



Firstly, we all know that people learn things differently – some people are visual learners, some prefer to learn from print, some from audio. When learning new stuff, it is good to try different medias so that you get the best out of the experience. It's hard to not be over enthusiastic when talking about the Holy Eucharist, to be honest I'm not sure there is any such thing as being over enthusiastic when talking about Jesus, but, I'll try to moderate my enthusiasm. So, for those who prefer to learn by reading print as the first option, please keep reading then send us any questions you might have. I have a great team here and so one of us will try to answer your question quickly.

For those who prefer visuals; video streams, pod casts etc please click any of the following links, then if you have any questions, please do emails us and we will try to respond quickly. These links will take you to Ascension Media, who we feel really know how to explain things in a great way. You'll come across a number of their podcasts if you join any of our prayer groups, we use many contributors to help spread the Word of God.

<https://youtu.be/Y6hXG43Fflw> What really happens in Eucharistic Adoration?

<https://youtu.be/mbyMeNPddBs> What do we do in Adoration?

<https://youtu.be/q6l7BSPTAQc> Make Time for Adoration.

Adoration, what is it? How do we Adore Christ?

Catholics have many ways to deepen their relationships with God the Father, Jesus Christ and the Holy Spirit. You can hear the words of the priest at your local parish and meditate on various Scripture passages. You can listen to the stories of modern and historical saints whose lives

serve as an example of how you can live a life of deeper faith and dependence on God. You can fellowship with brothers and sisters in Christ, participating together in the ordinances Christ has established through His teachings.

Another way you can grow in your walk with Jesus is through Eucharistic Adoration. But what is Eucharistic Adoration for Catholics, and how do you participate in it? Let's take a deep dive into this topic so you can understand the Adoration of the Eucharist and how to make it a part of your own life as a Catholic.

What Is Eucharistic Adoration?

The Adoration of the Holy Eucharist, or Eucharistic Adoration, is an opportunity for the faithful to pray to Jesus Christ before the Eucharist at their local parish. The term "the faithful" refers to Catholics who wish to express and deepen their love of Christ. But what makes praying during Eucharistic Adoration any different than the prayers you say throughout your daily life?

True, you can pray to God anywhere. God is omnipresent, which means He is everywhere at all times. As the Word of God says in Proverbs 15:3, "The eyes of the Lord are in every place, keeping watch on the evil and the good." God is always near, and thus, you can always enter into His presence in prayer.

God is also omniscient, which means He knows everything, including your thoughts. King David says in Psalm 139:1-4, "Lord, You have probed me, you know me: You know when I sit and stand; You understand my thoughts from afar. You sift through my travels and my rest; with all my ways You are familiar. Even before a word is on my tongue, Lord, You know it all."

God's omnipresence and omniscience are both wonderful truths that Catholics can take comfort in every day, whether at home, work or worshipping at your local parish. But Eucharistic Adoration differs from your daily prayers in one key aspect. Catholics believe the body, blood, soul and divinity are substantially present in the Eucharist. In other words, when you participate in Eucharistic Adoration, you pray and worship Jesus in a more intimate, present and real way.

Why Is the Eucharist Celebrated?

The Eucharist represents the body of Jesus, the son of God who died so that humankind could have eternal hope. Catholics believe that, in communion, we receive the actual body of Jesus. In that moment, you share in Christ's suffering on the cross. It's a sobering, beautiful concept to meditate on, one that can leave you with feelings of overwhelming love and adoration for Jesus and His work on the cross.

The symbol of the cross is front and centre during Eucharistic Adoration. When you enter a time of adoring the Eucharist, you can have faith that you're entering into the true, substantial presence of Jesus. As you contemplate drawing near the blood, body, divinity and soul of Jesus Christ, you can experience a rejuvenation of spiritual nourishment and strength in a more unique, powerful way than you might experience in your daily prayers.

When Can You Go?

With Eucharistic Adoration offering the potential for such an impactful moment between you and Christ, you may wonder when you can participate in it for yourself. The answer to this depends on your local parish. Most parishes have specific times set aside for Adoration throughout the week. Whether the window of opportunity is on a certain day or several times throughout the week, you should have ample opportunities to practice Eucharistic Adoration for yourself at a nearby parish.

Some parishes have Perpetual Adoration. This means you can pray in the presence of Jesus in Eucharistic Adoration at any time throughout the week, night or day. Perpetual Adoration lets you participate in Eucharistic Adoration at any time that works for your schedule or whenever the Holy Spirit leads you. For Parishes to offer Perpetual Adoration, they must have at least one person present at all times. For this reason, few parishes offer Perpetual Adoration.

We offer Eucharistic Adoration twice each week, both times at St Tarcisius Church, Camberley. Wednesdays 10-12noon and Saturdays 9-10am. Check the Events Diary so you can see what else is happening in this parish.

The times may be convenient for your schedule, but if you're serious about incorporating Eucharistic Adoration into your life, prepare yourself to sacrifice some of your personal time to engage in this sacred moment for your spiritual growth.

Please explore the rest of our website and join us for Adoration when you can.