

*Ever wonder - What is it?
What happens?*

**Eucharistic Adoration:
A Beginner's Guide**



What is Adoration?

Adoration is worship of the Holy Eucharist outside of Mass.

What happens at the Holy Hour?

Exposition - The hour begins when the priest takes the Blessed Sacrament from the tabernacle and places it in the Monstrance on the altar for all to see and pray in the presence of Christ.

O Salutaris is sung and there are prayers.

Silence follows for about 45 minutes. A quiet time with the Lord.

Benediction – closes the Holy Hour when the priest blesses the people and then returns the Blessed Sacrament to the tabernacle.

Tantum Ergo is sung and there are prayers.

Don't know the songs or prayers? There are booklets at the entrance doors.

Don't have an hour? You don't have to stay the entire time. Come for how long you can.

What should I do during the silence? Kneel. Sit. Pray. Go to confession.

Read scripture. Pray a rosary. Meditate. Be still with Jesus. Listen.

Be patient with yourself. It may not be easy to sit still and put all else on pause for a while.

Start with a shorter time and work towards increasing it.

Being silent in the presence of Jesus Christ is a gift! *Come, rest in the Lord's presence.*

“The greatest love story of all time is contained in a tiny white host.”

- Archbishop Fulton J. Sheen