

ARCHBISHOP'S COMMITTEE FOR EUCHARISTIC ADORATION

Newsletter 14



November 30, 2015

Dear Parish Coordinator of Eucharistic Adoration,
(Please forward to coordinator)

This newsletter will be archived on our webpage where you may find helpful information to assist in maintaining and promoting Adoration. www.archstl.org/adoration.

PRAY, SACRIFICE, INVITE

SUBSTITUTES:

Faithful substitute adorers are a necessity. Vacations, appointments, illness, are all reasons to enlist a substitute. A substitute list, with hours and days available, home and cell telephone numbers, should be made available to the faithful committed adorers. You may want to have these available in your chapel. Ask Adorers to take a list and keep it at home in case there is a situation that makes it impossible for them to be present at their committed time with the Lord.

Faithful adorers are often times faithful substitutes. Ask them if they would be willing to be included on the substitute list. It may be possible that the committed adorer before the hour in need and the adorer after would be willing to share the hour. One and a half hour for each. When calling for a substitute ask them if they are available to spend an hour with Jesus. Do not ask if they are available to do a Holy Hour.

Many adorers that visit your Adoration Chapel may be from other parishes. Your appeals for new Adorers and substitutes might be missed if you only publish them in your bulletin. Consider putting a sign such as the one that is attached to this e-mail inviting people to commit to a regular Holy Hour or to be a substitute. Ask them for the days and times that they might be available to help out.

14. When the Blessed Sacrament is exposed, how many candles should be used?

"For exposition of the Blessed Sacrament in the monstrance, four to six candles are lighted, as at Mass, and incense is used. For exposition of the Blessed Sacrament in the ciborium, at least two candles should be lighted, and incense may be used.

Reprinted from *Thirty-one Questions on Adoration of the Blessed Sacrament* published by the Bishop's Committee on the Liturgy from the USCCB – www.usccbpublishing.org/searchproducts.cfm

What practically can we do during this season of waiting and vigil keeping? What are some practices that might incarnate for us the spirituality of the season?

How about the classically Catholic discipline of Eucharistic adoration? To spend a half-hour or an hour in the presence of the Lord is not to accomplish or achieve very much, but it is a particularly rich form of spiritual waiting.

As you keep vigil before the Blessed Sacrament, bring to Christ some problem or dilemma that you have been fretting over, and then pray, "Lord, I'm waiting for you to solve this, to show me the way out, the way forward. I've been running, planning, worrying, but now I'm going to let you work." throughout Advent, watch attentively for signs.

Also, when you pray before the Eucharist, allow your desire for the things of God to intensify; allow your heart and soul to expand. Pray, "Lord, make me ready to receive the gifts you want to give," or even, "Lord Jesus, surprise me."

Bishop Robert Barron