



## Blessed Sacrament Parish

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### Eucharistic Adoration

Blessed Sacrament Parish provides Eucharistic Adoration approximately one hour before every Mass. The form of adoration is simple silence for personal prayer and/or contemplation with the inclusion of traditional litanies and the Holy Rosary.

Pope John Paul II in his Encyclical Letter entitled *Eucharist For The People*, item 25 states; “The *worship of the Eucharist outside of the Mass* is of inestimable value for the life of the Church. This worship is strictly linked to the celebration of the Eucharistic Sacrifice. The presence of Christ under the sacred species reserved after Mass – a presence which lasts as long as the species of bread and of wine remain – derives from the celebration of the sacrifice and is directed towards communion, both sacramental and spiritual. It is the responsibility of Pastors to encourage, also by their personal witness, the practice of Eucharistic adoration, and exposition of the Blessed Sacrament in particular, as well as prayer of adoration before Christ present under the Eucharistic species.”

“This practice, repeatedly praised and recommended by the Magisterium, is supported by the example of many saints. Particularly outstanding in this regard was Saint Alphonsus Liguori, who wrote: “Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us”. A Christian community desirous of contemplating the face of Christ in the spirit cannot fail also to develop this aspect of Eucharistic worship, which prolongs and increases the fruits of our communion in the body and blood of the Lord.”