

**National Eucharistic Revival (2022-2025)-“This is my body... He said it, I believe it”**

**Our Lady of Peace Eucharistic Adoration Opportunities**

First Friday Adoration- Each month from 7:30am to 7pm (Benediction)

Holy Hours:	Monday, August 29 <sup>th</sup>	For the Environment
(All 7pm unless noted)	Monday, September 19 <sup>th</sup>	Healing from Abuse
	Monday, October 24 <sup>th</sup>	Respect for All Life
	Monday, November 7 <sup>th</sup>	For Vocations
	Monday, December 19 <sup>th</sup>	New Evangelization
(11pm)	Saturday, December 31 <sup>st</sup>	For Peace
	Monday, January 9 <sup>th</sup>	For Migrants
(9:30pm)	Thursday, January 19 <sup>th</sup>	For Legal Protection of the Unborn
	Monday, February 20 <sup>th</sup>	For Political Leaders
(6pm)	Monday, March 13 <sup>th</sup>	For the Sick
	Sunday, April 16 <sup>th</sup>	Divine Mercy
	Sunday, April 30 <sup>th</sup>	World Day of Prayer for Vocations
	Monday, May 15 <sup>th</sup>	Renewal of Marriage and the Family

Solemn Evening Prayer and Benediction:

(All 6pm)	Sunday, October 16 <sup>th</sup>	Votive for the Eucharist
	Sunday, November 20 <sup>th</sup>	Christ the King
	Monday, January 9 <sup>th</sup>	Baptism of the Lord
	Sunday, May 28 <sup>th</sup>	Pentecost
	Sunday, June 11 <sup>th</sup>	Most Holy Body and Blood of Christ

24 Hour Adoration: Tuesday, April 4<sup>th</sup> -12:45pm Holy Week  
Wednesday, April 5<sup>th</sup> 12pm

Eucharistic Procession: Sunday, June 11<sup>th</sup>-after the 11am Mass

OLP School Middle School Adoration Three times a year  
Youth Retreat on the Eucharist with Adoration Summer  
Youth Ministry Adoration Multiple times throughout the year

St. Joseph Church Bread of Life Community has Perpetual Adoration at their chapel in the Parish Center (24/7, 7 days a week)  
147 W 24th St, Erie, PA 16502/ Phone: (814) 452-2982

## What is Eucharistic Adoration and why should I go?

Eucharistic Adoration is the worship of Christ present in the Blessed Sacrament. The Blessed Sacrament is placed in a vessel called a monstrance and placed on the altar for prayer and adoration.

St. Pope John Paul II taught that in the gift of the Holy Eucharist, Jesus is made present to us today and every day. He did not abandon us; but through Mass and Eucharistic Adoration we meet the merciful love of God that passes through the Heart of Jesus. He said: "The Church and the world have a great need of Eucharistic worship." He prayed that exposition of the Eucharist would be established and increased in every Catholic Church throughout the world.

Because we believe that Christ is wholly or truly present in the Eucharist, many Catholics feel a longing to spend time encountering the love of the Lord in this special and unique way. Eucharistic Adoration gives us a visual point to help us focus our attention and is a gift from God that allows us to have a full human encounter with Jesus that is both spiritual AND physical. Those who have a regular routine of spending time in Eucharistic Adoration have experienced personal spiritual growth; the strengthening of their marriage and families; and an increase in awareness of God's calling in their life as well as many other graces.

## Understanding the liturgical terms for Eucharistic Adoration

**Exposition.** The ceremony in which a priest (or deacon) removes the Sacred Host from the tabernacle and places it in the monstrance for adoration. A song, incensing of the Blessed Sacrament, and an opening prayer are generally part of the ceremony.

**Benediction.** A Eucharistic devotion in which those gathered are blessed with the Blessed Sacrament. A priest, vested in alb, stole, and cope first incenses the Blessed Sacrament. A benediction song (e.g., Tantum Ergo) is usually sung during the incensation. A prayer is then said prior to the blessing. Following the prayer, a "humeral veil" is placed around the priest's shoulder. With the humeral veil covering his hands, the priest goes to altar, picks up the monstrance and blesses the people with the raised monstrance in the form of a cross. After the blessing, the Blessed Sacrament is placed in the tabernacle. The Divine Praises are sung or recited. All of these prayers can be found on the back cover of the hymnal.

**Reposition.** The placing of the Blessed Sacrament back into the tabernacle.

## What do I do at Eucharistic Adoration?

Sometimes we can be intimidated to go to Adoration because we have never been taught what to do during an extended period of prayer. Here are some suggestions:

- Maintain a quiet reverence when entering and leaving the church.
- Genuflect one knee (or bow if unable to genuflect) when entering and when leaving.
- Spend the time of adoration in prayer. It is a special time to worship and to visit with Jesus. You can tell him your problems, your needs and concerns, your joys and sorrows. You can read the Bible or other spiritual reading, pray the rosary, divine mercy chaplet or other devotions, pray with the readings for Mass, give praise and thanks, ask for forgiveness, or just be silent in the presence of God with a spirit of openness and listening. For many the time they spend with Jesus in the Blessed Sacrament is the most peaceful and satisfying time of their whole week.
- Kneel during Exposition (when the tabernacle is opened) and Benediction (when the priest kneels).