

**ARCHBISHOP'S COMMITTEE FOR  
EUCHARISTIC ADORATION**  
*Newsletter 10*



April 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](http://www.archstl.org/adoration)

**PRAY, SACRIFICE, INVITE**

- Come up with new ways to introduce people to Adoration:
  - St. Gerald Majella had a parish mission on the Sundays of Lent and ended the hour talk with a half hour of Adoration and Benediction.
  - We have been asking about how to bring children before the Blessed Sacrament. Sr. Maria Christi, OP, the Principal of St. Joseph of Cottleville school organized a family Holy Hour. An email went out telling the families that they were having a family Holy Hour during Catholic Schools week and to come and pray. They have had additional Holy Hours during Lent and Eastertide and plan to have 3-4 per semester in the future. The Holy Hour format was very simple. Adoration in the church, music ministry, silence, praying part of the rosary with the children and then Benediction. The emphasis is that Jesus is there and the children are there and they are all praying with Jesus. They had a musician from their Life Teen Mass play both traditional and modern music. For example, they concluded with Holy God We Praise Thy Name and used the traditional O Salutaris and Down in Adoration Falling for the opening and closing of Holy Hour. A sample schedule is attached for reference. Each parish may want to develop their own format. This could be opened up to the PSR and home schoolers as well.
- Do you need a quote for your bulletin? Check out the Real Presence Association website <http://www.therealpresence.org/eucharst/tes/a7.html> for quotes on the Most Blessed Sacrament.
- St. Teresa of Avila never went to prayer without a book. Do you have books on Adoration and the Blessed Sacrament in your Adoration Chapel? Fr. Florian Racini's *Could You Not Watch With Me One Hour* has 52 meditations on how to cultivate a deeper relationship with the Lord through Eucharistic Adoration.

Has your parish had an increase in vocations since you started Eucharistic Adoration that you would like to share with other parish coordinators? If so, please share your suggestions by sending them to: [stladoration@gmail.com](mailto:stladoration@gmail.com) or call Patti @ 314-576-2938.

**10. What is the purpose of exposition of the Blessed Sacrament?**

*"There are three purposes of Eucharistic exposition: 'to acknowledge Christ's marvelous presence in the sacrament,' to lead us to a fuller participation in the celebration of the Eucharist, culminating in Holy Communion, and to foster 'the worship which is due to Christ in spirit and in truth'."*

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](http://www.usccbpublishing.org/searchproducts.cfm)

*"Tied to the celebration of the Eucharist, well-practiced Adoration of the Blessed Sacrament unites the believer to Jesus and through Him to the Father, builds up the Church, supports her mission in the world and elevates and transforms creation." Guy de Kerimel, Bishop of Grenoble-Vienne from the foreword of *Could You Not Watch With Me One Hour*.*