



# Eucharistic Adoration

# What is Eucharistic Adoration?

- ▶ During the consecration, the bread and wine become the body and blood of Jesus. We call this [transubstantiation](#).
- ▶ The elements retain the appearance of bread and wine but they are the actual Body and Blood of Christ.
- ▶ Because Jesus is truly present in the Eucharist, we show love and reverence for the Blessed Sacrament by adoring and honouring the Eucharistic Presence of Christ.
- ▶ Jesus is truly present in the [tabernacle](#)

# What happens during Eucharistic Adoration?

- ▶ The priest, deacon (or Extraordinary Minister of Holy Communion) removes the [Sacred Host](#) from the Tabernacle and places it in the [Monstrance](#) on the Altar so all can see it.
- ▶ The priest or deacon puts on the [humeral veil](#) as a sign that it is Christ's blessing that we receive, not the priest's.
- ▶ Holy hours traditionally include Scripture readings, hymns, prayers and time for silent adoration.
- ▶ Eucharistic Adoration can be a time spent alone in silence and prayer.

# Why take part in Eucharistic Adoration?

- ▶ It allows us to take time out of our busy lives to spend in prayer before the Lord.
- ▶ We grow spiritually in the time we spend with Jesus.
- ▶ Through our relationship with Jesus we are inspired and strengthened to take on life's challenges.
- ▶ We are called to be a 'living monstrance' radiating the presence of the Lord, who through the [Eucharist](#) dwells in us.
- ▶ It is the moment when we are most intimately [in communion with](#) God.
- ▶ Adoration is a most profound, meaningful, joyful, peaceful, spiritual and healing experience.

# Glossary of terms

- ▶ **Tabernacle** - is a fixed, locked container (that looks like an ornate safe) in which the **Eucharist** is "**reserved**". During the Mass the elements of **bread** and **wine** are changed into the true **Body** and **Blood** of **Jesus Christ**. The sanctuary lamp near the tabernacle is a sign of the Real Presence of the Lord.



**Monstrance** - an open or transparent receptacle in which the consecrated Host is displayed for adoration.

**Host** – After the consecration the altar bread is known as the Host.

**Transubstantiation** - is the change of **substance** by which the bread and wine offered on the altar become, in **reality**, the body and blood of **Jesus Christ**.



# Glossary of terms cont.

**Humeral Veil** - A long oblong vestment often richly embroidered, worn over the shoulders and covering the hands of the priest as he gives the blessing with the Sacred Host in the monstrance.



- ▶ **Vigil** – A period of time to keep watch or to pray.
- ▶ **Eucharist** – The sacrament of the Body and Blood of Jesus Christ under the form of bread and wine, consecrated by a priest who represents Christ to His Church.
- ▶ **In communion with** - To be “in communion” is to be linked with others at the deepest level of existence.