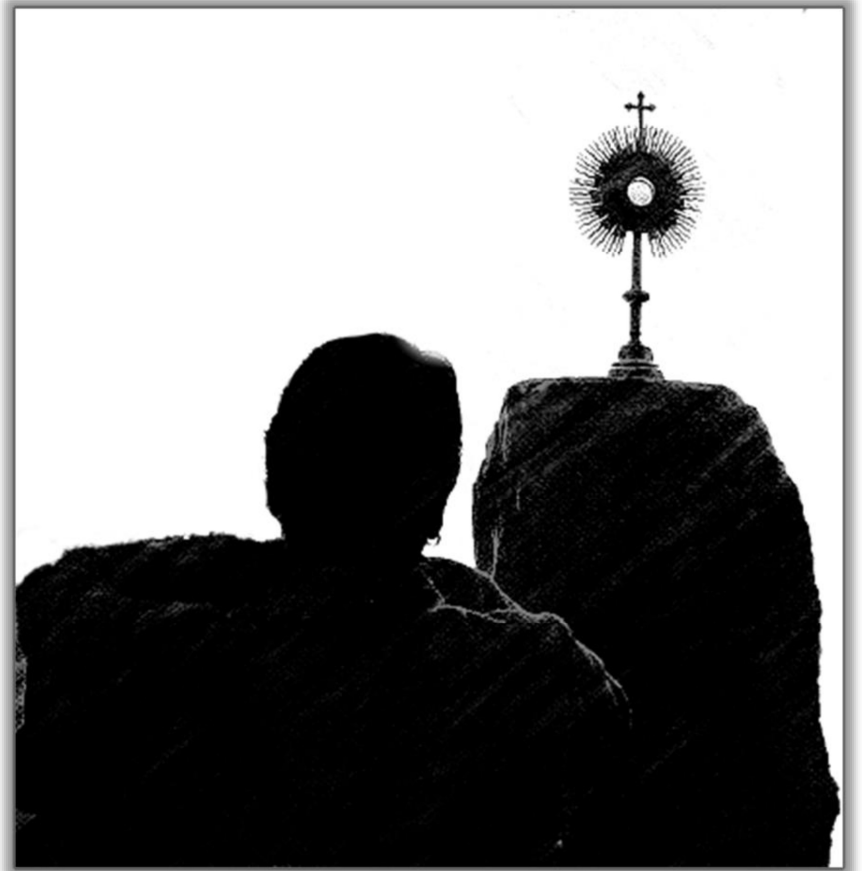


“I call you friends”



Handbook for Perpetual Eucharistic Adoration
*An adorer's guide to spending an hour each week
with Jesus truly present in the Blessed Sacrament*

3. If you still have not been able to find someone to substitute you, you can ask the person before you to stay an extra hour or the person who comes after you to come an hour earlier, keeping in mind that it is not always easy to spend two consecutive hours for many different reasons, therefore it's better to use this option as a last resort.

4. On rare occasions we might find ourselves in an extreme situation where it is not possible to find a substitute, e.g. something happens at the last minute where we don't have time to explore all the options listed above.

In these cases we can contact the person in our same hour to make sure he/she will be there. If you are the only one in your hour, you may want to contact the person in the hour before and after you to ask them if they can do an extra half hour each in order to cover your hour.

If it is really an emergency please contact your Coordinator to inform them you can't be there and haven't had time to contact anyone else. These moments are rare and God willing will never happen.

Introduction

Thank you for responding to Jesus' invitation to spend a quiet personal hour with Him each week in the Blessed Sacrament.

Jesus wants you to know how important your hour is and what it means to Him that you have made a commitment to be with Him each week.

- Without your hour perpetual adoration would not be possible because we cannot have Jesus exposed in the monstrance all the time and be available to everyone if there is not people committed on each of the 168 hours of the week.
- Your hour is not just about a time on the schedule; it is about being a critical link in an unbroken chain of love offered to Jesus in the Blessed Sacrament. It is not just about making sure there is someone always in the chapel, it is much more than that, it is about your friendship with Jesus and your participation in His plan to transform and save the whole world.
- Your hour is a powerful statement that you believe that Jesus is truly Present in the Blessed Sacrament. Perpetual adoration gives witness to Christ's Presence and the power of His Resurrection.

