



# YEAR OF FAITH

AUGUST 2022

## EUCHARISTIC ADORATION

### **What is Eucharistic Adoration?**

Eucharistic Adoration is the act of worshiping God as He is present in the consecrated Eucharist. Since the Last Supper, when Jesus broke the bread and distributed the wine, saying, “This is my Body” and “This is my Blood,” Catholics have believed that the bread and wine are no longer merely baked wheat and fermented grape juice, but the actual living presence of the Second Person of the Trinity.

**Spending time before the Blessed Sacrament, in prayer and devotion, is exactly the same as spending time before the living God.**

### **YouTube Videos**

United States Catholic Bishops National Eucharistic Revival - Sister Alicia Torre - <https://youtu.be/msccW5Vmny8> Our world is hurting. We all need healing, yet many of us are separated from the very source of our strength. Jesus Christ invites us to return to the source and summit of our faith—his Real Presence in the Holy Eucharist. Watch the video to learn more about the exciting journey ahead and how you can be a part of it!

A Beginners Guide to Eucharistic Adoration <https://youtu.be/55zlu7Uwsuw>  
(2:21) A simple explanation of Eucharistic Adoration.

What is Adoration? A how to video presented by St. Ann's Launch Children's Ministry <https://youtu.be/0enG2NHd0Ag> (3:32) Adoration explained for children, but it's an excellent explanation for adults as well.

What is the point of Eucharistic Adoration? <https://youtu.be/5Fy7nrWGy8w> (4:37)  
Fr. John Bartunek and Dan Burke talk about adoration, what it is, and why it is important.

What To Do in Adoration? [https://youtu.be/H\\_917kqe27s](https://youtu.be/H_917kqe27s) (6:00) Fr. Jeff takes us on a visit to the Blessed Sacrament Chapel and talks a little bit about what we do when we go visit and pray with our Lord in the Eucharist.

Kids Holy Hour and Adoration for Children <https://youtu.be/irLkwdkeotw> - (9:19) "Let the little children come to Me." - Jesus... This video shows how to build the habit of Eucharistic Adoration in our children from a very young age.

The Truth About The Eucharist - Fr. Mike Schmitz <https://youtu.be/6LnfdzvT25w> (6:22)

Miracle: Trained Search Dog Detects Presence of Life in a Church Sanctuary Prior To Papal Visit! <https://youtu.be/25tEfa7USCI> (3:31) An amazing true story that shows the real presence of Christ in the Tabernacle!

Why Silence? | Fr. Brice Higginbotham <https://youtu.be/SPR1QVv0QrU> (5:41) Tuning into silence to hear the voice of God.

What Do We Do in Adoration? <https://youtu.be/mbyMeNPddBs> (5:19) Fr. Josh Johnson - There are many things we can do during Eucharistic Adoration, but to make the time most effective there are certain things we should do. Fr. Josh puts forth some simple guidelines you can use to help you improve your relationship with God through Adoration.

## Books

**Pocket Guide to Adoration** - Fr. Josh Johnson – Ascension Press - \$24.95

Catholics who struggle to stay focused in prayer, who struggle to be consistent in their relationship with Jesus, who don't know what to do in Adoration, or who simply need encouragement and inspiration to get there, will deeply appreciate this tiny, but mighty book.

## Music

**“Down in Adoration Falling”** HD [https://youtu.be/x\\_6b1vMTfTY](https://youtu.be/x_6b1vMTfTY) (1:46) This is the English version of the traditional hymn sung at Adoration at SMM. In Latin, it is “Tantum Ergo Sacramentum.”

**“Tantum Ergo Sacramentum”** - Therefore so great a Sacrament - In Latin and English <https://youtu.be/INljg1sHyhg> (1:38) The singing of Tantum Ergo occurs during Veneration and Benediction of the Blessed Sacrament in the Roman Catholic Church.

Eucharistic Adoration Songs - <https://youtu.be/LuvfMDhTyMA> A collection of Adoration songs.

**Pange Lingua Gloriosi** - Catholic Hymns, Gregorian Chant <https://youtu.be/r3H5f7oePQE> (6:08) A traditional Gregorian Chant sung during Benediction and Adoration.