

Real Presence Eucharistic Education and Adoration Association

THE REAL PRESENCE  CHRIST IN THE EUCHARIST

Eucharist	Introduction	Real Presence	Scripture	Early Church	Vatican II
Testimonies	Miracles	Priesthood and Religious Life	Mass and Liturgy	Holy Communion	Adoration
Other Topics		Resources		Links	

Perpetual Eucharistic Adoration



"It is not enough to discover Christ -- you must bring him to others! The world today is one great mission land, even in countries of long-standing Christian tradition."

POPE JOHN PAUL II from a General Audience at St. Peter's Basilica, Vatican City

FOREWORD

The Mystery of the Holy Eucharist is the center of the life of the *Church* and of Her mission for the salvation of the whole world. By giving Honor and Glory to *God*, Perpetual Eucharistic Adoration touches the heart of the *Church* and her salvific mission expressed in the Lord's Prayer! "Hallowed be Thy name, Thy Kingdom come; Thy will be done..."

For any spiritual undertaking to bear fruit and be a source of heavenly grace, it must be with the approval and blessing of the *Church* and in obedience to her teaching.

The Pontifical Council for the Laity erected the Association of Perpetual Eucharistic Adoration as a universal and international public association of the faithful and approved its Statutes.

It is an occasion of great joy for all who are devoted to the Eucharistic *Lord* and whose devotion leads them to adore Him in the Holy Sacrament of the Altar.

This booklet contains the *Decree*, Statutes and a practical guide to the implementation of the program of Perpetual Eucharistic Adoration. It is designed to help Prelates, Pastors and the Faithful who want to know how to introduce Perpetual Eucharistic Adoration in their Arch/Diocese, Parish.

May this devotion flourish throughout the world through the prayers and supplication of the Immaculate Heart of Mary.

L. OWEN TRAYNOR, K.M., K.C.H.S.

Founder/Chairman



PONTIFICIUM CONSILIUM
PRO LAICIS
1164/91/5 -- 61B-47a

DECREE

With a lively appreciation of the purpose of the "Association of Perpetual Eucharistic Adoration", as an association of the faithful dedicated to promoting Eucharistic worship and devotion, and having as "a particular character of its apostolate of prayer that of perpetual adoration before the exposed Blessed Sacrament" (Statutes: Preamble);

Bearing in mind that the said Association has already promoted, over a considerable number of years, experiences of "Perpetual Eucharistic Adoration" in numerous parishes and dioceses of various countries, always with due respect for the liturgical directives of the Catholic Church and in communion with the Diocesan Ordinaries and the parish priests concerned;

Considering also that the said Association intends to develop communication and cooperation with other approved associations of Christ's faithful that pursue similar purposes;

After receiving the testimony of Bishops of various countries who know, appreciate and encourage the "Association of Perpetual Eucharistic Adoration";

After having studied and revised the statutes of the Association and having found them to be in harmony with the doctrine and discipline of the Catholic Church;

Observing that "competent ecclesiastical authority alone has the right to erect associations of the Christian faithful which set out to teach Christian doctrine in the name of the Church or to promote

public worship or which aim at other ends whose pursuit by their nature is reserved to the same ecclesiastical authority." (CIC Can. 301, 1).

THE PONTIFICAL COUNCIL FOR THE LAITY

DECREES

The erection of the Association of Perpetual Eucharistic Adoration as a universal and international public association of the faithful, with juridic personality, in accordance with Book II, Part I, Title V of the Code of Canon Law, and the approval of its *Statutes*, the original text of which has been deposited in the Archives of the Pontifical Council for the Laity.



PAUL J. CORDES _____ Vice-President

EDUARDO CARD. PIRONIO _____ President

From the Vatican, June 2, 1991, Solemnity of the Body and Blood of Christ

THE UNIVERSAL AND INTERNATIONAL PUBLIC ASSOCIATION OF PERPETUAL EUCHARISTIC ADORATION

STATUTES

Preamble

In accordance with the teaching of the Second Vatican Ecumenical Council and the Code of Canon Law which brings together the discipline by which the Council's teaching is put into practice, the Christian faithful are free to found and to govern associations with the aim of promoting their spiritual growth and of establishing a more intimate unity between their faith and their everyday life. In consequence they may involve themselves in apostolic works of evangelization, of piety or charity and thereby manifest and make present in the world the Christian spirit.¹

It is in accord with the norms and directives for the foundation of such associations, that an association of the faithful known as *Perpetual Eucharistic Adoration* has been established for promoting Eucharistic worship and devotion and has a particular character of its apostolate of prayer that of perpetual adoration before the exposed Blessed Sacrament.