A quiet, personal hour with Jesus each week is new for the vast majority of people. Jesus knows this and understands the challenges of setting aside a fixed hour each week. He knows the difficulties that we might face from all of life's circumstances in keeping this commitment. The best way to face these challenges is to be convinced of the value of your hour. This booklet contains a brief summary of the value of your commitment and the importance of perpetual adoration. Reading this booklet in your holy hour can help reinforce the reasons that first inspired you to say yes.

The first few months are critical to developing the good habits that will make our commitment grow. This booklet is designed to be read when you first begin to do your hour, and it is suggested that you use it again every year to refresh your enthusiasm and desire.

Understanding the Value of Your Commitment

Profession of faith

Perpetual Adoration is our profession of faith, as a *people of God* and as a *Eucharistic parish*, that we truly believe that Jesus is our Emmanuel, God dwelling here with us in the Blessed Sacrament and that we truly appreciate, welcome, love and adore Him as the center of our lives

We believe as Catholics that Jesus loves us so much that He dwells with us day and night in the Blessed Sacrament. Perpetual adoration is simply our response to His love whereby each of us is willing to spend a quiet holy hour of prayer in His Eucharistic Presence once a week that we may have perpetual adoration of the Blessed Sacrament.

This way, together as a parish family, we give witness to the Real Presence of Jesus among us.

An empty Church does not give witness to His Presence; neither does a locked Church. It tells the world nothing. But a little prayer room or chapel where there is one or more of us in prayer at all times gives witness to Christ's Presence and the power of His Resurrection.

Like the Holy Spirit descending upon Jesus like a dove and a voice from Heaven saying, 'This is My Beloved Son,' an unbroken chain of parishioners coming to be with Jesus announces to the world that He is truly here. (Mt 3:17) Your hour is a precious expression of your faith in Jesus' Present in the Holy Eucharist. Your commitment makes perpetual adoration possible.

"My House will be called a house of prayer for all peoples."

Your commitment to a specific hour each week ensures that doors remain open and anyone at any time can visit Jesus for He said: *"My house shall be a house of prayer for all people"*. (Mc 11,17; Is 56,7)

To His open Heart in the Blessed Sacrament, Jesus invites all mankind to enter and find rest and refreshment in His Eucharistic love. Jesus Himself said His Heart in the Blessed Sacrament is a fountain flowing with living waters and cried out for everyone to come to Him. *"Jesus stood and cried out: 'Let anyone who is thirsty come to Me! ... As Scripture says, "from His Heart shall flow streams of living water."* (Jn 7,37-38)

Your constant commitment ensures that *"all may have the water of life and have it free"*. (Rev. 22,17)

Only with perpetual adoration Jesus can be available all the time to anyone who wants to visit Him, "where" the Pope says, "He FULLY pours out the blessings of the Redemption upon ALL who come into His Presence"¹.

Substitution

With our "yes" to accompanying Jesus for one hour each week, we have made it possible for Him to be available all the time, for unceasing graces to go out to the world, for unceasing love and adoration to be offered to Him in the Blessed Sacrament and we have made a personal commitment to develop your own personal relationship with Him.

However, there will be times when it is impossible for us to be there with Jesus at our assigned hour. On these occasions we are responsible to make sure someone goes on our behalf. The reason for this is based upon our "yes", which was not merely to make sure that someone is in the chapel but a personal commitment to cooperate with Jesus' mission in the Eucharist according to His promise:

*"I MYSELF will pasture my sheep
I MYSELF will give them rest
the lost I WILL SEEK OUT
the strayed I WILL BRING BACK
the injured I WILL BIND UP
the sick I WILL HEAL"* (Ez 34, 15-16)

The more people in the chapel, the more graces going out to the world and more people who are saved, blessed and healed. This is why when we can't be there in person, by sending a substitute we still give Jesus our 'two fish and five loaves' that He uses to feed so many.

Who to ask?

