

What is Adoration of the Blessed Sacrament?

Eucharistic Adoration is recognizing and honoring the presence of Christ in the Holy Eucharist, a devotion that dates back to 1246 A.D., at which time the feast of Corpus Christi (the Body of Christ) was instituted. The



Church venerates Christ in the Holy Eucharist outside of Mass in a custom known as Adoration of the Blessed Sacrament. Usually a consecrated host is placed in a sacred vessel known as a 'monstrance'. The monstrance, containing the consecrated host, is placed on the altar, or some other appropriate location for all to see and adore. Adoration of the Blessed

Sacrament affirms our core belief in the true presence of Christ's body and blood, soul and divinity in the Eucharist.

Simply put, Adoration is:

- sharing our lives, its hopes and struggles with the Lord
- being in His presence, recognizing His sovereignty over our lives
- listening to what the Lord has to say, and accepting His will in my life
- believing He is watching over me with tremendous love and concern
- knowing He is my God who longs to open up the floodgates of His merciful love on a troubled world

We are holding a 24-hour Adoration at St. Olaf's Church in Elbow Lake. It starts at 8:00 AM on Thursday, October 5 and ends at 8:00 AM on Friday, October 6.

Can you spend 1 hour or ½ hour of your day in adoration of our Lord in the Blessed Sacrament?

Please sign-up on the sheets in the Narthex or call Diane Grout at 218-205-7743. Even if you don't sign-up you are still welcome to drop in anytime.

Bring your own prayer books, use the books in the Chapel, read the Bible, pray the Rosary, or just sit, relax and enjoy the sweet peace that comes from simply being in the Presence of God. You may feel you can't pray well. Don't let this discourage you. The mere fact that you took time out to spend an hour with Jesus in the Blessed Sacrament pleases Him very much, and is in itself a prayer of great faith.

The time you spend with Jesus in the Blessed Sacrament is the best time you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in Heaven, and will help bring about everlasting peace on earth,"

- Saint Teresa of Calcutta

If you don't wish to go to Adoration, why would you wish to go to Heaven?