Article I

NAME

The name of the association is: *Perpetual Eucharistic Adoration*, a Universal and International Public Association (cf. Canon 304, 2).

Article II

PURPOSE

The goals and objectives of this Universal and International Public Association are in accordance with Canon 304, 1 of the Code of Canon Law as defined hereunder:

1. to promote the practice of *Perpetual Eucharistic Adoration* of the exposed Blessed Sacrament, whereby worship is rendered to God the Father through Jesus Christ in the Holy Spirit² by individuals in Catholic parishes, institutions and affiliated organizations which have similar goals and objectives throughout the world;
2. to deepen in the members of this Public Association, who are called adorers, reverence and love for the Holy Eucharist -- the Body, Blood, Soul and Divinity of Our Lord Jesus Christ -- in the Sacrifice of the Mass, in Holy Communion and in the Real Presence;
3. to increase the love of, and obedience to the Church, the Holy Father the Pope and all bishops in communion with him, especially the member's local Ordinary, by instructing members in the fundamental truths of the Catholic Church and by helping them to understand that the Holy Eucharist, the bond of unity, is truly the Mystery of Faith;
4. to foster spiritual growth in members, as individuals and families, by practicing in their daily lives, the Eucharistic faith;
5. to make reparation for sins committed, especially by irreverence to the Most Blessed Sacrament;
6. to pray for vocations to the priesthood and religious life and to invoke Divine protection and grace for the clergy, religious and all those preparing for the Lord's service;
7. to increase devotion to the Blessed Virgin Mary, Mother of the Eucharistic Lord, the first to bear His Real Presence in the world, and the Mother of all whom He has called to be His brothers and sisters.

The Apostolate of the Association is thus contemplative in nature and directed to the sanctification of its members who thereby seek to exercise more perfectly the theological virtues and give an example of Christian life and virtue.

Article III

HEADQUARTERS

The international headquarters of *Perpetual Eucharistic Adoration* is located at 660 Club View Drive in Los Angeles, California 90024, in the United States of America (cf. Can. 304, 1).

Article IV

MANNER OF ACTION OR OPERATION

The Universal and International Public Association of *Perpetual Eucharistic Adoration* is a lay association bound by the prescriptions for such associations by the Code of Canon Law enjoying the rights and privileges and observing the obligations set forth for such associations in the same Code of Canon Law.

It is the function of the lay staff of the association to assist those members of the faithful who having observed all due procedure and having obtained the necessary permission from their Diocesan Bishop, the chief pastor of the local Church, (cf. Canon 312, 2; 375, 1-2; and 387), and the consent of their Parish Priest (cfr. Canon 515, 1; 519; and 528, 2), wish to establish themselves as a pious group devoted to the perpetual adoration of the Blessed Sacrament. Since the Church desires that due catechesis should always precede any undertaking, the lay staff of the Association will, in cooperation with the Parish Priest, arrange for a Priest-promoter to reside at the parish, institution or organization for some days to assist at the meetings of the faithful, the election of those to be designated as captains and coordinators of the local association and ensure the approval of the Parish Priest for the Eucharistic adoration program and its date of commencement.

Through means of the regular publication of a newsletter the members find expression of the solidarity with each other in the daily living of Eucharistic faith. This unity which is conducive to spiritual growth is further encouraged both by making available spiritual reading material and through meetings with the elected captain or coordinator to ensure the continuance and growth of the program. A liaison is always to be maintained with their local Parish Priest (cf. Canon 304, 1).

In each Parish or unit, the Parish Priest, will be responsible for the proper observance of the adoration of the Blessed Sacrament in accordance with the laws of the Church.

Perpetual adoration is understood to be adoration before the Blessed Sacrament twenty-four hours a day, seven days a week; a small parish may be only able to maintain two or three days in a week, this is to be considered preferable to any other arrangement. The adoration is practiced according to the norms of the liturgical law of the Church, given in the *Roman Ritual*.³

Article V

GOVERNANCE

The Holy See confirms the Moderator, after he has been presented by the Board of Directors of the Association. The Holy See confirms the Chaplain after having heard the Board of Directors of the Association (cfr. Canon 317, 1).

