

AN APPEAL TO ADORATION

Carissimi,

This Friday is **First Friday**. It is a day on which the Church offers special attention and honor to Jesus present in the Holy Eucharist.

One of the most beautiful rituals by which we accomplish this is called **Exposition of the Most Blessed Sacrament**. Most of you are familiar with this ritual already, but perhaps many are not. Permit me to offer an explanation.

Exposition means that the Eucharist (the Host) is removed from its enclosure in the tabernacle and placed in a special vessel called a **monstrance**, which is then placed upon the altar. The monstrance upholds the Eucharist and displays it through a glass pane, so that all can gaze directly upon it. Candles are set on either side and the faithful are left to pray before Our Lord's Body and Blood which are truly present in the Eucharist. This is what is termed **Adoration of the Most Blessed Sacrament**. It is customary to genuflect on *both knees* on this occasion.

Adoration can last from a short period to several hours to cases where it never ceases. In the latter case we speak of **Perpetual Adoration**. At the end of Adoration the Eucharist is placed back in the tabernacle in a rite called **Reposition of the Most Blessed Sacrament**. This can be done *simply*, or as part of a special ritual in which the priest blesses the faithful with the Eucharist, which is termed Benediction of the Most Blessed Sacrament.

Prior to most of our daily Masses our parish has a short period of Adoration. But on **First Fridays** we have extended periods of Adoration:

- At St Elizabeth Adoration follows the 8AM morning Mass and continues to 3PM.
- At St Anthony Adoration follows the 9AM morning Mass and continues to 7PM.

We always have parishioners who sign up to keep watch with Our Lord during this period for one-hour increments.

However, my impression is that many are either unaware of this or are not in the habit of participating. Thus I would like to invite each of you to experience this grace-filled time this coming Friday.

All that is required is that one sit in silence in the church before Our Lord in the Blessed Sacrament, preferably for one hour. It is simply a time of quiet prayer. One could bring a spiritual book or the Bible. One could pray the rosary or the chaplet. Or, best of all, one could just pray in silence, listening to what the Lord has to say to one's soul. Jesus is really present in the Eucharist, and He knows the inmost secrets of our hearts. Resting in His Divine Presence is like "spiritual radiation therapy." Even if your mind is tired and you feel you cannot pray, time in Adoration will benefit you. Jesus will take the lead and start to heal you from deep within.

Please consider signing up at the back of the church and committing to keep one hour of our Adoration period. Yet even if you cannot so commit, please think seriously of coming by this Friday when you can - for perhaps 30 minutes of sacred communion with the Lord. I personally guarantee that you will not walk away thinking you have wasted your time...

*In Christ Eucharistic,
Don Francesco*