



ADORATION



LITURGY BYTES *by Michele Hall*



Our parish has offered a Holy Hour once a month on Saturday afternoons from 3:45 to 4:45. Have you perhaps arrived for 5 PM Mass and noticed people in the worship space kneeling in quiet prayer? The Blessed Sacrament, usually a large host, is on the altar in a large gold vessel called a monstrance. At the conclusion of the hour, the people are blessed, and Jesus is returned to the Tabernacle. This special prayer time is also known as Eucharistic Adoration.

Whatever name you call it, the most important thing to know is that it is an act of worshipping God as He is present in the Eucharist. From the Last Supper on, Catholics know that Jesus is present, soul and divinity, under the appearances of bread and wine. You might be asking, why do Adoration? I can be with Jesus by attending Mass.

Naturally, we can show our adoration to God in many ways. In Adoration of the Blessed Sacrament, we spend time adoring the true presence of Christ in the Eucharist. Spending time with Jesus places your soul in His direct presence. All it requires is our ability to sit down.

Generations of people have found that honest, persevering prayer before the Blessed Sacrament has helped them to open their eyes, to accept God's grace more deeply, and respond to it with greater generosity. In conclusion, read what St. (Mother) Teresa of Calcutta has to say:

"The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven and will help bring about an everlasting peace on earth."

More to come on this topic in future weeks.

Have a blessed week!