONALIZE THE FOLLOWING INFORMATION TO FIT YOUR OWN PARISH

The Eucharist is the most excellent of all the sacraments because it contains Christ Himself. There are many names associated with Jesus Christ in the Holy Eucharist. The most common titles are: the Holy Eucharist, the Most Blessed Sacrament, the Real Presence, and Holy Communion. Regardless of how we may refer to Him, the fact remains that this is the Living Glorified Christ veiled beneath the appearance of what looks like bread in the fullness of His Divinity and His Humanity.

How is Christ made present?

He is made present with His body, blood, soul, and divinity through the offering of the Holy Sacrifice of the Mass.

It is by the conversion of the bread and wine into Christ's body and blood that Christ becomes present in this sacrament. (Catechism 1375) It is the Word of Christ (*this is My Body, this is My Blood*) through the action of the Holy Spirit that Christ is made present for us on our altar to be consumed as food for our soul and remaining present for us in our tabernacle to adore. As Catholics we must believe this Truth, and it is our duty to come to His Real Presence and adore Him.

“Once we believe Christ is really present in the Holy Eucharist, it is only logical to conclude that we should worship Him.” (Servant of God, Fr. John A. Hardon, S.J.)

The ministry of priests is necessary to offer the Holy Sacrifice of the Mass, making Christ really and truly present. Pray for Priests, and Holy Vocations!

Why is the Eucharist reserved?

“Eucharist is reserved in churches or oratories to serve as the spiritual center of a religious community or a parish community, indeed of the whole Church and the whole of mankind, since it contains, beneath the veil of the species, Christ the invisible Head of the Church, the Redeemer of the world, the Center of all hearts, ‘by Whom all things are and by Whom we exist.’” (Pope Paul VI, *Mysterium Fidei*)

Reservation of the Holy Eucharist is also necessary to administer to the needs of the sick and homebound.

What is Adoration of the Eucharist?

Acknowledgment that, because the whole Christ is really present in the Blessed Sacrament, He is to be adored in the Eucharist as the Incarnate God. (Modern Catholic Dictionary)

Why Eucharistic Adoration?

To adore God, to offer Him praise and thanksgiving, to make reparation for our sins and the sins of the mankind, and to petition Him for constant help we need.

When is Eucharistic Adoration?

Make parishioners aware of the schedule of Exposition of the Most Blessed Sacrament and encourage them to come. This may be done by inserting notes in the bulletin and announcements after Holy Mass. Also, create an awareness that Our Blessed Lord is always reserved in the tabernacle and welcomes the faithful to visit at all times.

Who can come?

Everyone is welcome to come before Our Lord Jesus Christ during Eucharistic Adoration. Bring your children, they are our future adorers. Jesus said: *“Let the children come to Me, and do not hinder them; for to such belongs the kingdom of heaven.”* (Mt 19:14) Invite family members, neighbors, and friends to join you. Your joy with the Lord may be what others are looking for. *“You have made us for Yourself O Lord and our hearts are restless until they rest in Thee.”* (St. Augustine)

What am I to do during Eucharistic Adoration?

This is your personal time with God. There are no set prayers.

As you approach the Adoration Chapel, sign the book on the table.

After entering the chapel, genuflect on one knee or two, if you cannot genuflect a simple bow. You may offer a prayer of Adoration to begin your Holy Hour. You may kneel or sit. Spend this time in silence, contemplating that you are in the presence of God. Converse with Him. You can read Sacred Scripture, or other spiritual reading, pray the rosary, or the chaplet of Divine Mercy. There are blessed rosaries on the table, and a variety of reading material for your convenience. (Make church approved material available for use during adoration)

You may desire to offer your holy hour for a special intention. There are Spiritual Bouquet cards and postcards on the table that you may send to whomever you are praying for. If you choose, there is a book to write prayer intentions. During your Holy Hour please include prayers for our Holy Father, Holy Vocations to the Holy Priesthood, Consecrated Religious Life, Holy Marriages and persevering grace for those vocations we now have. Keep in mind, without validly ordained priests there is no Eucharist.

If I commit to an hour, what should I do if I am unable to come to my hour of Eucharistic Adoration?

There is a list of substitutes (keep a current list of substitutes available) on the sign-in table who may be able to sub for you if for some reason you are unable to come to your holy hour. Please take a list home with you and keep it in a handy place so if the need arises you will have access to their names, the time when available, and telephone numbers. If you are unable to enlist the aid of a substitute, please call a day captain or coordinator, their names will be on the back side of the substitute list. If you share the hour, and that person will be there, there will be no need to enlist the aid of a substitute. Please do not take your time with the Lord lightly. He has called you to be with Him, and regardless of how many share your hour, treat the hour as if you are the only adorer present. God loves each of us and desires our individual and undivided attention. Each one of us is special to the Lord.

Where is Eucharistic Adoration?

Inform your parishioners where Exposition of the Most Blessed Sacrament will take place. (church or chapel) Directions may be necessary if the chapel is detached from the church. Make available the schedule of Eucharistic Adoration listing day or days and the hours. If a code is necessary to enter make a telephone number available to call for this information.

To all of our faithful adorers of the Most Blessed Sacrament

We wish to thank you for being faithful to your commitment to your Holy Hour. Without your faithfulness, exposition would be impossible, as it is necessary to have at least one adorer present while the Most Blessed Sacrament is exposed in the Monstrance. It is our hope, through your continued support and example, others may come to know, love and serve the Lord with a desire to spend time with Him too.

“To visit the Blessed Sacrament is a proof of gratitude, an expression of love, and a duty of adoration toward Christ Our Lord.” (Paul VI)

Please visit Our Lord. There is always a need for faithful adorers, please consider committing to a specific hour of Eucharistic Adoration.

“I believe; help my unbelief!” (Mk 9:24)

For door code or more information call:

Parish office or parish coordinator

Inquiries:

e-mail address here

Important

Make information regarding Eucharistic Adoration (coordinator’s telephone number or e-mail address) readily available and easy to locate in the Sunday Bulletin, bulletin boards, and Parish website.