

Adoremus



*The call to “become
what we eat”.*



Adoremus – which means “let us adore”



To have a greater appreciation of this “treasure” and a deeper love of WHO rather than WHAT the Eucharist is.



What is the Eucharist?



Image from
Our Lady of Dolours
Primary, Westminster

'O come let us adore him'

Eucharist comes from the Greek word 'eukharistia' meaning thanksgiving. The Eucharist makes present Christ's saving sacrifice at Calvary and unites us to Him and to each other in Holy Communion. At the Eucharist Christians remember Jesus' death and are united with Him through bread and wine. Eucharist is another word for the Mass and Sacrament as well as the Sacred Host (Jesus' Body in the form of bread).

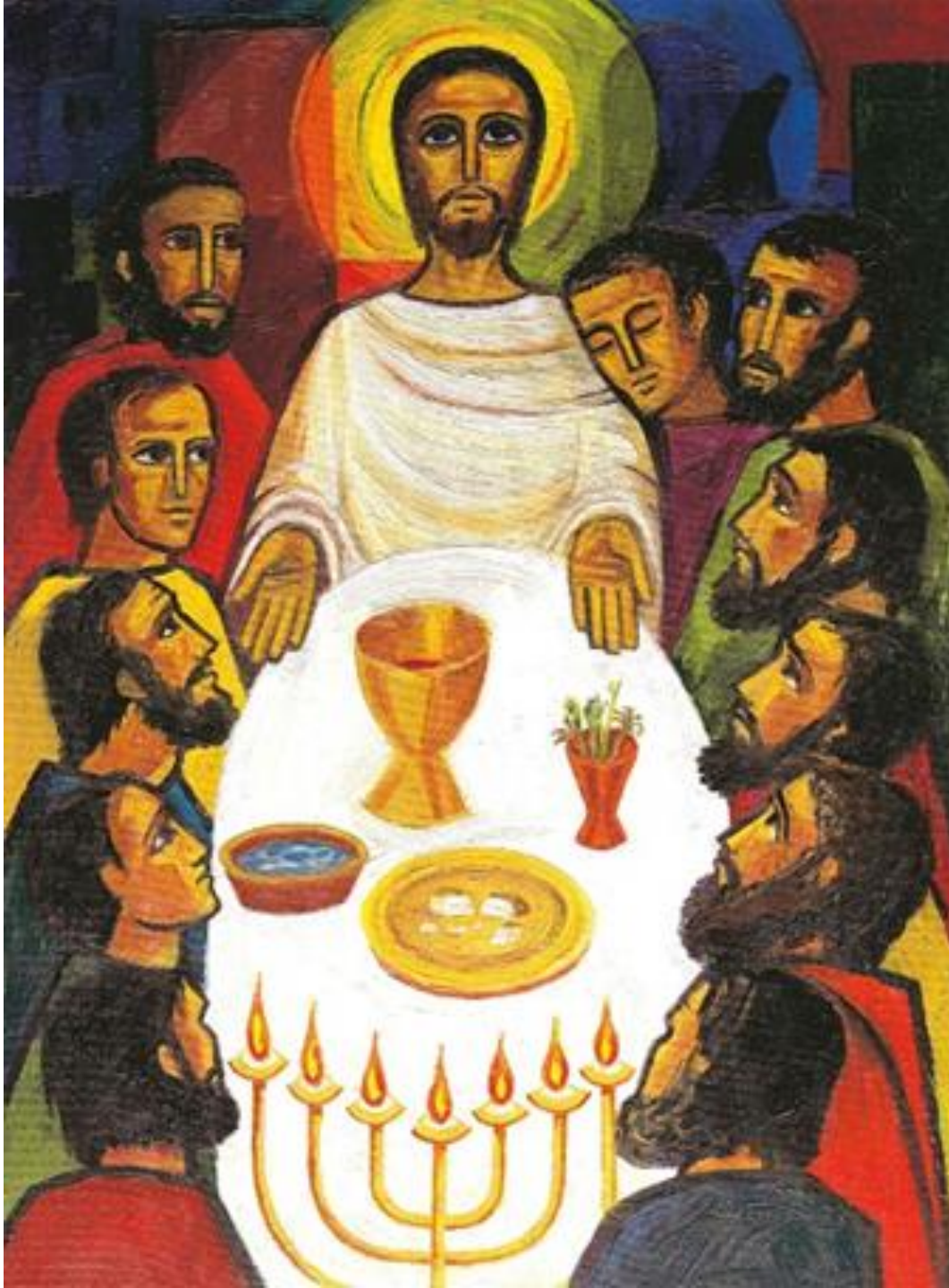


Blessed
Sacrament

Holy
Communion

Host

Mass



Bread &
wine

Corpus
Christi

Eucharist

The Lord's
supper

What is a tabernacle?