The Moderator and the Chaplain are appointed to a five-year term which may be renewed for an additional five years.

1. The Moderator ensures that fidelity to the Association's purpose is maintained and may intervene to address special needs and challenges in carrying out that purpose. At the end of each calendar year, a written report concerning the activity and state of the Association is presented by the Moderator to the Pontifical Council for the Laity, which has responsibility for Universal Public

Associations of the Faithful. ⁴ The Moderator, even if present at a meeting, is to receive a formal report and a copy of the minutes of every meeting.

2. The Chaplain in accord with the provisions of the Code of Canon Law is to promote the spiritual welfare of the members of the Association (cf. Canon 564).
3. The Public Association of *Perpetual Eucharistic Adoration* is governed by the Board of Directors, which consists of no less than two and no more than five members, under the direction of its Chairman. The Moderator and the Chaplain are ex officio members of the Board of Directors.
4. The Chairman is nominated by the Board of Directors of *Perpetual Eucharistic Adoration* and confirmed by the Moderator. The Chairman is responsible for the practical administration of the Association and for convening the meetings of the Board of Directors over which he presides. The Chairman is to ensure that an accurate record is kept of all meetings and that all written material is duly archived and preserved at the International Headquarters.

The Board of Directors meets, at least, four times during its term of office. The presence of a relative majority of the members is required for a valid meeting.

5. Selection for appointment to the Board of Directors is made after due reflection, prayer and the unanimous approval of the other directors. Only a practicing Catholic in good standing, with a written attestation of suitability from his Parish Priest, can be considered for such an appointment. The Chairman of the Board of Directors will inform the nominee's Ordinary of the appointment to the Board of Directors.

Members of the Board of Directors after election are to serve a five-year term which can be renewed for an additional five years.

6. In each parish or unit, the Pastor, or his delegate, will be responsible for the proper observance of the adoration of the Blessed Sacrament in accordance with the laws of the Church.

Article VI

ADMINISTRATION OF TEMPORAL GOODS

The temporal goods of *Perpetual Eucharistic Adoration* are in accord with the norm laid down in the Code of Canon Law under the supervision of the Board of Directors.

A financial audit is to be included in the report on the Association, which is presented to the Pontifical Council for The Laity.

The source of financial support of *Perpetual Eucharistic Adoration*, is the returns earned from the permanent endowment trust established at the time of the foundation of the Association. All donations to *Perpetual Eucharistic Adoration* are placed in the endowment trust. The endowment trust is established in accord with the civil law in force at the International Headquarters.

Article VII

MEMBERSHIP

The conditions for reception of members of *Perpetual Eucharistic Adoration* are laid down as follows:

1. Members must be ready and willing to spend at least one hour a week before the Blessed Sacrament.
2. If a member is unable to be present on any particular occasion, it shall be that person's responsibility to arrange for another person to take his, or her, place.
3. The names of members are to be inscribed in the public register of Perpetual Eucharistic Adoration (cf. Canon 304, 1, and Canon 306-308).
4. a) Any member may withdraw from the Public Association of *Perpetual Eucharistic Adoration* by written application and by so doing, have his, or her, name removed from the register.
 b) Any member of the Universal and International Public Association of *Perpetual Eucharistic Adoration* who does not fulfil the obligations accepted upon membership except for reasons of health and or other extenuating circumstances may receive a written warning and if a satisfactory explanation is not forthcoming, may be expelled. Likewise, anyone who has abandoned publicly the Catholic faith, or has incurred excommunication cannot be a member of the Association; any member who, after being received into the Association, falls into one of the just-mentioned conditions is to be dismissed from the Association immediately (cf. Can. 316, 1-2).

Article VIII

AFFILIATION

Other societies which have similar goals and objectives to the Universal and International Public Association of *Perpetual Eucharistic Adoration*, can request affiliation. With the written consent and the recommendation of the International Headquarters, affiliation to *Perpetual Eucharistic Adoration* may be granted. This affiliation does not affect the juridical status, organization or autonomy of the joining society. Communication and cooperation with other approved associations of Christ's faithful, which have, for their purpose, the fostering of Eucharistic worship and devotion are welcomed and encouraged (cf. Canon 328).

