

Eucharistic Adoration

Time with God



**Behold the Lamb of God,
behold Him Who takes away
the sins of the world!**

Pope St. John Paul II

“I encourage Christians regularly to visit Christ present in the Blessed Sacrament, for we are all called to abide in the presence of God.”

St. Katharine Drexel

“My sweetest Joy is to be in the presence of Jesus in the Holy Sacrament. I beg that when obliged to withdraw in body, I may leave my heart before the Holy Sacrament. How I would miss Our Lord if He were to be away from me by His presence in the Blessed Sacrament!”

St. Teresa of Calcutta

“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.”

St. Anthony Mary Claret

“The faith I have when I am in the presence of the Blessed Sacrament is so strong that I find it impossible to express what I feel... When the time comes to leave I must force myself to overcome the inclination to prolong my stay with Jesus.”

My dear friends in Christ,

Sometimes when we read the gospels we can experience a kind of envy. For example, we might think, "Wouldn't it have been amazing to see Jesus the way His disciples saw Him, to hear Him as He spoke to crowds, and to experience His healing touch as He healed the sick?" For whatever reason, we sometimes speak of the Lord Jesus as if He lived a long time ago, but is now far from us. We speak of Him as if He abandoned us after He ascended to the Father.

We're so forgetful... how often do we forget that on the night before He died, Jesus left us with the gift of His Body, Blood, Soul, and Divinity: the Most Holy Eucharist. We forget that Jesus is as present to us today in the Holy Eucharist as He was when He walked on the earth over 2000 years ago... Jesus is alive and present in the Holy Eucharist! When we adore the Lord Jesus in the Eucharist, we get to really and truly see our God face to face, hear His voice, and encounter His healing touch!

Whether you've been coming to adoration for years, or whether you've never experienced it before, I want to encourage you, from the bottom of my heart, to come to adoration. Jesus waits for you there... He is inviting you to come and rest in Him. "Come to Me, all you who labor and are heavy laden, and I will give you rest" (Mt. 11:28).

Prayerfully consider spending an hour a week before the Lord. It might sound intimidating at first, but it's an hour that will change your life. Time spent before God is literally the best use of your time, and you won't regret it. In the words of Ven. Fulton Sheen: "Looking at the Eucharistic Lord for an hour transforms the heart in a mysterious way." Prayer is the key to transforming your heart and the heart of your parish.

Here are the opportunities for adoration in our ACC:

St. Lawrence

After the 8:30am Mass on the 1st Friday of the Month

Sacred Heart

After the 8:30am Mass on the 2nd Thursday of the Month

Holy Cross

6pm on the 3rd Saturday of the Month

St. Henry

Monday: 9am - 5pm

Tuesday: 9:30am - 12am

Wednesday: 12am - 5pm

Thursday: 9:30am - 5pm

Friday: 9:30am - 12pm

Also, it's important that *at least* two people keep watch before the Lord in adoration.

Here are the hours at **St. Henry** that are in *serious need* of more adorers:

Monday

9am to 10am

10am to 11am

Tuesday

6pm to 7pm

7pm to 8pm

8pm to 9pm

9pm to 10pm

Wednesday

1am to 2am

6am to 7am

10am to 11am

2pm to 3pm

Thursday

2pm to 3pm

3pm to 4pm

Friday

10am to 11am

Send us an email at music@st-henrys.org, or call us at [218-346-4240](tel:218-346-4240) and we'll get you signed up for an hour. Also, let us know if you're able to be a sub for people! It'll be the best hour of your week, and you'll fall in love with the time you spend with God.

Peace,
Fr. Tom