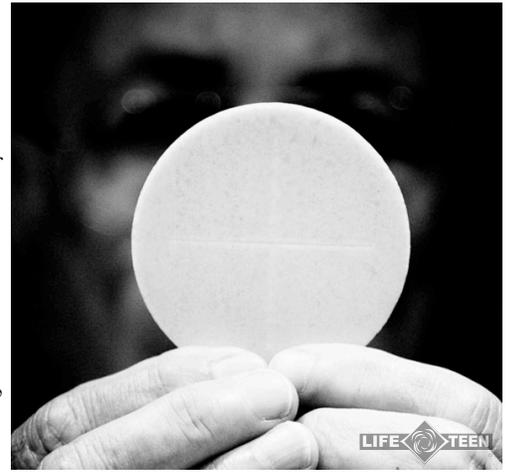


# WHAT IS THE EUCHARIST?

*"I will be with you always until the end of the age" (Matthew 28:20).*

This is Jesus' promise to His disciples (and to us) before ascending to the Father. If He was physically leaving, how could He vow to be with us forever? How can we know that God is with us today? How can we develop a relationship with the Creator of the Universe in a real and tangible way? The answer to all these questions is the Eucharist.

The word "Eucharist" comes from a Greek word meaning "thanksgiving." Just as Christ gave thanks for the gifts of bread and wine at the Last Supper, we give thanks for His eternal and true presence to us - in the flesh - but under the appearance of bread and wine, at every single Catholic Mass. The Eucharist is not merely a symbol, or a nice gesture, or even a dramatic "reenactment" of the Last Supper. The Eucharist IS God - Body, Blood, Soul and Divinity.



The Eucharist is the Real Presence of Jesus Christ, just as real as the person sitting next to you. The Body and Blood still keep the outward appearance of bread and wine, but through the power of the Holy Spirit, while the "form" of the bread and wine do not change, their substance does. We call this transubstantiation (CCC 1373-77). Through the words of consecration being uttered by Christ's priests, the Holy Spirit transforms simple bread and wine into the very flesh and blood of Jesus Christ.

Why would we believe this? Simple, we believe it because Jesus said it was so. At the Last Supper, he said "This is my Body" and "This is my Blood" (Matthew 26:26-28). At every single Mass, those same words are spoken and the same miracle takes place. In the Eucharist, God fulfills his promise to "be with us always" in the most physical and intimate of ways.

## WHAT IS ADORATION?

*"The worship of the one God sets man free from turning in on himself, from the slavery of sin and the idolatry of the world." (CCC, 2097)*

Did you ever wish that you had a "pause" button for life? You know, the ability to pause the really important moments so that you could more fully enjoy them? In a way, Eucharistic Adoration is a "pause button" for the moment in Mass when the priest elevates the host, the Body of Christ. Adoration of the Blessed Sacrament is a form of prayer that began centuries ago. The same Eucharist we receive at Mass is what (or more accurately Who) we worship in

Adoration. A consecrated host is displayed in a beautiful sacred vessel called a Monstrance. The word "monstrance" means "to show." The monstrance allows Christ's body to be seen and "shown" to us - so that we can be present to God as He is present to us in His Eucharist.

It is very important to remember that Adoration is a prayer that flows from the Mass; it does not take the place of Mass. During Adoration, we have the opportunity to come face-to-face with the living God. Like spending time with a close friend, Eucharistic Adoration is about deepening and strengthening our personal relationship with God.

## WHAT DO I DO DURING ADORATION?

*"Be still, and know that I am God." (Psalm 46:10)*

When the Blessed Sacrament enters and exits the church, we kneel as a sign of respect. During the rest of the time, feel free to assume a position that will allow you to pray and listen. This is your time to bring your heart, your worries, your joys, your hopes - your entire life - before a God who is madly in love with you. During Adoration, use the music, prayers and Scripture readings as a way to focus your heart on Christ. There is no right or wrong way to come before the King, He just wants you to spend time with Him. While we will be worshipping together as a family, this is also a very individual time of prayer.

## WHAT IF I GET DISTRACTED?

*"Pray, hope and don't worry." -St. Pio of Pietrelcino*

It happens to all of us. We are trying to pray, but our minds wander in a million different directions. And if you are not familiar with Adoration, even the sights and sounds of this time can be distracting. So what's a Catholic to do? First, bring yourself back into the moment. Remind yourself Who is before you in the Eucharist. Second, get yourself in a posture and place that will minimize distractions. Third, offer to Christ everything on your mind (even the most random things) and ask Him to give you the grace to enter into this time of prayer. Finally, listen. God has something He wants to tell you... yes, you. Don't miss it.

# EXPOSITION OF THE BLESSED SACRAMENT

*Please stand.*

*When the priest genuflects to take the Eucharist out of the tabernacle, please kneel.*

## OPENING HYMN O SALUTARIS HOSTIA

(In Latin)

O salutaris Hostia  
Quae caeli pandis ostium;  
Bella premunt hostilia,  
Da robur, fer auxilium.  
Uni trinoque Domino  
Sit sempiterna gloria,  
Qui vitam sine termino  
Nobis donet in patria.  
Amen.

(In English)

O saving Victim, open wide  
The gate of heaven to man below.  
Our foes press on from every side;  
Thine aid supply, thy strength  
bestow.  
To thy great name be endless  
praise,  
Immortal Godhead, One in  
Three;  
O grant us endless length of days  
In our true native land with thee.  
Amen.

## BENEDICTION CLOSING PRAYERS

*Please kneel.*

### CLOSING HYMN TANTUM ERGO

(In Latin)

Tantum ergo Sacramentum  
Veneremur cernui,  
Et anti quum documentum  
Novo cedat ritui;  
Praestet fi des supplementum  
Sensuum defectui.  
Genitori Genitoque  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio;  
Procedenti ab utroque  
Compar sit laudatio.  
Amen.

(In English)

Down in adoration falling,  
This great Sacrament we hail;  
Over ancient forms of worship  
Newer rites of grace prevail;  
Faith will tell us Christ is  
present,  
When our human senses fail.  
To the everlasting Father,  
And the Son who made us free,  
And the Spirit, God proceeding  
From them Each eternally,  
Be salvation, honor, blessing,  
Might and endless majesty.  
Amen.

Priest: You have given them Bread from heaven

ALL: Having all sweetness within it

Priest: Let us pray. Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood, help us to experience the salvation won for us and the peace of the kingdom, where you live with the Father and the Holy Spirit, one God, for ever and ever.

ALL: Amen

# THE DIVINE PRAISES

*(Together or as led by Priest)*

Blessed be God.

Blessed be his Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

And may the Heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment in all the tabernacles of the world, even until the end of time. Amen.

*After the priest returns the Eucharist to the tabernacle please stand.*

Holy God We Praise Thy Name

Holy God, we praise Thy Name;

Lord of all, we bow before Thee!

All on earth Thy scepter claim,

All in heaven above adore Thee;

Infinite Thy vast domain,

Everlasting is Thy reign.

Hark the loud celestial hymn

angel choirs above are raising;

cherubim and seraphim,

in unceasing chorus praising,

fill the heavens with sweet accord:

Holy, holy, holy Lord.