

The Saints Encourage Us to Go to Adoration

“Whenever I go to the chapel, I put myself in the presence of our good Lord, and I say to him, ‘Lord, I am here. Tell me what you would have me to do’ . . . And then, I tell God everything that is in my heart. I tell him about my pains and my joys, and then I listen. If you listen, God will also speak to you, for with the good Lord, you have to both speak and listen. God always speaks to you when you approach him plainly and simply.” St. Catherine Labouré

The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Him will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth. St. Teresa of Calcutta

Becky Roach @ Catholic Link

EXPOSITION OF THE BLESSED SACRAMENT O SALUTARIS

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.

O saving Victim, opening
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; Oh,
grant us endless length of
days, In our true native land
with Thee.

BENEDICTION OF BLESSED SACRAMENT TANTUM ERGO

Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.

Down in adoration falling,
Lo! the sacred Host we hail,
Lo! o'er ancient forms
departing, Newer rites of
grace prevail; Faith for all
defects supplying, Where the
feeble senses fail. To the
everlasting Father, And the
Son Who reigns on high
With the Holy Spirit
proceeding Forth from each
eternally, Be salvation,
honour blessing,
Might and endless majesty.

Presider: You have given them Bread from heaven.

All: Having all sweetness in it.

Presider: O God, who in this wonderful sacrament have left us a memorial of Your Passion, grant us, we beseech You, so to venerate the sacred mysteries of your body and blood, that we may ever feel within us the fruit of Your redemption. You who live and reign forever and ever. **All:** Amen.

THI DIVINE PRAISES

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.
Amen

CLOSING HYMN
O Sacrament Most Holy, O Sacrament Divine

EUCHARISTIC ADORATION

St Therese Shrine Parish
Scarborough



“Come to me, all you who are weary and
overburdened, and I will give you rest. Take my
yoke upon you and learn from me, for I am gentle
and humble in heart, and you will find rest for
your souls.” -Jesus



What Is Adoration?

When Catholics say they are “going to Adoration,” they are typically referring to Eucharistic Adoration. Which, in the most basic terms, is the worship of the Eucharist outside of the Mass. The Eucharistic Host is displayed in a monstrance on the altar so that all can see and pray in the presence of Christ.

The Catechism of the Catholic Church tells us that, “Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Saviour who sets us free from evil. Adoration is homage of the spirit to the “King of Glory,” respectful silence in the presence of the “ever greater” God. Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications.” (CCC 2628)

What Do I Do During Eucharistic Adoration?

As a form of respect, you should always genuflect when you see the Lord in the Host. Maintain an attitude of respect, and if others are present, silence. Always keep in mind that you are in the presence of God!

Kneeling, sitting, standing, and even laying on the floor before the Blessed Sacrament are all appropriate forms of prayer. Let your posture reflect your worship of the King and do what is comfortable for you.

You really don’t have to “do” anything during Adoration. You can just sit there and look at Jesus. Take the time to be with Him. ... This is your personal time with Christ.

Prayer for a Visit to the Blessed Sacrament St. Alphonsus de Liguori

My Lord Jesus Christ, who for the love which You bear us, remain night and day in this Sacrament full of compassion and love, awaiting, calling, and welcoming all who come to visit You.

I believe that You are present in the Sacrament of the Altar. I adore You from the abyss of my nothingness, and I thank You for all the graces which You have bestowed upon me and in particular for having given me Yourself in this Sacrament, for having given me Your most holy Mother Mary as my Advocate, and for having called me to visit You in this church.

I now salute Your most loving Heart; and this for three ends: first, in thanksgiving for this great gift; secondly, to make amends to You for all the outrages which You receive in this Sacrament from all Your enemies; thirdly, I intend by this visit to adore You in all the places on earth in which You are present in this Sacrament and in which You are the least reserved and the most abandoned.

My Jesus, I love You with all my heart. I grieve for having previously so many times offended Your

infinite goodness. I intend by Your grace never more to offend You for the time to come.

And now, miserable and unworthy though I be, I consecrate myself to You without reserve; I renounce my entire will, affections, my desires, and all that I possess. Henceforward, dispose of me and of all that I have as You please. All that I ask of You and desire is Your holy love, final perseverance and the perfect accomplishment of Your will. I recommend to You the souls in Purgatory, and especially those who had the greatest devotion to the most Blessed Sacrament, and to the most Blessed Virgin Mary. I also recommend to You all poor sinners.

Finally, my dear Saviour, I unite all my affections with the affections of Your most loving Heart, and I offer them, thus united, to Your Eternal Father, and beseech Him in Your name to condescend for Your love, to accept and grant them. Amen