



25. 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.

It is pleasant to spend time with him, to lie close to his breast like the Beloved Disciple (cf. Jn13:25) and to feel the infinite love present in his heart. If in our time Christians must be distinguished above all by the “art of prayer”, how can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament? How often, dear brother and sisters, have I experienced this, and drawn from it strength, consolation and support!

. . . The Eucharist is a priceless treasure: by not only celebrating it but also by praying before it outside of Mass we are enabled to make contact with the very wellspring of grace.

Blessed John Paul II
[Ecclesia de Eucharistia](#)

With these words Blessed John Paul encourages us all to spend time before the Blessed Sacrament. Bishop Jugis and the pastors of the Diocese of Charlotte continue to encourage the faithful to heed the words of the Holy Father. Numerous parishes across the diocese have regularly scheduled Eucharistic Adoration. These schedules are maintained in the diocesan [directory of parishes](#).



"In his apostolic letter inaugurating the Year of the Eucharist, Pope John Paul II asked that we maintain a sense of Eucharistic amazement in the church, that we allow

ourselves to be amazed -- to be in awe and in wonder -- at the miracle of the holy Eucharist. Eucharistic adoration is an integral part of expressing the Catholic faith in the Eucharist. We have the celebration of the Mass, and we have Eucharistic processions, but an equally valid expression of our faith in the Real Presence is the silent adoration of our Lord, when we allow him to speak to us and move us."

*Most Reverend Peter J. Jugis, JCD
Bishop of Charlotte*