

Eucharistic Adoration

Our Lady's Church, St John's Wood
ourlady.weadorehim.com



Saint (Mother) Teresa of Calcutta said:
"The best time you will spend on earth is the time you spend with your Best Friend, Jesus in the Blessed Sacrament."

Jesus pronounced these moving words to Saint Margaret Mary Alacoque:
"I thirst to be loved in the Blessed Sacrament."

Time is one of our greatest possessions; hence, one of the greatest gifts we have to give.

What is Exposition?

Exposition is the placement of the sacred host outside the tabernacle for public adoration. *Full* exposition is when the sacred host is clearly visible in a vessel called a *monstrance*.

What is Eucharistic Adoration?

Eucharistic Adoration is when a parish has a Chapel or Church open with *full* exposition of the *Blessed Sacrament*.

Each parishioner is invited to consecrate an hour of the week to *Eucharistic Adoration*; thus establishing an unceasing chain of prayer, adoration & intercession for the Church & the world. As zealous Guardians of the *Eucharist*, they ensure the *Blessed Sacrament* is never left alone.

Why Adore?

- Adoration is our response of love to Jesus.
- Time is one of our greatest possessions; hence, one of the greatest gifts we have to give.
- Jesus wants it. "I thirst to be loved in the *Blessed Sacrament*".
- We encounter Jesus & grow in intimate friendship with Him.
- Jesus renews us spiritually & fills us with graces of love, light, strength & consolation.
- We learn to place all of our trust in the *Sacred Eucharistic Heart of Jesus* & this trust drives away our fears, our doubts & our sadness.
- It is an oasis of peace where adorers come to draw new strength.

How to Adore

Speak with Me, like you would with your most intimate friends, like you would with your mother or brothers.

1. Remember that you are in the presence of Jesus in the most intimate form of the *Blessed Sacrament*. Enter now into your heart, into the most intimate part of your being.
2. Make silent all your inner voices. Do not run after useless thoughts. Present & offer your problems, your concerns, your fears to Jesus. Occupy yourself with Him & He will take care of you. Ask for the grace of abandonment & trust.
3. Fix your gaze on the *Eucharistic Lord*. Begin to speak with your heart... begin to love Him who first loved us. Remember that Our Lord lives & acts: look upon Him, study Him, imitate Him.
4. Choose a verse from a psalm, a phrase from the Gospel, a simple prayer, & repeat it with your heart, gently & continuously until it becomes your prayer, your cry, your supplication.
5. Enter into thanksgiving, into gratitude. Instead of considering what you lack, give thanks for what you are, for what you have. Give thanks for whatever will be given to you tomorrow.
6. If you are overcome by fatigue or distractions, be gentle on yourself. Let confidence, simplicity & love lead you to adoration.

1 hour seems like a long time

Initially, 1 hour may seem like a long-time for prayer & adoration. Do not fear. It is a bit like returning to the gym after a long absence. Prayer & adoration become easier with practice.

Some Practical Matters

When? During school terms, Eucharistic Adoration is held on Monday to Friday between 6am-12noon and 6pm-midnight. In school holidays, a reduced schedule applies.

What is the commitment during school terms?

We encourage everyone to commit to and *own* a 1-hour timeslot... the same day & time each week. Experience shows that such a commitment provides enormous grace & sustains us in times of spiritual aridity & dryness.

For people who are unable to commit to a weekly timeslot, our website ourlady.weadorehim.com allows you to sign-up for times that fit your schedule in any particular week.

What happens during school holidays?

During school holidays, many Parishioners travel home to be with family and friends; therefore, we reduce the hours of Adoration and invite Parishioners who are in London to volunteer for the various timeslots.

Where? An altar will be dedicated for Adoration in the right transept.

What if I cannot make it one week?

What if an emergency arises on the day?

What if I am running late?

Adorers must be zealous Guardians of the *Eucharist*, they ensure the *Blessed Sacrament* is never left alone. If you are unable to attend in a particular week (e.g. due to work commitments)... or if an emergency arises on the day, please...

- Login to our website ourlady.weadorehim.com and “Request a Substitute” OR
- email, text or phone Michael (the lead coordinator) OR
- speak to Fr Jeff.

The sooner you can highlight potential problems, the easier it is to find a substitute. We are on this journey together.

What if the person after me is running late or doesn't show up?

- Attempt to contact the Adorer by phone to determine how late they are running. If possible, stay until they arrive otherwise...
- Follow the instructions on the inside of the Chapel door.

Early morning & late evening timeslots

The first Adorer for the day and the last Adorer in the evenings will receive training on how to expose / return the Blessed Sacrament to the monstrance / tabernacle.

How do I gain access to the church?

Access to the church in the early morning and late evening will be via the back door (keypad entry). Access during the day will be via the front door.

Mobile Phones: Please keep your mobile phone with you (preferably on silent, vibrate mode) just in case another Adorer needs to contact you. The coordinators will give you the phone numbers of the Adorers for the hour before & hour after you.

Can I bring family, friends, and children?

Yes... Everyone is welcome to Adore at anytime. There will be signs to the Adoration Chapel & we anticipate that other parishioners & visitors will drop-in at various times.

How do I join?

It is quick & simple to join / volunteer. Either..

1. Join via our website ourlady.weadorehim.com. You can setup automatic text reminders to your phone! Or
2. Email the lead coordinator michaelmurphy7531@gmail.com or
3. Speak to Fr Jeff

And finally, THANK YOU for signing up for Adoration. You are part of a powerful movement that will transform your life, the life of our Parish, and the world.