

Coordinators guide to the 'EUCHARISTIC RENEWAL'

*"The world must not be deprived
of the gentle and liberating presence
of Christ living in the Eucharist!"*

John Paul II

"Eucharistic Renewal" is a resource to help parishes with perpetual adoration recover from the effects of the Corona Virus pandemic. It is divided into two distinct sections

1) *"Eucharistic Renewal"*: a comprehensive Eucharistic evangelization aimed at strengthening the commitment of current adorers and inspiring new adorers to make the commitment to a weekly holy hour with Jesus truly present in the Blessed Sacrament.

2) *"Coordinators guide to the Eucharistic Renewal"* to help coordinators facilitate this renewal. It also contains a brief section that explains various initiatives parishes have implemented in order to continue perpetual adoration during the lockdowns.

This resource is currently available in Spanish and English and more language will be added as they become available.

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Introduction

Most parishes throughout the world have had to either partially or completely close their chapels of perpetual adoration during the Coronavirus crisis, and even when chapels are open some adorers can't come. This raises concerns in all of us about whether adorers could lose their commitment due to such a prolonged period without this encounter with Jesus each week, and if this happens, will we be able to sustain perpetual adoration in the long term!

The deep concern is for the adorers themselves, that they not lose this intimate contact with Jesus and all the graces that fill their life, as well as the graces that go out to touch the whole world. This concern embraces ALL adorers: those on the schedule as well as the many who visit the chapel every day. Helping adorers through these difficult times is the great challenge coordinators in chapels all over the world are facing right now.

The purpose of this material is to provide all those who have worked so hard for perpetual adoration with resources to help sustain peoples commitment during this difficult time and to ensure that perpetual adoration is able to continue - 24 hours a day, 7 days a week - after restrictions are lifted.

The material you will find here is a collection of both Audio and Text with suggestions on how to best use them. This material explains the value and importance of a quiet holy hour once a week and the great power of perpetual adoration with the aim of helping adorers rediscover the reason for their commitment, giving them the motivation to continue with their hour. This resource is designed to give a complete renewal of perpetual adoration.

The Church emphasises the importance of Eucharistic adoration united to the Mass: **"To live the Eucharist it is necessary to spend much time in adoration in front of the Blessed Sacrament."** (John Paul II).¹ In this context an invitation to participate in this renewal could be extended to every member of the parish with the end in view of them choosing an hour each week in the chapel. Pope Francis' appeal for Eucharistic adoration while the world was in the grip of the pandemic gives us all the motivation we need. **"The Mass is the treasure that should be foremost both in the Church and in our lives. And let us also**

rediscover Eucharistic adoration, which continues the work of the Mass within us. This will do us much good, for it heals us within. Especially now, when our need is so great.” (Pope Francis: June 14, 2020)²

In order to begin perpetual adoration most parishes throughout the world invited a missionary to come and help them. Periodically when they felt a need for adorers to be inspired again, and to find new adorers, they invited a missionary to return and give a renewal. This may not be possible now because of the large amount of parishes all needing help at the same time, therefore, these materials are provided to assist parishes in giving a **self-renewal**. Understanding that many parishes will never have done this before this guide is included.

*“Let us ask Our Lady
to help us rediscover the beauty of the Eucharist,
to make it the centre of our life,
especially at Sunday Mass and in adoration.” Pope Francis*³

Strategy

Preamble

It is important to begin with noting that parishes throughout the world are living different circumstances during this crisis. Some chapels have had to close completely, others partially, whilst others have been able to remain open 24 hours but with a reduced number of adorers. What is a common factor in all circumstances is that **there are adorers who are not coming** whom Jesus does not want to lose.

The reasons why people cannot come for their hour vary according to each one's circumstances.

- Some because the chapel is closed
- others because public transport is not operating
- Many adorers are in an age bracket where they are encouraged to not take to many risks
- or have health conditions that put them in a more vulnerable category
- whilst others will simply be acting out of concern for themselves or people in their household
- parents have children home from school which means they can't leave the house for their hour.

We simply don't know when ALL these factors will disappear but we know it will happen in stages, and different stages for every person. This means that all adorers won't be returning at the same time. For their sake, for the sake of their relationship with Jesus, we want to keep them inspired to ensure that when the time is right they restart their weekly hour with ease.

Certainly all these adorers are experiencing the desire to be with Jesus and none of these reasons are a reflection on the commitment to their holy hour, but the fact remains, that the longer we stay away from doing anything in life the greater the risk of us losing that commitment. However, those who can't come for their hour are not the only ones at risk of losing their commitment.

People's circumstances may have changed as a result of this crisis. e.g., change of employment, working from home etc. This means a reorganization of their daily life where a conflict may arise with their current hour in the chapel. They may lose their hour completely if their

commitment is not strong enough and desire deep enough to contact their coordinator to choose a new hour on the schedule.