GUIDELINES PERPETUAL EUCHARISTIC ADORATION

1. *What is Parish Perpetual Eucharistic Adoration?*

Perpetual Eucharistic Adoration is a Eucharistic devotion whereby members of a Parish (or some other entity) unite in making continuous adoration before the *Most Blessed Sacrament* (in most cases, exposed) throughout the twenty-four hours of the day, seven days a week.

2. *Is Perpetual Eucharistic Adoration the only type of Eucharistic adoration apart from the Mass?*

No. There are several other forms. However, a most popular and grace-laden program is the full-time, permanent adoration of *Our Lord exposed* in a monstrance in which adorers commit themselves to at least one assigned hour each week.

3. *Why is it necessary to have permanent exposition?*

People are far more appreciative of *exposition* and will thus be more responsible in keeping their Holy Hour with *Our Lord*. What more wonderful way to witness to our belief in the *Real Presence of Jesus Christ in the Most Blessed Sacrament* than by faithful attendance at a weekly hour of Adoration. A prayerful, silent yet quite clear profession of faith. Never forgetting the words of *Our Lord* when He gave His Eucharistic discourse. "Indeed, this is the will of my Father, that everyone who looks upon the Son and believes in Him, shall have eternal life. Him will I raise up on the last day." (*John 6:40*)

4. *What is another good reason for establishing Perpetual Eucharistic Adoration?*

To provide an easy, attractive and practical way of rendering God adoration, thanksgiving, reparation and petition.

5. *Besides prayer for the success of the program, what is the most important single factor in a successful Perpetual Eucharistic Adoration program?*

The wholehearted support of the laity.

6. *What are some of the spiritual benefits and graces generally attributed to the establishment of a Parish Perpetual Eucharistic Adoration program?*

- a) Increased Mass attendance and Confessions.
- b) Increase in priestly and religious vocations.
- c) The return of fallen-away Catholics and conversions to the faith.
- d) Heightened spirituality. "Personal sanctification and the sanctification of all Catholic action." (Pope Pius XII)
- e) Marriages restored.
- f) Greater unity.
- g) Inner *peace*.

7. *With the high rate of crime, isn't it dangerous to go around the clock, 24 hours a day?*

Pope John Paul II has said that all the evils of the world could be overcome through the great power of Perpetual Eucharistic Adoration. The devil is put to flight wherever Jesus is adored in the Most Blessed Sacrament. Many Pastors report that since P.E.A. has been established in their Parishes, crime has declined, particularly in crime ridden and dangerous areas. Believe that Jesus in the Most Blessed Sacrament is the Lord who cast out demons, calmed the sea and is infinitely more powerful than any law enforcement agency on this earth. "Fear is useless. What is needed is trust." (*Mark 5:36*)

8. *Does Perpetual Eucharistic Adoration place any added burden on the Pastor of a Parish?*

No, it should not. This is a lay apostolate, and it is lay men and women who take the responsibility of organizing and covering the hours.

PROCEDURE FOR BEGINNING PERPETUAL EUCHARISTIC

ADORATION

9. *How should one go about establishing a Perpetual Eucharistic Adoration program in one's Parish?*

a) Pray to Our Lady of the Blessed Sacrament to obtain this great grace;

b) Do everything with the knowledge, permission and support of your Pastor;

c) Get existing Parish organizations interested in supporting the program by supplying leaders who will help organize and run it.

10. *How do you get the whole Parish interested in Perpetual Eucharistic Adoration?*

The Priest Promoter would arrive on a Friday or Saturday, stay at the rectory and preach at all the weekend Masses on the value of Perpetual Eucharistic Adoration. Upon his arrival, he would meet with the Pastor and obtain general information pertinent to his mission. An important part of this would be to obtain the names and phone numbers and making contact with leading lay persons and solicit their assistance.

After the homily, he would invite members of the Parish to *write their names and phone numbers on the invitations, pledging to spend one hour a week before the exposed Blessed Sacrament.*

The invitation form (see sample forms) should be photocopied in sufficient quantities to meet specific Parish needs and placed in the pews, along with pencils, prior to each mass. (Hundreds of pencils are needed for the sign-up) The invitations are then collected after Communion.