The tabernacle is the ornate, secure box in which the Blessed Sacrament is reserved outside of Mass. It is often at the centre of the church. The sanctuary lamp burns near the tabernacle as a sign in honour of the Real Presence of Christ.





Monstrance

This word comes from the same word as 'demonstrate', which means to show.

What is Exposition?

At the beginning of the exposition of the Blessed Sacrament, a priest or deacon removes the sacred host from the tabernacle and places it in the monstrance on the altar for Adoration by the faithful. We may sing 'O Sacrament most holy' (All praise and all thanksgiving be every moment thine').



Blessed
Sacrament
(Jesus)

LUNA

Fits into the
center of the
monstrance.

Holds the
Blessed
Sacrament when
not inside the
monstrance

MONSTRANCE

What is Benediction?

Benediction means the blessing given by the priest or deacon with the Sacred Host at the end of Exposition. It includes hymns, prayers and readings related to the Real Presence of the Lord Jesus in the Eucharist eg the Divine Praises.

Which vestments are worn during Benediction?

The priest wears a big cloak called the cope and a humeral veil to cover his hands and shoulders as a sign of respect.

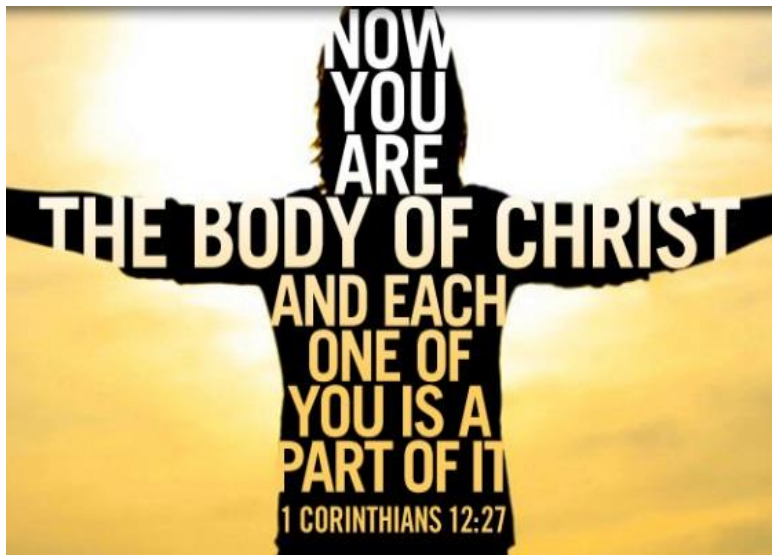


ombrellino



What you should DO

- Know that God loves you, and wants you to become more the person He created you to be
- Speak silently and honestly to Jesus in your own words
- Be respectful at all times – you are here to adore Jesus who is truly present
- Be relaxed in Jesus' presence – he is your friend and always will be
- Try to listen to Jesus in the silence – He has something He would like to say to you personally
- Remember that it is fairly normal to become distracted or for our mind to wander. When you realise this, just try to come back to 'being' with Jesus in a special way again.
- Bring Jesus out to the world by being his hands and feet, his mouth and ears...



Christ has no body now on earth but yours;

No hands but yours;

No feet but yours;

Yours are the eyes through which Christ's
compassion is to look out onto the world;

Yours are the feet on which He is to go about
doing good;

Yours are the hands with which He is to bless us
now.

St Teresa of Avila

*Jesus, You are truly present
in the Most Holy Eucharist.
Help me feel Your presence
every time I visit you.
Give me Your strength
when I receive You
in Holy Communion.
And, receiving Your love,
help me take that love to
others.
I ask this in Your name.
Amen*

The Divine Praises

Blessed be God

Blessed be His Holy Name

Blessed be Jesus Christ, true God and true man

Blessed be the name of Jesus

Blessed be His most Sacred Heart

Blessed be His most Precious Blood

Blessed be Jesus in the most Holy Sacrament of the Altar

Blessed be the Holy Spirit, the Paraclete

Blessed be the great Mother of God, Mary most holy

Blessed be her holy and Immaculate Conception

Blessed be her Glorious Assumption

Blessed be the Name of Mary, Virgin and Mother

Blessed be St Joseph, her most chaste spouse

Blessed be God in His angels and in His saints