

The Monstrance

The monstrance is the vessel which houses the consecrated Eucharist host where Jesus presence dwells during public Eucharistic Adoration. Eucharistic Adoration gives Catholics an opportunity to spend time with the real presence of Jesus.

Eucharistic Adoration

Like Mass, Adoration isn't necessarily about what we will get out of it. The graces given to us by God help us grow in holiness, but the primary purpose of Adoration is to adore Jesus in the Eucharist.

You don't have to do anything in Eucharistic Adoration. The Catholic faith recognizes that the greatest gift God gives us is himself, and Adoration is another way for us to recognize that gift outside of receiving the Eucharist at Mass.

You don't have to sit still during your Holy Hour to make it count. Eucharistic Adoration is a natural extension of the rest of your prayer life. So, if there's something that really helps you in your prayer, you can bring it to Adoration.

There are many ways you can pray in adoration. Some ideas are to pray the rosary, say the divine chaplet, write in your prayer journal, read the bible or a spiritual book, or listen to worship music. **Most of all, remember you are there to receive the gift of Christ in the Eucharist and just be present to God.**

At St. Matthew's the monstrance is used every fourth Sunday at 3 pm for Eucharistic Adoration. Everyone is welcome to come and spend an hour with our Lord. You can also sign-up for Adoration on Wednesdays or Thursdays by contacting Jan Martineau.

This year St. Matthew's monstrance was refurbished. Here are the before and after pictures.



Before



Refurbished



Before



Refurbished

The Origins of Adoration

Eucharistic Adoration dates to the early days of Christianity. Monastic hermits would keep the Eucharist and take it to their cells, where they would venerate the blood, body, soul, and divinity of Jesus. These early hermits were the first to participate in Eucharistic Adoration as we know it.

Eventually, monasticism would become more communal, and Christians would gather to adore the Eucharist together rather than taking the reserved Eucharist to their individual cells. Priests would place the reserved Eucharist in a vessel called a tabernacle, which was on display in a separate room where the community could gather and adore the Eucharist. A red light would be visible when the consecrated host was present.

In the Middle Ages, Catholic priests began moving the Eucharist from the tabernacle to a monstrance, where it could be displayed for Adoration. This gave Catholics a chance to participate in Eucharistic Adoration at their parish or during feasts and processions. The monstrance helped make the Eucharist more visible for everyone gathered.

These early experiences paved the way for modern Eucharistic Adoration. Today, priests place the reserved Eucharist in the monstrance to protect and display it. Catholics gather to behold the Eucharist host in its position within the monstrance and adore Jesus Whose presence is in the Eucharist.