On the following Monday or Tuesday, the Priest Promoter would call a meeting of the laity to assist them in selecting their Captain, Vice-Captains, 24 Coordinators (one for each hour of the day and night) and Assistant Coordinators. He would then arrange the program to be presented to the Pastor for his evaluation and commencement. This meeting is an integral part of the organizational procedure, just as important to the success of the program as the preaching and the signing of the invitations.

11. *How many people are needed to have a Perpetual Eucharistic Adoration program in a Parish?*

There are 168 hours in a week. Theoretically, all that is needed are 168 people willing to make one Holy Hour on a weekly basis. Realistically, however, it is necessary to have more than 200 in case of illness, vacations or other situations that may arise necessitating a substitute.

12. *The Importance of Captains and Coordinators:*

The Pope called upon the laity to be vigilant in seeing that Jesus is known, honored and loved in the Holy Eucharist. The key to the success of Perpetual Eucharistic Adoration is lay involvement. What is needed in each Parish are lay persons who want Perpetual Eucharistic Adoration enough to be willing to take the responsibility to make it succeed.

13. *Definition/Role of a Captain:*

A Captain accepts overall responsibility for the entire program and he/she is responsible to the Pastor to ensure that all aspects are correctly observed according to Canon Law and the wishes of the Pastor.

14. *Definition/Role of a Vice-Captain:*

Four Vice-Captains are selected who are responsible for each of the four time zones: morning, afternoon, evening, and night. Each Vice-Captain is responsible for the six hours within their time zone. In addition to these responsibilities, the Vice-Captains would stand in as Coordinator, when necessary, in addition to their normal, weekly Holy Hour. The Vice-Captain will assist in all aspects or assume responsibility when necessary.

15. *Definition/Role of a Coordinator:*

A Coordinator is a leader who is responsible for one of the 24 hours of the day every day throughout the entire week and ensures that there is one adorer for each hour of the day, everyday, throughout the week. He/She makes sure that his/her particular hour is always covered. The main duty of the Coordinator is to continue to inspire and motivate adorers and solicit new adorers. A further responsibility is to find a replacement for an adorer in an emergency situation. In the event that the Coordinator is unable to obtain a replacement, he/she should cover the hour in question. Each adorer of a specific hour is supplied with the phone numbers of other adorers and the Coordinator.

16. *Definition/Role of an Assistant Coordinator:*

Each Coordinator should choose two reliable people who are able to assist whenever the Coordinator goes out of town or cannot be reached to find replacements. The Assistant Coordinator is a back-up person who can be a big help to the Coordinator.

17. *Team:*

The Parishioners are divided into 24 teams corresponding to the 24 hours of the day. Each member of a particular team is scheduled for a different day of the week. Each coordinator is in charge of a team made up of those persons scheduled to make their Holy Hour at the same time of the day, so that this specific hour is covered throughout the entire week by at least one member of the team.

18. *Definition/Role of an Adorer:*

An Adorer covers a specific hour during the day of the week. In case of illness, or other, every effort must be made to find a replacement before calling the Coordinator.

It is well to remember that a chain is only as strong as it's weakest link. You form a link in an endless chain of adorers on behalf of the whole Parish.

19. *What is the best location for Perpetual Eucharistic Adoration?*

The best location for Perpetual Eucharistic Adoration is in a chapel. It creates an atmosphere of quiet and intimacy with *Our Lord*, and can easily be kept warm in the winter. If the church does not have a chapel any small room can be used; a cry room, the altar boys' sacristy, a room in the

rectory. A chapel may be created by an extension outward from the church building or within the confines of the church building. A register book should be kept open on a small table and signed by all participants prior to making their hour of adoration. This is so the Pastor can see that every hour is, indeed, covered in the Perpetual Eucharistic Adoration program.

20. *Start-up Procedure:*

After the initial schedule is made out, each captain and coordinator is given a list of people on their team. Before Perpetual Eucharistic Adoration actually begins, each member should receive a call from the captain or coordinator telling him or her "when, where and how":

Hello, my name is _____. I'm the captain coordinator for the _____ team. I am calling to thank you for wanting to participate in Perpetual Eucharistic Adoration. You are greatly needed. It is to be held in the chapel (please give exact directions, if necessary). We ask you to please sign the register book before each Holy Hour so that the Pastor is assured that each hour is covered. The register book, along with Holy Hour pamphlets, will be placed on the small table in the chapel.

