

## **Prayer**

*Jesus, You are my Risen Savior,  
gloriously hidden before my eyes  
is all the power of Your resurrection,  
flowing from this Blessed Sacrament.*

*Draw all men, Jesus, to Your Eucharistic Heart.  
Be loved and adored by everyone,  
for You are the Sacrificial Lamb,  
the New Passover,  
the Light of the World,  
the Wounded Healer of all mankind.*

*From Your Eucharistic Heart  
flows a river, crystal clear,  
of magnificent riches  
of powerful graces  
providing spiritual "medicine"  
for all the nations,  
fully supplying every need.*

*To Your Gentle Heart I lift up a broken humanity,  
asking You with that faith "which moves mountains",  
to touch, help and heal all the afflicted,  
giving comfort to the dying,  
consolation to the sick,  
hope to the depressed,  
freedom to the addicted,  
faith to all unbelievers,  
love to the lonely,  
mercy to every sinner,  
peace to the whole world,  
by virtue of the infinite merits  
of Your Sacred Heart,  
and the merits of the  
Immaculate Heart of Mary*

*From 'Come to Me  
in the Blessed Sacrament'*

# **EUCCHARISTIC RENEWAL**

For Parishes with Perpetual Adoration



*"Through adoration, the Christian mysteriously contributes to the radical transformation of the world. Anyone who prays to the Saviour draws the whole world with him and raises it to God." John Paul II*

---

## Endnotes

- <sup>1</sup> Pope Francis: *To the Plenary of the Pontifical Committee for the International Eucharistic Congresses*. Nov 10 2018
- <sup>2</sup> John Paul II: *To Bishop Albert Houssiau of Liege, Belgium on the 750<sup>th</sup> Ann of the Feast of Corpus Christi*, 1996
- <sup>3</sup> Pope Francis: *Angelus*, Aug 5 2018
- <sup>4</sup> Vatican II: *Lumen Gentium*, 11
- <sup>5</sup> John Paul II: *World day for Vocations*, May 2004
- <sup>6</sup> John Paul II: *Perpetual Adoration of the Holy Eucharist; 45<sup>th</sup> International Eucharistic Congress, Seville, Spain, June 1993*
- <sup>7</sup> John Paul II: *Redemptor Hominis*, 20
- <sup>8</sup> John Paul II: *World Youth Day 2000*
- <sup>9</sup> John Paul II: *To the Bishops Conference of Ghana on the occasion of their Ad Limina*, 20 February 1999
- <sup>10</sup> John Paul II: *Angelus*, 25 June 2000
- <sup>11</sup> John Paul II: *Message for World Mission Sunday 2004*
- <sup>12</sup> Benedict XVI: *Angelus*, 25 May 2008
- <sup>13</sup> John Paul II: *Message for the Conclusion of the Diocesan Eucharistic Congress of Benevento*, 1 June 2002

## Week 3

**Audio:** Worthy is the Lamb **Play**

**Pamphlet:** The Value of Sacrifice **Read Print**

The pamphlet *Value of Sacrifice* is normally given to adorers who make the sacrifice to come out in the middle of the night. However, in these times every adorer is given a copy and asked to read it and consider the possibility of volunteering to fill night hours that might be vacant either temporarily or permanently.

For those who have already taken a night hour it is provided so you can give a copy to anyone who agrees to be your substitute in those difficult hours.

*May Mary, who bearing Jesus in her womb  
was the first living "tabernacle" of the Eucharist,  
communicate to us her same faith in the holy mystery  
of the Body and Blood of her divine Son,  
so that it may truly be the centre of our life. Benedict XVI <sup>12</sup>*

## Week 4

**Audio:** Lord how good it is for us to be here. **Play**

**Pamphlet:** "I call you friends" **Read Print**

The pamphlet *"I call you friends"* is a brief summary of the inspirations in the audio talks and is intended to be read in the chapel in the context of your holy hour. It is always good to take what we heard and meditate on it in the presence of Jesus in the Blessed Sacrament. In the section "Understanding the Value of your Commitment" six points are presented. Each one represents a reason why Jesus wants you to spend an hour with Him each week. As we meditate on each point we are invited to give a personal yes in response to each reason.

Of course if you can't go to the chapel yet you can do this exercise at home, and when you are next able to go to the chapel take the pamphlet with you.

**Reminder:** Please review the 5 questions presented in the 1<sup>st</sup> week.

*Persevere constantly and generously  
in the promise of weekly adoration of the Eucharist. John Paul II <sup>13</sup>*

## CONTENTS

<a href="#">Introduction</a>	4
<a href="#">Working together</a>	5
<a href="#">Eucharistic Evangelization</a>	6
<a href="#">Explanation of the Material</a>	7
Renewal	
<a href="#">Week 1</a>	8
<a href="#">Week 2</a>	9
<a href="#">Week 3</a>	10
<a href="#">Week 4</a>	10
<a href="#">Endnotes</a>	11

## Introduction

"Eucharistic Renewal" is a resource to help us overcome the difficulties perpetual adoration is facing as a consequence of the corona virus pandemic.