All the above issues pose challenges for coordinators who are having to reorganize the schedule in order to keep all the hours covered with fewer adorers. Sometimes this means requesting adorers to transfer to different hours, or even to take extra hours until everyone is able to return for their weekly commitment, it also means looking for new adorers in the long term. In the midst of all these factors coordinators will need the full cooperation from all adorers to help get through this situation.

In view of all this it is recommended that every adorer is included in a complete renewal of perpetual adoration.

Eucharistic Evangelization

The key to understand how to move forward from this point is understanding how perpetual adoration is normally started in the first place: through Eucharistic evangelization. This evangelization is aimed at deepening Eucharistic faith in order to inspire individuals to commit to spending a quiet personal hour each week with Jesus in the Blessed Sacrament, and to inspire the whole parish to give Jesus the glory due His name through perpetual adoration. Eucharistic evangelization is a call to make the Eucharist the centre of the life of the people of God.

What was done in the beginning must be reinforced now!

St. Paul says, "Faith comes through hearing and how will they hear if nobody speaks". It follows then that the more they hear the deeper their faith, and the deeper their faith the stronger will be their commitment to their weekly holy hour.

Based on this principle the proposal is that this Eucharistic Renewal be done over a period of 4 weeks with new material being given each week.

The Eucharistic evangelization is made up of both Audio Talks and Pamphlets.

- **The audio** talks are the Eucharistic evangelization a missionary gives when they come to a parish to either start perpetual adoration or give a renewal. They would usually speak at all the masses on

Sunday because it is important that every person in the parish hears the message.

In this situation the audio talks are intended for people to listen to them at home on their own devices so that:

- they can listen to it at their own convenience
- they can listen to it as many times as they like
- they can listen to it with others e.g family or friends, whom they can invite to come with them to the chapel.
- they can send the files to others which gives them another way to participate in bringing others to Jesus in the Eucharist.

It is recommended they listen to only one talk each week which gives them time to meditate over and over on the content. Each talk is only 15min +/- which makes it easier to find time to listen to it more than once in the week.

- **The pamphlets** follow and reinforce the Audio talks and are a vital part in the Eucharistic evangelization. In the context of a complete renewal every adorer should receive a copy of the pamphlets along with the Audio.

i. Behold the Lamb of God

Behold the Lamb of God is a resource to help adorers find substitutes.

During the Renewal, while adorers are being inspired, is the ideal time to encourage them to think of potential substitutes. For this reason this is the first pamphlet they are asked to read.

In the Eucharistic Renewal extra emphasis is given to adorers to take this responsibility in order to relieve coordinators of this added stress.

NOTE: This pamphlet mentions 3 books that are often made available in chapels. They were written specifically to support the faith of adorers involved in perpetual adoration. If you don't have the books in your chapel and would like to find out how to obtain copies please see the "Contacts" page on this website.

ii. The Value of Sacrifice

The Value of Sacrifice is written to inspire people to make the sacrifice to come out in the middle of the night to be with Jesus. It is normally given to adorers who make this commitment, however, these circumstances justify giving it to all adorers because you may need to ask some of them to temporarily cover night hours.

This is the second pamphlet given and accompanies the Audio talk on the night hours, called 'Worthy is the Lamb'.

iii. 'I call you friends'

"I call you friends" highlights various aspects presented in the talks. It is normally given to all adorers after they have heard the talks and made a commitment. It is intended to be read in the chapel where adorers can meditate on these aspects in the presence of Jesus where they can make a more personal commitment to Him.

It also contains a section encouraging adorers to find their own substitutes.

It is encouraged that adorers also use this booklet as part of a personal yearly review of their commitment.

1. Preparation for Coordinators

The events surrounding this crisis may have lead to discouragement when we see chapels closed or so many not being able to come for their hour. We even may be wondering if our chapel will ever restart or whether all the adorers will return. This is understandable. It may even feel impossible, but for God nothing is impossible. He brings a greater good out of every circumstance.

So! Where do we start?

Each coordinator needs to be personally inspired! And each coordinator needs to be convinced of the effectiveness of this material in helping people remain faithful to their hour. Every coordinator is an adorer, so the place to start is with every coordinator reviewing the "Eucharistic Renewal" section, listening to the talks and reading the pamphlets. This would give each coordinator the conviction and the will to share it with their fellow adorers. Each talk is short and the pamphlets are not long so it should only take a few days for coordinators to review all the material.

When every coordinator has reviewed the material, discuss it together - whatever way is possible, and make a plan as to how **EVERY ADORER** will receive a copy.

If you are experiencing a shortage of coordinators this is a good opportunity to invite others to help you with the work needed to accomplish this renewal, and they may hopefully become permanent coordinators.

