

What Happens in the Chapel on Wednesday?

On Wednesdays at St. Catharine- St. Margaret Parish, something very special is happening in the Chapel, and not many people even know what it is. It is called Eucharistic Adoration. It begins with Exposition of the Blessed Sacrament where a Priest



or Deacon removes the sacred host from the tabernacle and places it on the altar for adoration. This is a time that parishioners can reflect and has been described as a quiet time to reunite with an old friend, Jesus Christ.

Since the time of the last supper, Catholics have believed that the sacred host and the wine are not

simply bread and wine but rather the body and blood of Jesus. When praying over the host it is as if one is actually praying in the living presence of the Second Person of the Trinity. At St. Catharine- St. Margaret Parish Exposition begins right after the 8am mass where the Host is brought out for Adoration. During this time parishioners may come and go as they please but it is requested that they sign the book to keep track of attendance. Most people spend an hour in prayer or meditation, a list of suggested things to do during Adoration can be found below. After Adoration, Benediction begins, at 4pm where the Host is placed back into the tabernacle.

According to Fr. Benedict Groeschel in his book, *In the Presence of Our Lord: The History, Theology, and Psychology of Eucharistic Devotion*, there are four kinds of

“Adoration is essentially an embrace with Jesus in which I say to him: “I am yours, and I ask you, please stay with me always.”

- Pope Benedict XVI

prayer most appropriate in the presence in the Eucharist; these being, adoration and praise, thanksgiving, repentance, and trusting intercession.

A list of suggested things to do during Eucharistic Adorations is:

1. Pray the Psalms or the Liturgy of the Hours.
2. Recite the “Jesus Prayer”
3. Meditate using Scripture
4. Read the life of a saint and pray with him or her
5. Pour out your heart to Christ and adore Him
6. Ask for forgiveness and intercede for others
7. Pray the Rosary
8. Sit quietly and just “be” in the presence of God

During this time of Lent please take the time to begin a new routine and stop by the Chapel on Wednesday. Many people both old and young are not aware of this magnificent opportunity and it is something so cherished and should be passed down to the next generation. Due to the times, we do suggest that there are at least two people in the Chapel at all times so that the Host is not left alone. For more information on Eucharistic Adoration please contact the Rectory or find a brochure in the Chapel.

“Adoration means entering the depths of our hearts in communion with the Lord, who makes Himself bodily present in the Eucharist. In the monstrance, He always entrusts Himself to us and asks us to be united with His Presence, with His risen Body”

- Pope Benedict XVI