The first words are words of gratitude directed to you, the adorer, for the sacrifices and love in being faithful to your weekly holy hour. You are one of more than a million adorers who have made this commitment in chapels of perpetual adoration throughout the world, and are facing this unique situation together. This pandemic has resulted in the temporary closure, either partially or completely, of almost every chapel of perpetual adoration in the world.

This is a good moment to reflect upon all the graces you have won for the world and everyone in the world by your commitment. It is worth appreciating them now because this crisis is TEMPORARY but the effect of each one of your holy hours is ETERNAL, PERMANENT. This means that even if you can't come to your holy hour now all the graces of your past holy hours are still radiating out to the world. Contemplate this for a moment, multiplied by the grace of more than a million holy hours each week, and we see a picture of a flood of graces continually bathing the world in God's love and mercy. *"The Eucharist is the wellspring of this ocean of mercy, for in it the Lamb of God... makes flow from his pierced side streams of living water... Mercy thus enters the veins of this world ..."* Pope Francis <sup>1</sup>

This is the effect of your holy hour, the importance of your sacrifice and the impact your weekly commitment has on the entire world. In union with every adorer you affect the course of history. *"Through adoration, the Christian mysteriously contributes to the radical transformation of the world..."* John Paul II <sup>2</sup>

Your contribution of course is unknown to the world but known to the heart of God "and your Father who sees all that is done in secret will reward you." (Mt 6:6)

God wants you to realize that whilst this crisis has stopped the world your holy hour in union with every other hour prayed in the presence of Jesus in the Blessed Sacrament keeps the world turning. Let us therefore spare no effort to get this back on track and dare we say make it even better than before. *"We know that all things work for good for those who love God"* Rm 8:28

## Week 2

**Audio:** Best Part

**Play**

**Pamphlet:** "Behold the Lamb of God" **Read Print**

The purpose of the pamphlet *"Behold the Lamb of God"* is to help you find a substitute when you can't come for your hour. It can also be used by your substitute to help them spend the hour in the chapel.

In this time, more than any other, the need for each person to have their own substitute is essential. Adorers might need a substitute more often because health services have recommended people stay home when they feel even mildly unwell.

Finding a substitute is a wonderful opportunity to share with others the blessing of spending time with Jesus. For this reason it is ideal to ask someone who is not already on the schedule. This person can be anyone: a family member, friend, neighbour, colleague or that person whom you have always wanted to reach out to but cannot seem to find the words or the ability to help them. Jesus can! This way "we can offer others... the consolation that we have received from God ourselves". (2 Cor 1:4)

Some people ask "Does this person need to be a Catholic?" Cardinal Ivan Dias gave the answer at the Synod on the Eucharist: *"The adoration of the Most Blessed Sacrament is available to everyone, even to Catholics who for any reason cannot receive Jesus in Holy Communion and to persons of other faiths."*

During this time of renewal please give some thought to who you can ask to be your substitute. Give them a copy of this pamphlet explaining they can use it in the chapel if they need something to help them spend the hour. You can also share a copy of the audio talks with them to give them more motivation.

It is ideal to have 2 or 3 substitutes so that if one is not available another might be. It is also appropriate for adorers to share their substitutes.

*"Let us contemplate the Eucharist with the eyes of Mary.  
...the Church offers Christ, the Bread of Salvation,  
to all peoples that they may recognize Him  
and accept Him as the only Saviour of mankind."* John Paul II <sup>11</sup>

## Week 1

**Audio:** Blessed are they who have not seen but believed *Play*

### Points to reflect on

The problems the corona virus has created for perpetual adoration are unprecedented. As a consequence, the coordinators are facing many unforeseen challenges to keep perpetual adoration going. As has been mentioned this is a time we need to work closely with them in order to overcome these challenges. For this reason these points are presented to you for reflection. They are placed at the very beginning of the Renewal so that you have plenty of time to consider them. At the end of the renewal someone from the parish will make contact to discuss these questions with you.

1. Firstly if you are not yet a scheduled adorer would you like to make a commitment to one hour each week with Jesus present in the Blessed Sacrament?
2. If you are already a scheduled adorer do you have a need to change your hour due to any changes in your weekly activities?
3. Do you know anyone, family members or friends, who would like to take an hour and be added to the schedule?
4. Due to the fact that some adorers cannot come right now there are empty hours on the schedule. Would you consider helping out by:
  - a. temporarily taking an extra hour each week?
  - b. shifting to another hour either permanently or temporarily?
5. Would you consider being a coordinator for perpetual adoration?

The coordinators are the backbone of perpetual adoration and without them perpetual adoration would not exist in the parish. A special note of thanks to them, please pray for them during this difficult time. They have an enormous task right now contacting everyone and reorganizing the weekly schedule. If you would like to help them in this please contact them even before the 4 weeks have finished.

