

What is Eucharistic Adoration?

Eucharistic Adoration is the practice of worship/praying before Jesus Christ in the Blessed Sacrament exposed in a monstrance on an altar. Many parishes around the Diocese already have times of Eucharistic Adoration. In the gospel, Jesus asked his disciples to spend one hour with him. In Eucharistic Adoration, we too can spend an hour with Jesus. *“Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the Sacraments, the one dearest to God and the one most helpful to us”.* **St Alphonsus Liguori**

What is Perpetual Eucharistic Adoration?

Perpetual Adoration is where Jesus, in the Blessed Sacrament, is exposed in a monstrance, on an altar, in a particular Church or chapel, 24 hours a day, 7 days a week including right throughout the night. This practice of Perpetual Adoration has developed greatly over the last century. Pope Benedict XVI, in his Apostolic Exhortation on the Eucharist recommended, Bishops “to set aside specific churches for perpetual adoration”.

What is a Holy Hour and why should I make one in the presence of the Blessed Sacrament?

A holy hour is simply spending time with God—talking to Him, but also listening to Him. Time before Jesus in the Blessed Sacrament truly does just that. Although a holy hour can be made any place where you can bring yourself before the presence of God, here are some reasons for recommending that the holy hour be made in the presence of the Blessed Sacrament.

- It is normally a place without distractions.
- The Holy Hour is an extension of the Eucharist in which Christ gives Himself as our Living Bread for our spiritual life.
- In Holy Communion your soul is permeated with God — like wax melted into wax. There can be no deeper presence of God here on earth than the one brought to us in the Blessed Sacrament. This is why it is called the "Real Presence."

What do I do during a Holy Hour?

A holy hour is an exercise of love, not a project to be accomplished. You can say the Rosary, read a spiritual book, read some prayers, or you can just do nothing and simply rest with the Lord. *“I look at him and he looks at me”* – A person’s answer to St John Vianney when he asked him why he went to the church to pray every day before the tabernacle for hours.

Why spend one hour?

Any amount of time spent before the Most Blessed Sacrament is valuable and beneficial. But here are some reasons for spending a full hour:

- It's a generous gift to the Lord of your precious time — in thanksgiving and gratitude for all the blessings you've received, and in reparation for sin. In the garden he asked his disciples to watch for one hour.
- It gives you time to quiet your mind and heart from the busyness of life, and to rest awhile, so that you can concentrate a little on Our Lord in the Blessed Sacrament.
- It gives you time to listen to Our Lord.

Graces and Fruits of Adoration

- *“Today there is a “Eucharistic springtime” in the Church: How many people pause in silence before the Tabernacle to engage in a loving conversation with Jesus! It is comforting to know that many groups of young people have rediscovered the beauty of praying in adoration before the Most Blessed Sacrament ... I pray that this Eucharistic “springtime” may spread increasingly in every parish.* **Pope Benedict XVI**
- *“The spiritual lives of our families are strengthened through our Holy Hour”.* **Blessed John Paul II**
- *“During a Holy Hour our love for Jesus becomes more intimate, our love for each other more understanding, and our love for the poor more compassionate”.* **Blessed Mother Teresa**
- *“A Holy Hour of Eucharistic Adoration is the best way to grow spiritually (outside of Mass).”* **Pope Paul VI**
- *“Regular Adoration of the Blessed Sacrament over the past 12 years has radically transformed my life. Jesus has cared for me, spoken to me, and healed me. In Adoration, my heart rests”.* (Man, Christchurch, 40)
- *“Spending time in the Real Presence of Jesus keeps me focused in my business life on Heavenly riches not earthly riches”* (Man, Christchurch, 27)
- *“Adoration gives God a chance to hold me still and whisper in my ear”* (Woman, Christchurch, 33)

- *When I was young Adoration and Benediction was a regular part of the way we prayed. Then in the middle years both before and after my "return" to the Lord I hardly ever thought of it. In these last 15 years Adoration and Benediction have again become an important part of my prayer life. As a priest I have introduced it because it was asked for by young Adults and because I now know how important Adoration is as a continuation of the Real Presence of Jesus in the Mass. Personally I am very grateful to the Lord for catching me up again in this beautiful gift. (Parish Priest, Christchurch)*
- *"Adoration is an encounter with God. It is where I meet God and He meets me. For me, the main fruit of adoring Christ in the Blessed Sacrament is faith - faith in God and faith in His Church. It is a concrete way in which we can allow God to be just that, our God. Without encountering Christ in the Blessed Sacrament, we are much more likely to put something in His place." (Man, Christchurch, 25)*

Where is Perpetual Adoration held?

Perpetual Adoration is held in the chapel at St Gregory's, 30 Cotswold Ave, Bishopdale. The chapel is quiet, secure and warm. [Click here for a map.](#)

What is the commitment and how do I sign up?

Perpetual Adoration requires at least two people to sign up to pray before Jesus in the Blessed Sacrament for every hour of the week (168 hours). That is 336 people although some will sign up for more than 1 hour. We simply ask those who want to make a commitment to sign up for 1 hour per week. If you wish to sign up either sign up on the form below, download a sign up form or email moconnell@chch.catholic.org.nz .