



DECEMBER FAMILY ACTIVITY  
**SPECIAL CHRISTMAS PILGRIMAGE**  
ADORATION OF THE BLESSED SACRAMENT



For this special Family Activity we would like to invite your family to take a special Christmas Pilgrimage! A **pilgrimage** is a journey to a shrine or other holy place for a spiritual and devotional reason. We would like your family to visit the Adoration site at St. Albert the Great Church during the month of December. As you may already know, Father Steve has established a wonderful Adoration space in the vestibule of the church. This is an excellent way for your family to pray in the presence of the Blessed Sacrament in the Tabernacle. The **Tabernacle** is a special place in the church where the consecrated hosts are kept. It a special place to house Jesus! As you already know, when you enter a church, you always genuflect to tabernacle where Jesus is present in the consecrated Eucharist. The same is true when you visit or go past the Adoration site at St. Albert the Great Church. The same reverence and respect is shown here as well.

Upon visiting, you may notice a kneeler in front for anyone wishing to kneel in prayer. You are also welcome to come up to the tabernacle to stand in prayer (safe distancing required) or just pray with your family from the warmth and safety of your vehicle. Once you have found a spot for you family, you may begin your prayer time. There a few things you may want to keep in mind and explain to your children regarding how to pray in front of the Blessed Sacrament in Adoration.

Adoration of the Blessed Sacrament is a special form of prayer that actually began centuries ago. The word adoration means “to pay honor or homage to someone or something”. The Blessed Sacrament in the tabernacle is the **same** Jesus that we receive in the Eucharist as Mass and to whom we worship and pay homage to in Adoration. Adoration is a special time for us to sit face to face with Jesus to deepen and strengthen our relationship with Him. Begin by taking the time to sit quietly and just be in the Presence of God.

Here are some suggestions when visiting our Lord in Adoration:

- 1) Pray the Rosary
- 2) Meditate using Scripture. (The Gospel of Luke is great to read during this time of year)
- 3) Recite the “Jesus Prayer” (The Jesus prayer is “Lord, Jesus Christ, Son of God, have mercy on me, a sinner” to be said repeatedly as you quiet your heart and mind.)
- 4) Read the life of a saint and pray with that saint. (This is a great idea for the children)
- 5) Pray the Prayer Before the Blessed Sacrament found on the back page

Enjoy your special visit with Jesus!

Please email a picture of your visit or write a personal response to the activity to either Carolyn Eisenbarth [ceisenbarth@blessedtrinitypgh.net](mailto:ceisenbarth@blessedtrinitypgh.net) or Elaine Garfold [egarfold@blessedtrinitypgh.net](mailto:egarfold@blessedtrinitypgh.net) . This is how we can keep track of “attendance” and completion of work. Thank you!



## Prayer Before the Blessed Sacrament

Jesus, You are God-with-us,  
Especially in this Sacrament  
of the Eucharist.

You love me as I am  
and help me grow.

Come and be with me  
in all my joys and sorrows.  
Help me share our peace and love  
with everyone I meet.  
I ask in your name.

**Amen.**

Prayer from William H. Sadlier, Inc