We can ask anyone, a family member, a friend, a neighbor, but our first thoughts should be of someone who is not on the schedule so that this person experiences the blessing of spending time with Jesus. And it is especially good to think of those who have some special need in their life "so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God". (2 Cor 1,4) For many people being asked to be a substitute is the first step to making their own commitment to spend a personal hour with Jesus each week.

If it is not possible to find someone who is not already on the schedule there are various options open to us:

1. Swap with someone already on the schedule. This can be a team member or any other scheduled adorer.
2. If you are going to be away the entire week and therefore can't swap with someone, ask them to take a second hour that week and you return the favour when they have a need.

¹ St John Paul II: *Eucharist: A Sacrament to be Adored*.
L'Oss Rom (English Edition), 26 June 1996, page 6

- ***...to give personal witness to His Presence in the Eucharist through your commitment to one hour each week.***

Through perpetual adoration the parish proclaims to the world that our Risen Saviour is truly there.

"Christ is risen; Christ is alive in our midst; truly Present in the sacrament of the Eucharist."¹²

"You yourselves must be fervent witnesses to Christ's presence on the altar."¹³

Sacrifice is the language of Love

The Eucharist flows from our Lord's Passion.

Jesus poured out His very last drop of Blood on the Cross that He may fill you with His Divine Love in the Holy Eucharist.

Sacrifice is the language of love.

He gave up His Body on the Cross for love of you so that He may give His Body to you in Holy Communion and be your Divine Companion in the Most Blessed Sacrament.

There is no sacrifice we can make that compares to the sacrifice that He continuously makes for us in this Holy Eucharist. Your sacrifice of spending one hour each week with Jesus is thanksgiving for the price He paid to give us the gift of Himself:

"Offer to God a sacrifice of thanksgiving". (Ps 50,14)

Jesus in the Blessed Sacrament is infinitely deserving of our unceasing adoration in thanksgiving for all He has done for our salvation:

"Let us offer God an unending sacrifice of praise"

for perpetual adoration is *"the glory due His name"*. (Hb 13,15; Ps 29,2)

"I call you friends"

In the Mass, God gives to us the complete gift of Himself in the Eucharist. In Eucharistic adoration, we give to God our gratitude for this great gift.

Eucharistic adoration is appreciation of God's friendship extended to us through the gift of His total Presence among us in this most Blessed Sacrament.

Here in the Eucharist Jesus says: *"I call you friends"*. (Jn 15,15) Friends treasure the moments that they spend together and they make time for one another no matter how busy they are. Jesus in the Blessed Sacrament is our best and most faithful Friend. You are so infinitely important to Him that He makes Himself completely available to you all the time.

Through perpetual adoration, we make time for Him that we may have a better, closer relationship with God and grow in faith, hope and love.

Each moment we look upon the Blessed Sacrament with faith, He raises us up into deeper union with Himself. Each time we visit Jesus in the Eucharist we enrich our spiritual life and grow in holiness. The Church teaches us that the most effective way of growing in holiness is spending time with Jesus in the Blessed Sacrament for just as you can't go outside while it is raining hard without getting wet, neither can you come into the presence of Jesus in the Blessed Sacrament without getting holy.

¹² St John Paul II: Easter Sunday 2003

¹³ St John Paul II: World Youth Day, 20 Aug 2000

To unite with Jesus' mission of renewing the world

The mission of Jesus is to save the world and everybody in it.

His mission will be accomplished through us... as we put our hope, not in man, but in God!

You have come to adore Jesus because you truly believe that He is present in the Holy Eucharist. Just like the woman in the Gospel who touched Jesus with her faith, you touch Jesus with your faith each time you come to Him in the Blessed Sacrament:

'If I just touch His clothing,' (Mk 5,28-31) she said. 'Who touched Me? Someone touched Me. I know that power has gone forth from Me.'

Jesus was conscious at once that healing power had gone out from Him, and He said to the woman,

'It is your faith that has cured you.' (Lk 8,46-48)

Scripture says (testifies)

'All who touched Him got well.' (Mk 6:56)

'All who had afflictions kept pushing toward Him to touch Him.' (Mk 3:10)

'Indeed, the whole crowd was trying to touch Him

because power went out from Him, which cured all.' (Lk 6:19)

This power described in scripture is the same power of Jesus in the Blessed Sacrament. Just as the woman in the Gospel touched His clothing, when you come to Him in the Blessed Sacrament, you touch Jesus with your faith in His Real Presence. This releases His power and healing love upon yourself and the world.