*May Mary, who lived in intimate and constant communion with Jesus, the Word made flesh, help every Christian to recognize in the Eucharist the living presence of her divine Son, to receive him with faith and to call upon him with love. John Paul II <sup>10</sup>*

### Working Together

Adorers throughout the world are living different circumstances. Whilst some adorers have been able to go to their hour all throughout this time, most have not. And even as restrictions are being lifted and chapels are opening not all adorers are able to come back for their hour immediately. This is understandable! God knows every one's situation. In practical terms this means that even when a chapel reopens fully, 24 hours a day 7 days a week, there will be empty hours on the schedule until all adorers can return.

Every hour is a vital link in an unbroken chain of love offered to Jesus in the Blessed Sacrament and in order for that chain not to be broken at this time coordinators will need the support of adorers to cover these empty hours. e.g if there is more than one adorer on your hour your coordinator may ask you to consider shifting to a vacant hour either permanently or temporarily.

No one knows how long this situation of uncertainty will persist but more than ever teamwork will be necessary to ensure things run smoothly.

Many people are also facing new challenges in their life, for example, you might need to reorganize your daily commitments and these changes might conflict with your current hour in the chapel. If this is so, you would need to contact your coordinator to discuss choosing a new hour on the schedule.

Another reality for many of us is that after having been away from work, family, friends etc for so long we might find ourselves overloaded with activity trying to recover what was lost due to the restrictions. Our challenge amidst all this is to keep our weekly holy hour as a priority, to combine the roles of **Martha and Mary**, holding fast to "the one thing necessary...the best part" (Lk 10:42)

*The Lord invites us not to forget that,  
if it is necessary to worry about bread,  
it is even more important to nurture our relationship with Him,  
to strengthen our faith in Him, who is the "bread of life"*

*Pope Francis <sup>3</sup>*

## EUCCHARISTIC EVANGELIZATION

This material is a Eucharistic evangelization aimed at deepening our Eucharistic faith and helping us understand the need for adoration in our life. Adoration takes its importance from the holy mass *"the source and summit of the whole christian life."*<sup>4</sup>

The Church emphasises "the centrality of eucharistic adoration in the life of the faithful" and its indispensable connection with holy mass: *"adoration of the Blessed Sacrament goes hand-in-hand with the Eucharistic Celebration, thus prolonging the mystery of the Holy Mass."*<sup>5</sup> Adoration is *"an extension and at the same time a preparation for the Sacrifice of the Mass and Communion"*<sup>6</sup>. This Eucharistic evangelization combines the teachings of the Church and Holy Scripture with inspiration on the importance of developing a personal Eucharistic spirituality: *"our essential commitment in life is to grow spiritually in the climate of the holy Eucharist"*<sup>7</sup>

All these resources are provided to accomplish a comprehensive renewal of perpetual adoration. The purpose of this renewal is threefold: to confirm the commitment of existing adorers; to invite new adorers to take an hour in the chapel each week; and a call for the parish to recommit to put *"the Eucharist at the centre of the life of the people of God"*.

*Dear friends... set the Eucharist at the centre of your personal life and community life: love the Eucharist, adore the Eucharist and celebrate it... I entrust to you, dear friends, this greatest of God's gifts to us... The world must not be deprived of the gentle and liberating presence of Christ living in the Eucharist! John Paul II*<sup>8</sup>

### **Explanation of the material**

This renewal is designed to be done individually, and intended to be done over a period of 4 weeks. Each week a short talk (approx 15 min) and a pamphlet is provided. The idea is that you have the whole week to listen and meditate on the content in a relaxed and prayerful manner.

### AUDIO

The audios are recordings of talks used to start chapels of perpetual adoration in a parish. Each talk has a different theme.

You may also want to share these talks with others e.g.,

- listen to it together as a family or
- send it to friends,

encouraging them to join you in the chapel. In doing this we can turn this difficult situation into a blessing for others by sharing this grace with them: *"The divine life which Christ pours out into his Church in the Eucharist is too great to be contained. It must be offered with loving urgency to all the world."* John Paul II<sup>9</sup>

**NOTE:** This webpage is offered in both English and Spanish. More languages will be added as they become available. To change your language please use the Language box in the top right hand corner of each page.

There are more than four audio talks available in both languages. If you would like to listen to more recordings please check the **"Other Resources"** page for all options. A limited selection of audio recordings in additional languages are also being added as they become available.

### PAMPHLETS

There are 3 pamphlets provided here:

- 1. Behold the Lamb of God**
- 2. The Value of Sacrifice**
- 3. "I call you friends"**

These pamphlets are an essential part of the Eucharistic renewal. You can find a detailed explanation of each in the renewal itself.

If you are not yet an adorer and are doing this renewal please consider accepting Jesus' invitation to spend one hour with Him each week in the Blessed Sacrament. For more information please contact the coordinator for perpetual adoration in the parish.

*click here to begin the **RENEWAL***