2. Making a plan

The general strategy is that **EVERYONE** receive 4 talks and 3 pamphlets to meditate on over a four week period. The question that has to be answered is: how will everyone receive this material? Every parish has varying circumstances and the way to accomplish this will vary from place to place.

Basically there will be three ways to do this:

- **sending them the link to the webpage;**
- **sending them the files electronically**, e.g. via Whatsapp or email;
- **giving them a physical copy.**

The challenge will be to make sure that **no one** is left out.

The reality is that whatever method you decide is most suitable for your parish there will always be a few who cannot receive it according to that method. For these few people an alternative way will need to be worked out on an individual basis.

An example of this is in the parish of San Antonio de Padua in Suchitepequez, Guatemala. Coordinators decided to send the files to adorers via Whatsapp. However, a few coordinators found that in some homes no one had a phone so went to the adorer's house to play the audio for them on their own phone.

Other situations that could be encountered include:

- when an adorer doesn't have an internet connection a coordinator could go to their house and transfer the files from one phone to the other, e.g. via *Bluetooth*
- or, it may be necessary to transfer files through a USB drive, or burn a CD.
- if an adorer does not have an appropriate phone an option is to send it through a family member or neighbour.

When making a plan it is important to keep in mind that it's ideal that everyone does the renewal at the same time because at the end of the 4 weeks, while everyone is inspired, will be the best time to make any necessary revisions to the schedule.

First Step

The first step then, is to contact each adorer and

- i. share the idea of the Eucharistic Renewal.
- ii. find out from each one how to best give them the files.

Second Step

The second step is sending the material to all adorers according to the method you have decided is best for your parish. Please don't forget those people who require an alternative method.

- a. **When sending the link to the webpage "Eucharistic Renewal":**
When sending the link to the adorer let them know the date everyone will begin the Eucharistic Renewal

The link for adorers is:

<https://www.perpetualadoration.net/HOME/>

Because it is so easy to forget it is also good to give some kind of a reminder for the first couple of weeks.

You have a couple of reasons to contact them anyway in the first weeks and that could serve as the reminder.

- Firstly, it would be common sense to contact them a few days after sending the link to make sure they had no problems accessing the webpage. This would serve as the first reminder.
- The following week, after they have listened to the first talk, a simple reminder to read the questions they have been asked to consider would suffice. Make sure they have your contact details in case they would like to contact you before the renewal ends.

b. When sending the files electronically:

First, send each adorer the file 'EUCCHARISTIC RENEWAL' (audio or text). This will give them the opportunity to understand the renewal before receiving the material for each week.

Let them know which day the renewal will begin.

Rather than send the files all at once send only the files for each particular week, including the explanation for that week. Send the audio of the explanation if necessary.

Note: *the audio file of the explanation is available in each week.*

After sending the first files follow up each adorer to make sure they could open the them.

c. When giving a physical copy:

There is more than one way of giving a physical copy and it will depend upon the need of each person.

Some will only need you to give them all the files, both audio and text, on a CD or USB drive. But others, for example, may only have a CD player to listen to the Audio and will need a printed copy of the text given to them.

When preparing the material for each adorer make sure everything is included for the whole 4 weeks. This includes the file 'Eucharistic Renewal' that has an explanation for the adorer and weekly instructions.

Include a note about the date everyone will begin the Eucharistic renewal, with a reminder to read the weekly instructions.

Follow up with each adorer, if you can, to see if they had any problems listening to the audio, or printing the files - if applicable.

Third Step

The third step is following up with each person who did the Eucharistic Renewal.

When contacting everyone you will want to have the schedule with you so that you can tell them which hours still need adorers the

most and encourage them to choose these hours if possible. This will help you keep adorers evenly spread across the schedule.

There are two categories of people you will be contacting: those who are already on the schedule and those who have not yet taken an hour.

- Contact first all scheduled adorers to confirm if their hour is the same or if they need to change their time on the schedule. After this you will have a clearer idea of which hours still need adorers, or need adorers the most.
- Then contact everyone else you sent the Eucharistic Renewal to. Confirm if they did the renewal and if they did, ask if they would like to take an hour on the schedule.

You will most likely encounter people who didn't do the renewal and who have never done a holy hour but still express interest. It may be better to ask them to do the renewal before putting them on the schedule. This will help avoid the situation where people will say yes simply because they are embarrassed to say no. And will prevent a situation where too many people are on the schedule but not really committed.

Take encouragement from the fact that every effort you make to contact people is a form of evangelization, since the purpose of evangelization is to help people come to the Eucharist. Every call you make God is using your voice as a form of evangelization. Every word you speak is accompanied by His grace to encourage each person you talk with to come to Him in the Blessed Sacrament.

Coordinators who have already been through the Renewal have shared how much the adorers appreciate this effort and how encouraged and comforted they are, and how they felt Jesus reaching out to them.

