

## Unleashing Eucharistic Adoration

Pope St. John Paul taught that the Eucharist is “Christ’s saving presence in the community of the faithful, and its spiritual food.” Within the Mass, the Eucharist is a “festal meal,” an intimate moment of communion with the Lord, individually and as a community. After we receive the Eucharist at Mass, we strive to hear His voice, and allow ourselves to be transformed by Him.

Jesus speaks to us also in the silent mystery of the Eucharist exposed for devotion. Eucharistic Adoration is an extension of communion with the Blessed Sacrament in Mass. Following Jesus more closely means making our lives a gift to Him, a gift we can present, from our hearts, during Eucharist Adoration.

*Unleash the Gospel* reminds us that “in the Holy Eucharist we reach the summit of our participation in the victory of Christ over sin and death - the triumph we proclaim in the new evangelization.” In it we “have the source of our zeal and strength to unleash the Gospel.” We “need to be regularly rekindled in ‘Eucharistic amazement’ ... to deepen [our] understanding and faith in this immeasurable gift” (p.17).

*Unleash the Gospel* asks us to “build a culture of life-changing personal encounter with Jesus that permeates every aspect of parish life” (p.34). Since “adoration of the Blessed Sacrament ... brings people directly into the presence of Jesus, [it] is a powerful means of revitalizing a parish and equipping it to transform the culture” (p.17). This is why *Unleash the Gospel* charges us “... to create a regular time for Eucharistic Exposition ... for the parish community and to promote participation” (p.34).

When such time arise for the parish to come together Eucharistic Adoration, come be in the Real Presence of Our Lord. Come, be strengthened to transform the world. Bring your children. Invite your neighbors. Experience a vital, deeper encounter with Jesus Christ.

Whether or not you can make Eucharistic expositions with the parish, sitting quietly in a Eucharistic Chapel at STM for a personal holy moment with Jesus at any time during the week, whether for a “holy hour” or even for a few minutes, is an intimate way to grow closer to Him. You can do this anytime. (Some parishes in the area have perpetual adoration chapels open “24/7”; e.g., Sts. Cyril & Methodius and the Shrine of the Little Flower Basilica).

Spend time with Jesus. He certainly desires to spend time with you.

*“Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will enter his house and dine with him, and he with me” (Rev 3:20).*

