

What is Eucharistic Adoration?

Catholics take Jesus at his word. On the night before Jesus died, he said, " *Take this all of you, and eat it: this **IS** my body which will be given up for you."* After the priest asks God to send the Holy Spirit upon the gifts and bread and wine and says "*this **IS** my body...this **IS** my blood"* the elements are no longer just bread and wine**; they have become the Body and Blood of Christ, by his own promise at the Last Supper**. Catholics call the process of the bread and wine becoming the Body and Blood of Christ the "transubstantiation." We believe that the very substance of the bread and wine are changed and that Christ is present to us in these Eucharistic elements. They are the Body and Blood of Jesus Christ under the outward forms of bread and wine. Once consecrated, the elements remain the Eucharistic and Real presence of Christ among us. According to our tradition, the remaining consecrated hosts are kept in the tabernacle so that communion can be taken to the sick and for private prayer.

The Church *extends* the celebration of the Mass through *Eucharistic Adoration*. The consecrated host is put into a special 'showcase' called a *monstrance* for all to see when praying. The word *monstrance* is a Latin word meaning *to show*. The period of time when the Blessed Sacrament is displayed for prayer is called "Exposition" or "Exposed Eucharistic Adoration." It is a time when we rest and pray before the Real Presence of Christ in the Eucharist.

What Does My Commitment Involve?

You have signed up to be an "adorer," or one who prays in the presence of the exposed Blessed Sacrament, for one hour **each week**.

It is ***essential*** that you be there every week ON TIME. Those scheduled ahead of you *count on you* to relieve them. The exposed Blessed Sacrament is not to be left untended. If for some reason you are unable to attend, you should follow this procedure:

1. First, if you will not be able to attend, please contact your prayer partner (the person(s) scheduled the same day and time as you), and make sure s/ he/they will be attending in your absence. In that way there will at least be one person with the Blessed Sacrament.

2. Second, if you and your partner(s) will both be gone, please get a substitute yourself or call Will & Emily Odland at 320.815.8517 or willodland3@gmail.com.

3. Please DO NOT contact St. Mary's Church or School staff and leave a message about your absence. Please follow the procedure outlined above.

Thank you again for your participation in this ministry of stewardship of prayer. Prayer enhances your life, the life of your family and your parish, and the world in which we live.