21. *Support System of Encouragement:*

The captain or coordinator should call each adorer the day before his/her assigned time to thank them for being faithful to their Holy Hour. These calls begin after Perpetual Eucharistic Adoration starts and should continue perpetually. These calls are necessary because people have a tendency to forget, no matter how sincere their intentions. These calls serve as a support system of encouragement. Jesus needs you as a positive force to help Him draw people to His Eucharistic Love. If the captain or coordinator has more than one or two calls to make each day, assistant coordinators should be willing to help. A sample call could be:

"Joe, this is Mary calling to thank you for making your Holy Hour last week. Thank you again for being there tomorrow."

It is recommended also to call a general meeting of all the Adorers of the Parish at least twice a year. A continuous effort should be made to attract more members within the Parish since the goal is to have the whole congregation participating in this devotion.

22. *How can I get other Parishioners interested in Perpetual Eucharistic Adoration?*

One of the best ways is by example. Enjoy the mystical experience of being in the presence of the living God. Share with your Catholic friends. Literature is also available on the subject.

23. *Thank you.*

Without you, Perpetual Eucharistic Adoration would be impossible. Remember, Jesus will not be outdone in generosity.

HOMILY

Perpetual Eucharistic Adoration

Rev. Fr. Raymond Dubois SSS

Delivered in many (Arch)Dioceses throughout the U.S.A. and Ireland

"The Word became flesh and made his dwelling among us." So proclaims the warm, consoling feast of Christmas. May I suggest a way of keeping this astounding truth vibrantly alive before our very eyes all year round? Perpetual adoration of the Most Blessed Sacrament exposed! Yes, the Word became flesh, but took the further astounding step of becoming sacrament. Alive, alert, attentive, active. There He is under the appearances of bread with His body, blood, soul and divinity. His mind, heart, will, memory and imagination dwelling with us day and night. How can we allow this astounding presence to go without a resounding answer? Perpetual Eucharistic adoration is the answer!

Picture the monstrance (*monstrance comes from the Latin "monstrare" to show, to expose to view*) and recall that *adoration is rooted in the Mass*. The Mass gives us the Most Blessed Sacrament and the Most Blessed Sacrament is the living, loving and life-giving Priest and Victim of the Mass. The Mass in turn is rooted in Calvary. The Mass, in fact, is Calvary: renewed, re-presented, made present on the altar in a bloodless manner. Calvary in turn is rooted in the heart of Christ. Christ loves His Father to the point of dying on the Cross for His glory. Christ loves us to the point of dying on the Cross for our salvation and sanctification. He loves us, not only collectively, but individually and personally. St. Paul, contemplating the crucified Christ, exclaims, "He loved me and delivered Himself for me." Notice how St. Paul personalizes the love of Christ. *What Christ did for all, He did for each one of us. Such as the personal love of Christ!*

Now if Calvary is rooted in the heart of Christ, so is the Most Blessed Sacrament. Notice the words of consecration: "This is my body, given up for you; this is my blood poured out for you." And here again we have the personal love of Christ. There will always be a Communion host with my name on it as long as I want it. Furthermore there will always be a "Communication host" available. What do I mean by a Communication host? I mean a prayer host where Christ, whether in the tabernacle or in the monstrance, is always ready to receive us in prayer and to give us His undivided attention. No matter how many persons come to Him at one time, He gives each one His undivided attention. Such is the personal love of Christ!

Christ loves us, we must love Him back! How? *How do we respond to the love of Christ?* Well, first of all by doing His will. That's what He said: "If you love Me, keep My commandments." And that's what we do at Mass, for instance; we keep His Commandment of sanctifying the Lord's Day. This He requires under pain of sin. But because we love Him, let's give Him something more, something He does not require under pain of sin. Let's give Him thrones of adoration where night and day He can preside over each parish and flood it with grace.

However, to do this, hundreds of people in each parish are required to sign up, pledging a weekly Holy Hour. There are 168 hours in each week, Therefore, at least 168 adorers are needed. For the smooth running of the adoration program, many more than 168 are needed; if possible, at least two adorers for each hour.

