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**Q: If I receive the Eucharist each week, why should I also participate in Adoration?**

**A:** Receiving the Eucharist and adoring the Eucharist are two sides of the same coin. In the holy sacrifice of the Mass, we seek God in community. In Eucharistic Adoration, we seek God in personal silence.

Spending time in the Real Presence during Adoration can lead to an increased understanding of and reverence for the great gift and mystery of who we receive in the Eucharist during Mass. Then this greater understanding creates further longing to be with Jesus in the quiet of Eucharistic Adoration...and so the cycle goes.

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**Q: How can I form a habit of spending a Holy Hour in Eucharistic Adoration?**

**A:** One suggestion is to start small and at home. Choose an hour to set aside each week for prayer, spiritual reading, and reflection. Write the time down on your calendar or put a reminder in your phone just as you would for a secular activity. Once you have established a pattern, take that hour to the Blessed Sacrament chapel to be in the Real Presence. The chapel is open at all times (please note your visit in the adorer log).

When exposition of the Sacrament is offered, sign up for that particular hour. When St. Alphonsus Liguori Parish is ready to offer Perpetual Adoration, you will be ready to offer your Holy Hour!

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**Q: Why am I being asked to sign in and out when I come to adore?**

**A:** There is interest in expanding our current Eucharistic Adoration at St. Alphonsus Liguori into a perpetual devotion, 24 hrs. per day/7 days per week. A Perpetual Eucharistic Adoration Committee has been formed to explore this possibility. One of the committee's primary tasks, by the grace of the Holy Spirit, is to help cultivate a solid foundation of committed adorers to ensure that the Sacrament is properly attended.

At parishes that offer Perpetual Adoration, a register is customary, allowing the church to monitor attendance and to provide a measure of security. So please, sign in whenever you come to adore. Thank you!

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**Q: Are there particular saints who are known for their devotion to Eucharistic Adoration?**

**A:** Our own patron, St. Alphonsus Liguori, is known for his writings in which he advised, "withdraw yourself from people and spend (time)...in the presence of the Blessed Sacrament. Taste and see how sweet is the Lord, and you will learn from your own experience how many graces this will bring you."

Other devoted saints include St. John Fisher, St. Thomas More, St. Francis Xavier, St. Mary Magdalen dei Pazzi, St. Margaret Mary, and St. John Vianney. These are just a few of the saints whose writings and experiences of Eucharistic Adoration inspired the whole Church to embrace this devotion.

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**Q: What is the difference between Eucharistic Adoration before the exposed Sacrament and visiting the Blessed Sacrament Chapel?**

**A:** In terms of the Real Presence, there is no difference whether the Sacrament is exposed in the monstrance on first Fridays or reposed in the Tabernacle in the Blessed Sacrament Chapel: Jesus is there.

Some adorers feel their prayer has a different quality when they are "face-to-face" before the exposed Sacrament. However, the Blessed Sacrament Chapel is conveniently available **whenever** the need for focused prayer arises.

Though we can pray anywhere at any time, we also need to make time to be alone with God without worldly

distractions. According to the Catechism of the Catholic Church, one of the "most appropriate places" for that time is in Eucharistic Adoration. (CCC 2969)

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**Q: During Lent, what opportunities will I have for Adoration?**

**A:** The Blessed Sacrament will be exposed in the day chapel each Friday during Lent; March 3, 10, 17, 24, 31, and April 7. As usual, Adoration will start at the end of 9 a.m. Mass on Friday and continue until just before 7:30 a.m. Mass on Saturday morning.

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**Q: Is there a way to share a prayer request with other adorers?**

**A:** Yes! In the reight rear of the Day Chapel, there is a book in which to write your prayer requests. This book is always available so your needs or praises may be written down at any time, not just during Adoration hours.

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**Q: How do you keep from being distracted while adoring?**

**A:** If you find your mind wandering during your holy hour, try some of the following suggestions:

- Choose a phrase to repeat, such as "Be still and know that I am God." (Ps 46:11)
- Say a Hail Mary.
- Visualize a box in which to place the distraction and close the lid.
- Change your position from kneeling to sitting, or vice-versa.
- Consider adoring during a later hour when the day is done and your next task is sleep.
- Ask the Holy Spirit for guidance.

Many adorers note that distractions decrease as their devotion increases.

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**Q: What is meant by "Real Presence"?**

**A:** Catholics believe that through the consecration of the bread and wine which takes place during the Eucharistic prayer, the physical appearance of the bread and wine remains, but the substance of those elements become the Body and Blood of Christ or the "Real Presence" (transubstantiation). The key Scriptural passages that support this theology are John 6 and the Last Supper. Adoration is the perfect place to contemplate this mystery. depictions (Mt. 26:26, Mk 14:22, Lk 22:14). "This saying is hard; who can accept it?" (Jn 6:60).

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**Q: Why can Jesus be left alone in the Tabernacle when exposed in a monstrance?**

**A:** Jesus within the consecrated host is protected while in the locked Tabernacle. With exposition in a monstrance, the scheduled adorers act as guardians of the Blessed Sacrament. Knowing that the adorer has a responsibility in that protection helps him/her to be faithful for which they volunteered. Also, for many adorers, exposition provides a more intimate experience than praying before the Tabernacle.

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**Q: May I read while adoring?**

**A:** Yes. Possible spiritual reading may include Sacred Scripture, the Liturgy of the Hours, publications such as the Magnificat, writings of the saints, the Catechism, Church documents, and Catholic topical books, especially those which carry the nihil obstat and the imprimatur (declarations that the contents have been found free of doctrinal or

moral error).

Many adorers jot a few notes or journal while in Adoration. The general rule is to keep things simple to limit distraction from the true purpose of Adoration - to spend time in the presence of God.

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**Q: May I talk in the chapel during adoration?**

**A:** Yes; silence is not required. You may especially talk, pray, or sing out loud if you are the only one there! However, if you are not the only adorer present, it is best to maintain a silent atmosphere so as to not disturb or distract from another's prayer.

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**Q: Do I have to kneel the whole time?**

**A:** While in prayer with the exposed Blessed Sacrament the correct posture is to kneel or to reverently sit. Occasionally you will see another prayer posture – that of full prostration. That means that a person lays face down before the Blessed Sacrament. It is an extreme expression of submission and supplication. However, it is not required or mandated.

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**Q: How should I enter the chapel when the Blessed Sacrament is exposed on the altar?**

**A:** When you are entering a place where Exposition and Adoration of the Blessed Sacrament is happening, the correct posture is to enter the space, and before either kneeling or sitting, to genuflect on one knee. Some people kneel on both knees, some people bow their head all the way to the ground. These are examples of personal pious actions and not required.