

# Eucharistic Adoration

**What:** Come make a mini-retreat! Spend an hour in prayer in the presence of our Lord Jesus Christ, present in the Blessed Sacrament- body, blood, soul and divinity.

**When:** Monday, Tuesday, Thursday: 9 AM to 5 PM;  
Wednesday: 9 AM to 9:30 PM -except during 7 PM Mass;  
Friday: 9 AM to 2 PM;  
Saturday: 10 AM to 3 PM.

**Where:** The Daily Chapel.

Please consider becoming a scheduled adorer. This means committing to spending a particular hour each week in prayer and adoration of Our Lord. While this commitment is necessary in order to have hours of Exposition of the Blessed Sacrament, it also facilitates the keeping of good intentions. So many blessings come!

*The Holy Eucharist is the continuation of Christ's Incarnation on earth where the same Jesus born two thousand years ago in Bethlehem is as truly present with us now as He was then. Again, He comes quietly and humbly. Again, only the humble can see, with eyes of faith, the humble Jesus hidden in the Blessed Sacrament. This is the faith that prompts you to come and adore Him. If we could see Him (in human form) with our eyes, everyone would run out to welcome Him. But He remains Hidden in the Blessed Sacrament because He is calling us to faith that we may come to Him in humility.*

**Just by the fact that you get into your car and come to visit Him with the intention of a quiet hour of prayer and adoration is in itself a prayer of great faith, for He said to His apostle: "Thomas, you believe because you see Me; Bless are they who do not see and yet believe." (Jn 20:29)**

**...the best, the most effective, and the surest way of bringing lasting peace on earth is through the great power of Eucharistic Adoration. . .Just as you can't be exposed to the sun, without receiving its rays, neither can you come to Jesus exposed in the Blessed Sacrament without receiving the divine rays of His grace, His love, His peace.**

**Come and pray for peace in our families and in our world.**

*Some have asked, "Why should we spend time in prayer before our Eucharistic Lord? After all, is not God present everywhere?" The answer is that God is present everywhere, of course, but He is present to us in a most special way, the most complete way this side of heaven, in the Holy Eucharist. We come to express our praise and thanksgiving for such a great gift. We come to show our love for our Eucharistic Lord and in turn let Him love us. Here, before the exposed Host, we see with the eyes of faith what the prophets and the kings of the Old Testament longed to see. We gaze upon God himself.*

**Adoration is such a wonderful gift that we have as Catholics. During Adoration, read the Bible, pray the rosary... Speak to Jesus as you would speak to your best friend, and spend some time listening to Him with your heart and mind....**