Let me call your attention to the specially sacrificial hours: mid-night to 6 a.m.! Imagine, getting up in the middle of the night, 3 o'clock in the morning, to come and adore the Most Blessed Sacrament! It sounds preposterous. Yes, of course; if the Most Blessed Sacrament is only a piece of bread, then it's the height of nonsense to get up in the middle of the night to come and adore a piece of bread. But, it the

Most Blessed Sacrament is the living, loving, life-giving God of the Universe, then it's the height of wisdom. And it was in the middle of the night that Christ said to His apostles: "Could you not watch one hour with me?" *And He's still asking the question "Can YOU not watch one hour with me?"* If possible, choose one of these night hours and double your power over the heart of Christ, who cannot be outdone in generosity.

In any case, please come and pray. Come and pray **with** Christ. In the Most Blessed Sacrament, He is constantly offering Himself to the Father in a spirit of adoration, thanksgiving, reparation, and petition. Come and pray with Him. Come and pray **to** Him. He Himself is God and deserves the worship of adoration, and thanksgiving, and reparation, and petition.

Pray as you like. Recite your favorite prayers. Contemplate acts of faith, hope, charity, adoration, thanksgiving, reparation, petition: obedience, humility, resignation... or whatever virtue appeals to you as you pray before the Blessed Sacrament -- or do some meditative reading. Reading and meditation lead to communication with the Lord. Alternatively, just contemplate, bask in the sunshine of the Eucharist, like the person who used to spend hours before the Blessed Sacrament. When asked: "What do you say during those hours?" and he answered: "I don't say anything. I look at him and He looks at me." It's a question of love, and love can do without words. Do **you** know the importance of love? Listen to St. John of the Cross, Doctor of the Church: "One instant of pure love is more precious in the eyes of God and more profitable to the whole Church than all good works put together." Come and pray before the Blessed Sacrament and increase these occasions of pure love that are so precious and so powerful.

Allow Christ to work **on** you: enlightening your mind, strengthening your will, calming your fears, clearing your doubts, purifying your motives, giving you perspective. Blessed Mother Teresa of Calcutta says that she and her Sisters need to find Christ in the Blessed Sacrament every day before they go looking for Him in the poorest of the poor -- giving you perspective, giving you peace, the peace which the whole world cannot give. One lady, noticing the look of utter serenity in the eyes of her husband as he came back from his Holy Hour said, "I've got to go to adoration too, I want this peace which is so clearly reflected in my husband's eyes." Thereafter, a weekly Holy Hour became part of her life.

Allow Christ to work on you, allow Christ to work through you. *By your presence, and your prayers, and your sacrifices, make Christ reach through you with His grace, into your family, into your parish, your community, the country, the world.* My dear friends, we have here, **Divine** power. Release it! Release it over a world that is in a mess. Abortion, pornography, perversion, AIDS, drugs, teenage suicide, terrorism, satanism... You name it, we've got it! Who's going to save the world? The Savior of the world! Elementary! Psalm 127: "Unless the Lord build the house, they labor in vain who build it. Unless the Lord guard the city, in vain do the watchman keep vigil!" Come and release this power!

Allow Christ to **Preach** through you. By being in the presence of the Real Presence, you are telling the world that the Blessed Sacrament is not a thing but a person, the Person of the Word of God made Man, made Sacrament. Preach Him! The Real Presence is being doubted, is being questioned, is being denied. Come and reaffirm it by your presence.

Finally, pray on, pray **perseveringly**. Never give up on prayer, no matter what the difficulties. Distractions in prayer? Who doesn't have distractions in prayer? But they are not displeasing to Christ, unless they are willful. In fact, they are occasions of love. Because we love Him, we bring ourselves back from our distractions and prove our love. As for dryness in prayer, -- you know, the lack of emotional glow in prayer -- well, if you **have** this emotional glow, thank God, its a gift. If you don't -- don't be worried, because love is primarily in the will. The Love Lord deserves all the love you can give Him, and that love is primarily in the will, not in the emotions. There again, there may be the question of frustration. You pray and pray, and nothing seems to happen. God seems to be deaf. Christ seems to be

deaf. Don't worry, God is listening intently, lovingly. No prayer goes to waste, somehow there's an answer. **Never** give up on prayer.

I would be remiss if I did not quote the Vicar of Christ about the adoration of Christ. Here, in part, is what our Holy Father, Pope John Paul II, has to say about adoration:

"The Church and the world have a great need of Eucharistic worship. Jesus waits for us in this sacrament of love. Let us be generous with our time (notice the word 'time'). Let us be generous with our time in going to meet Him in adoration and in contemplation that is full of faith and ready to make reparation for the great faults and crimes of the world. May our adoration never cease."

