

## Dave's Guide to "What is Adoration?"

This year marks the Year of the Eucharist in the diocese, and in September we see the Eucharist congress in Liverpool. I feel we take the Eucharist for granted sometimes; going to Mass each Sunday can sometimes become a routine. The Eucharist is central to our faith, but how often do we reflect on the true meaning of the Eucharist. Jesus is truly present in the host, this is what our faith teaches us. It may seem natural to question as we are human, but when we truly believe in the true presence, we receive many graces through the consumption of the Eucharist but also when we sit in front of the Blessed Sacrament in adoration.

### What is a monstrance?



The monstrance is the vessel used in the church to more convenient exhibition of the consecrated Eucharist host during Eucharistic adoration or Benediction of the Blessed Sacrament. The Blessed Sacrament is a consecrated host that is placed inside the transparent monstrance and is displayed usually on the Altar.

### What is adoration?



Adoration is to worship and venerate the Blessed Sacrament displayed in the monstrance. It can be a time of quiet prayer and reflection or it can be full of praise and worship. Personally for me I very much enjoy adoration when it is a time of quiet prayer and reflection. I feel a deep sense of peace and feel God speaking to me in the areas in my life where I need improve on, which I humbly accept.

### What is benediction?



In the service of Benediction, the priest blesses the people with the Eucharist displayed in the monstrance. This blessing differs from the priest's blessing, as it is seen to be the blessing by Christ rather than that of the individual priest. The exposition of the monstrance during Benediction is traditionally accompanied by chanting or singing of the hymn *Tantum Ergo*.

### Why it is important to spend an hour in front of the Blessed Sacrament?

The famous author of the Lord of the rings and the hobbit J.R.R Tolkien once said this:  
*"I put before you the one great thing to love on earth, the Blessed Sacrament; there you will find romance, glory, honour, fidelity, and the true way of all your loves on earth."* J.R.R Tolkien





Saint Teresa of Calcutta once said:  
"Spend as much time as possible in front of the Blessed Sacrament and he will fill you with his strength and his power." Saint Teresa of Calcutta

### Short reflection from Saint Teresa of Calcutta

Perpetual adoration is the most beautiful thing you could ever think of doing. People are hungry for God. Imagine for a moment that we are living in Jesus' time and He has invited us to visit with Him and spend some quiet time getting to know Him better. Being aware who He was, we would be humbled and honoured by such an invitation. The good news is that Jesus is here with us TODAY - body, blood, soul and divinity - in the Holy Eucharist. Although Jesus comes to us under the appearance of bread and wine, His presence is as real to us NOW as He was flesh-and-blood-real to His disciples when he walked this earth. He can perform miracles, heal us, teach us, and love us. We can talk to Him and He can speak to us through His Word and through the Holy Spirit who lives in us through our baptism and confirmation.

Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration.

- Blessed Mother Teresa of Calcutta

### What does adoration mean to a young person today?

In this short clip we hear from a young man about what he understands about the Blessed Sacrament and adoration.

Here is the link

<https://www.youtube.com/watch?v=ZkirBbZMRSg>

(Credit to Youth 2000, [www.youth2000.org](http://www.youth2000.org))

I would encourage everyone to try and experience spending an hour in front of the Blessed Sacrament. We all lead busy lives but if we just dedicated one hour just to experience what it is like to sit in front of the Blessed Sacrament, it won't be an hour wasted. I'm sure you will gain a lot more from it. Below are just some reflective questions to reflect on, in your own lives at the moment, and try be honest with yourself.

### Five reflective questions

- 1) How do I prioritise my time currently?
- 2) Do I have time to pray?
- 3) Are my priorities in my life at the moment the right ones?
- 4) Have I been using my time wisely, do I reach out to those in need?
- 5) What are your worries and concerns bring them in front of the Lord?

Dave Burke Shrewsbury Youth Mission Team