The world today, with all its corruption and injustice, may be likened to the condition of the poor leper who said,

'If You will to do so, You can cure me.'

Jesus' answer to the leper is His answer to the world today

'I do will it. Be cured.' (Mt 8,2-3)

From every chapel of perpetual adoration His power goes out which cures the whole world.

Salvation

The Pope says the value of a single hour of prayer is so great that when we come into the Presence of Jesus, we represent that person in the world who is in most need of His mercy, and we win the grace for this person's conversion and salvation.

A biblical basis for one person's faith winning salvation for another is found in the passage where some people presented a paralytic to Jesus. *'When Jesus saw their faith,'* referring to the people who brought the man to Him, He said, *'My son, your sins are forgiven.'* (Mk 2,5)

Likewise, when Jesus sees your faith in coming to Him in the Blessed Sacrament, He forgives the one in the world in most need of His Divine Mercy.

The grace of a holy hour is like a spiritual net cast over the sea of humanity to pull a lost soul right back into the arms of Christ causing heaven to rejoice, and Christ to say to this soul, *'This day you shall be with Me in Paradise.'* (Lk 23:43)

Conclusion

The best time we spend on earth is time spent with our very Best Friend, Jesus in the Most Blessed Sacrament Who gathers us together on Sunday for communal worship, to give the Father "the greatest worship the world can give him"². Each week we come as a family, a parish, a community to unite with Jesus who "makes himself present on the altar to be offered to the Father for the salvation of the world"³. ***Then, after Mass Jesus remains with us in the Blessed Sacrament where he calls us...***

- ***...to personal worship each week.***

"Our communal worship at mass must go together with our personal worship of Jesus in Eucharistic adoration in order that our love may be complete".⁴

- ***...to establish an intimate relationship with Him through silent adoration.***

"The Latin word for adoration is *ad-oratio* - mouth to mouth contact, a kiss, an embrace, and hence, ultimately love."⁵

"Jesus desires us, he awaits us. But what about ourselves? Do we really desire him? Are we anxious to meet him? Do we desire to encounter him, to become one with him, to receive the gifts he offers us in the Holy Eucharist?"⁶

Your hour in silence makes up for those the pope says are "indifferent, distracted, busy about other things"⁷ and wins the grace to "set the Eucharist at the centre of personal life and community life"⁸

"Martha Martha you are anxious and upset about many things.

Only one thing is necessary.

Your sister Has chosen the best part." (Lk 10:41-42)

- ***...to make an offering of our time each week to unite with His mission of saving the world and everybody in the world***

"Through adoration, the Christian mysteriously contributes to the radical transformation of the world ...Anyone who prays to the Savior draws the whole world with him and raises it to God.... They are presenting to Christ all those who do not know him or are far from him: they keep watch in his presence on their behalf."⁹

"Without adoration, there is no transformation of the world!"¹⁰

- ***...to unite with Him in the chapel in order to make him available to anyone at anytime***

"...in the monstrance he always entrusts himself to us and asks us to be united with his Presence"¹¹ so that He can do for each one today, all the wonderful things he did for the people in the Gospel then.

² Francis: *Gaudete Et Exsultate*, 157

³ Francis: *Gen. Aud.* 8 Nov 2017

⁴ St. John Paul II: *Redemptor Hominis*

⁵ Benedict XVI: *World Youth Day, 21 Aug 2005*

⁶ Benedict XVI: *Homily: Holy Thursday, 2011*

⁷ Benedict XVI: *Homily: Holy Thursday, 2011*

⁸ St. John Paul II *World Youth Day, 20 Aug 2000*

⁹ St. John Paul II: *Eucharist: A Sacrament to be Adored*. L'Osservatore Romano (English Edition) 26 June 1996, page 6

¹⁰ Benedict XVI: *"God Is Near Us: The Eucharist, The Heart of Life"* (Ignatius Press)

¹¹ Benedict XVI: *To members of Roman Clergy, 2 March 2006*