(Dominicae Cena). Amen to that.

*"In the Holy Eucharist
-- this is also the meaning of perpetual adoration --
we enter into this movement of love
from which all interior progress
and all apostolic efficacy
springs"*

POPE JOHN PAUL II, June 6, 1980
Meditation at the Basilica of Montmarte

(SAMPLE)

INVITATION

Yes, I will spend ONE HOUR WEEKLY with *Jesus*, present in THE MOST BLESSED SACRAMENT.

Please check the time you prefer:

- MORNING (6:00 a.m. to noon)
 AFTERNOON (12:00 p.m. to 6:00 p.m.)
 EVENING (6:00 p.m. to midnight)
 NIGHT (midnight to 6:00 a.m.)

NAME: _____

TELEPHONE NUMBER: _____

Yes, I would like to promote this important Parish Apostolate by helping on the telephone.

(SAMPLE)

CAPTAIN/COORDINATOR

Captain: _____

Vice Captains: _____, _____

24 COORDINATORS

Morning	Name	Telephone
6-7 am		
7-8 am		
8-9 am		
9-10 am		
10-11 am		
11-noon		

Afternoon: noon - 6 pm, Evening: 6 pm - midnight, Night: midnight - 6 am

(SAMPLE)

ADORERS

NAMES & PHONE

	SUN	MON	TUE	WED	THUR	FRI	SAT
6-7 am team							
7-8 am team							
8-9 am team							
9-10 am team							
10-11 am team							
11-noon team							

Afternoon: noon - 6 pm, Evening: 6 pm - midnight, Night: midnight - 6 am

(SAMPLE)

This is a *Confirmation* that on each _____ between _____
you have a personal appointment with Jesus present in the
Most Blessed Sacrament.

Starting on _____. Please be prompt.

In an emergency, please arrange a substitute from other
adorers, your Family, Friends.

WHEN ALL ELSE FAILS, PLEASE CONTACT ME.

Signed _____ Captain/Coord.

Phone _____

*"The Eucharist is the zenith
toward which the activity
of the Church is directed;
at the same time
it is the source from
which all her power flows!"*

Constitution On the Sacred Liturgy
"Sacrosanctum Consilium", 10

¹ The Second Vatican Council: *Decree on the Apostolate of Lay People*, n. 15, n. 19d; The Code of Canon Law: Canon 215: cf. Canon 298, 1.

² Letter of the Supreme Pontiff Pope John Paul II to all the Bishops on the Mystery and Worship of the Holy Eucharist, n. 3.

³ Cf. Holy Communion and Worship of the Eucharist Outside Mass, Nos. 82-92.

⁴ Cf. Canon 305, 1-2; and the Constitutio Apostolica "*Pastor Bonus*" June 28, 1988, No 134 (*Acta Apostolicae Sedis* vol. 80 n. 7, p 895).

TIPOGRAFIA VATICANA, VATICAN CITY, 1991
Perpetual Eucharistic Adoration, All rights reserved

Perpetual Eucharistic Adoration International Headquarters

P.O. Box 878

La Habra, California, 90633, USA.

Phone: (562) 690-7667, Fax: (562) 690-9515

E-mail: pea@adoration.org

PICO

[What's New](#) [Site Index](#)



THE REAL PRESENCE OF CHRIST IN THE EUCHARIST

[Home](#) | [Directory](#) | [Eucharist](#) | [Divine Training](#) | [Testimonials](#) | [Visit Chapel](#) | [Hardon Archives](#)

[Adorers Society](#) | [PEA Manual](#) | [Essentials of Faith](#) | [Dictionary](#) | [Thesaurus](#) | [Catalog](#) | [Newsletters](#)

Real Presence Eucharistic Education and Adoration Association

7030 West 63rd Street
Chicago, Illinois 60638
Phone: 773-586-2352
Fax: 773-586-7781

[Contact Us](#)

Internet: www.therealpresence.org

Office Hours

Monday, Wednesday, Friday
8:30am - 3:30pm CST

Copyright © 2000 - 2008 by www.therealpresence.org

All rights reserved worldwide.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of www.therealpresence.org