



EUCHARISTIC ADORATION

A beautiful prayer practice to help foster you and your family's faith and relationship with Jesus is through a Holy Hour/Adoration either at the church or at home.

Eucharistic Adoration is about a relationship with God. It is simply worshiping the real presence of Jesus in the essence of consecrated bread and wine—fully the body, blood, soul and divinity of our Savior in the Eucharist. It is an extension of the Mass. When we gaze upon Jesus and He gazes upon us, we come to know Him and His Will for us is made clearer. We grow in intimacy and friendship as our hearts are transformed through His presence in the “Sacrament of Love.”

As we begin a New Year I can't think of a better resolution than to spend time with Jesus in Eucharistic Adoration to strengthen your family's spiritual life. Worshiping in Adoration with children helps them appreciate the gift of the Eucharist and teaches them the value of silence in our noisy lives.

Saint Christine's offers Adoration on Thursdays immediately following the 9:00AM daily Mass and ends with Benediction at 6:45. Saint Mary's in Scituate offers Adoration from 8:00-8:00 every Wednesday. Holy Family in Duxbury holds Adoration every Friday from 9-5, and Holy Ghost in Whitman has perpetual Adoration where one can Adore any time day or night. Come spend time with Jesus, face to face, heart to heart.

If you are finding it difficult within life's busyness, Adoration of the Blessed Sacrament is available online. Simply google “Live Eucharistic Adoration.”

“The time you spend with Jesus in the Blessed Sacrament is the best time that 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 an everlasting peace on earth.”—St. Teresa of Calcutta

[Cody Carnes - Nothing Else](#)

A moment of reflection

[Explaining Adoration to children](#)

Kids teaching Kids

[HOW TO SPEND AN HOUR IN ADORATION](#)

A simple teaching