

Eucharistic Adoration

By Deacon Bill Dwyer

So, you might ask what is Eucharistic Adoration?

Very simply, we make and take time, from our busy days, to spend time in silent prayer with Jesus before the Blessed Sacrament. We remember Jesus' words from the Garden of Gethsemane "watch and pray with me". During time in prayer, we might have a personal conversation with Jesus, write in our prayer journal, pray the rosary, read scripture, or pray for our family, friends or maybe someone who hurt us. Maybe one of these or all may happen – as we listen to what Jesus may be asking at the moment. Usually, our personal time in Adoration would last about an hour; however, Jesus invites us to spend any time we have available – whether 5, 10, 20 or more minutes – knowing each minute is precious being with Jesus.

As we begin, we gaze upon the crucifix ...starting at Jesus' head and moving to his feet – the vertical – this represents each one of us – praying and recognizing our personal relationship with Jesus. Then, we gaze from his left hand to his right hand – the horizontal – this represents all of us, a small faith community praying as one.

While it is true that we can pray to God anytime, anywhere, and that He is always with us, it is especially powerful to adore Jesus in the Eucharist for it is in His presence we become more acutely aware of Jesus' sacrifice, that He gave His life for us, so that we may live and have the promise of eternal life.

For me, Eucharistic Adoration is a priceless gift; inspiring courage for me to say "Jesus, here I am, I come to do your will". I am given invaluable moments to strengthen my faith in Jesus trusting I am God's beloved son. The silence of prayer allows memories of past personal experiences and wonder who Jesus has been and is my life. I ask "Lord, please give me the grace to know Jesus more intimately, love Him more deeply and follow Him more closely."

Below are links to Blessed Trinity Parish's website to learn more about Adoration

[A Beginners Guide to Adoration](#)

[Step-by-Step Visual Guide to Adoration](#)

[Busted Halo - Guide to Adoration](#)

Blessed Trinity Parish offers adoration many times during the month: Please join us 😊

St. Anne Church the 2nd and 4th Tuesday of each month from 8:30-10am
(Immediately following the 8am Mass); at

St. Catherine Church - Mezzanine every Thursday from 3pm-7pm; and

In addition, 24-Hour Adoration is offered seasonally.

If you would like more information, please contact the coordinators of this ministry: Deacon Bill Dwyer at deaconbilldwyer@gmail.com or Jackie Butterfield at jjbviolin@comcast.net.