*"This makes us ambassadors for Christ.
God as it were appealing through us." (2Cor 5:20)*

Final Thoughts

We have discussed the situation we find ourselves in and our deep concern for perpetual adoration and all adorers individually. We have shared ways in which we can recover the situation and hopefully strengthen the faith of all adorers. It is natural that our biggest concern is for those who have not been able to come to the chapel during this time. But it is good to remember that when life begins to return to normality we are all vulnerable to being caught in the frantic rush of activity to recover what was lost in all aspects of life.

In this atmosphere it may be a challenge to keep our time with Jesus as a priority. Therefore it's good to emphasize again the need for everybody to have this Eucharistic evangelization, this renewal, in order to hold fast to the *"one thing necessary"* in the midst of feeling the pressure of so many urgent things.

If the task before us seems too great remember this thought: that the grace of each holy hour is eternal. From the moment it flows out from the Heart of Jesus in the Eucharist it continues for all eternity blessing you and everyone God ever created and will create. Think for a moment of all the holy hours ever prayed in your chapel and know that this infinite grace is working for you right now, *"grace upon grace"*. (Jn 1:16)

Remember also that these graces are flowing from the sacrifice of Jesus on Calvary and Pope Benedict says that Jesus *"from the Cross, from the throne of grace and salvation... makes Mary the channel of the rivers of grace that flow from Calvary."*⁴ This means that Mary is working with us and she is applying all the graces of every single holy hour to your situation as you need them. Nothing is ever lost! All these graces are stored in Mary's heart, and her heart knows exactly what you need.

So as we work we simply unite our love with Mary's love for every person in the parish, putting our faith and trust in the infinite power of Jesus in the Eucharist and leave the results to God.

Thankyou!

In this time we have learned to appreciate the gift of God, the Holy Eucharist, more than ever. We have experienced a longing to be with Jesus: at mass, in Holy Communion and in adoration. This is something we have all experienced in this time of deprivation.

Jesus himself feels this longing and He appreciates every single effort you have ever made to satisfy the thirst in His Heart to be united with everyone in the Eucharist.

There will be some that won't be able to be reunited with Jesus in their hour for quite some time due to various medical conditions - until the situation in their country is safe. In some countries this will be longer than others. As our desires are fulfilled in the short term let us remain vigilant on behalf of those who may remain in a feeling of exile from their hour and be ever ready to encourage them to come back when they can and sustain their faith until they do.

Scripture says that God will *not* "overlook your work and the love which you showed for his sake in serving the saints, as you still do." (Heb 6:10) He can never be outdone in generosity. He is so grateful for everything that you have done for Him, He will reward you a thousand times over "good measure, packed together, shaken down, and overflowing" (Lk 6:38)

Appendix

Examples of how perpetual adoration is continuing during the pandemic

In order that perpetual Eucharistic adoration does not stop during the time of the pandemic Bishops, priests and Laity in various places have come up with alternative ways to continue adoring Jesus in the Blessed Sacrament day and night.

Due to the curfew at night 2 Bishops in Uganda asked their faithful to reorganise the night hours so that a few people spend all night in adoration till morning.

In various parishes in Guatemala the laity took this same initiative in order to continue giving Jesus the glory due His name in perpetual adoration and to continue to receive the blessings of His presence.

A parish in El Salvador already had adoration by day in the chapel and by night in the homes due to gang violence. During the pandemic they moved the day hours to the homes as well, limiting the adoration to just that family where Jesus was spending that day or that night. This had the added benefit for those family members who, due to age or health conditions, would otherwise not have been able to go to the chapel.

“Here too, we can see another aspect of the family... A family’s living space could turn into a domestic church, a setting for the Eucharist, the presence of Christ seated at its table. We can never forget the image found in the Book of Revelation, where the Lord says: “Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me” (Rev 3:20). Here we see a home filled with the presence of God, common prayer and every blessing.” Pope Francis⁵

All night adoration of the Blessed Sacrament in families was also cited in the Synod of the Eucharist as a growing phenomenon by two Indian Bishops. After the Synod one of these Bishops, Ivan Dias of Bombay, was made Cardinal and appointed Prefect of the Congregation for the Evangelization of Peoples.⁶

“Every day, as long as this today lasts,
keep encouraging one another.” *Heb 3:13*

Endnotes

¹ John Paul II: World Mission Sunday 2004

² Francis: : Corpus Christi, June 11, 2020

³ Francis: Pope Francis Angelus Corpus Christi 2014

⁴ Benedict XVI: Marian sanctuary of Etzelsbach. Sept 23

⁵ Francis: AMORIS LÆTITIA,15

⁶ Zenit News Agency 06/10/2005 'Synod Rediscovered Eucharistic Adoration'