

# ARCHBISHOP'S COMMITTEE FOR EUCHARISTIC ADORATION

## *Newsletter 16*



March 31, 2016

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**

Many people are afraid to commit to a regular Holy Hour. Why? Because we live in a world of noise. Many people have their radio or television on when they are awake. They are constantly texting, checking facebook or apps on their smart phones. The thought of a whole hour in quiet with God may concern them. What will they do for a whole hour? They may feel uncertain in knowing how to pray, not realizing that praying is not something we can learn, but simply conversation with God.

As committed adorers we need to help people transition from the noise of the world to spending quiet and peaceful time with Him, who we know loves us, which is how St. Teresa of Avila described prayer. For some this will be a talk on adoration. In past newsletters, we have recommended enlisting a speaker, such as one of our auxiliary Bishops, or dedicated Adorers from your parish, etc. asking them to promote adoration. You might ask them to include ideas on how to spend the hour or how to enlist a substitute if they are fearful of their unavailability at times. Perhaps a guided Holy Hour in your Church, including a half hour of Adoration of the Blessed Sacrament, after a parish activity, such as a Mission, would be a helpful aid in the transition.

If you have a dedicated Adoration Chapel, you may wish to make available a Bible, a Catechism, books on Adoration, the Eucharist, saints, as well as rosaries and pamphlets explaining how to pray the rosary.

Attached is document on 26 ways to spend an hour with Jesus. You might want to post the document in your Chapel, or use these ideas as bulletin inserts. Also attached is Fifteen Minutes in Company of Jesus in the Blessed Sacrament by St. Anthony Mary Claret. These are available as pamphlets that can be purchased from Family of Mary P.O. Box 477 Milan, IL 61264 for \$.15 each plus shipping. These pamphlets are extremely popular because they help people to pray and the importance of prayer.

We find God in the silence! Psalm 46:10 reminds us to be silent so we can find Him: ***'Be still, and know that I am God'.***

### **16. How is the Blessed Sacrament revered? How is the reverence different when the Blessed Sacrament is exposed?**

*"What distinguishes the reverence given to the exposed Sacrament from adoration before the tabernacle is the communal nature of reverence to the exposed Sacrament. In Eucharistic exposition, the Blessed Sacrament is revered by the common prayer of the people in silence, song, and meditation, by incense, and by other liturgical acts, including genuflection. 'A single genuflection is made in the presence of the Blessed Sacrament, whether reserved in the tabernacle or exposed for public adoration.'"*

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### **PRAY FOR NEW ADORERS**

O glorious St. Andrew, you were the first to recognize and follow the Lamb of God. With your friend, St. John, you remained with Jesus for that first day, for your entire life, and now throughout eternity. As you led your brother, St. Peter, to Christ and many others after him, draw us also to Him. Inspire us to lead others to Jesus Christ. Help us to know who to invite to Adoration of the Blessed Sacrament. Help us to learn the lesson of the Cross and to carry our daily crosses without complaint so that they may carry us to Jesus. Amen.