



An Invitation to Eucharistic Adoration

Over the years in my different parishes, I have always tried to be of service. It's a parish family, after all. I am a lector, like my dad was, and previously I helped with Religious Education, just like my mom. I've also been a Minister of Care to the homebound and participated in various special liturgies and parish activities.

Currently, I assist my husband, Brian, with the parish contemporary music group, and I coordinate Eucharistic Adoration scheduling. I would like to share my thoughts about Eucharistic Adoration, especially with those who might be hesitant to stop by for a visit.

I believe it is a blessing to spend time with Jesus! There's nothing you need to know other than Jesus is truly present in the Eucharist FOR US. On busy days, sometimes it's hard to stay awake...but, hey, Peter, James, and John had that problem, too.

There doesn't have to be anything fancy about Eucharistic Adoration. You can read with Him or pour out your troubles. As the Psalm beautifully says, "Be still and know that I am God." I invite you to try Eucharistic Adoration!

Here is the schedule for Adoration of the Blessed Sacrament at St. Elizabeth of the Trinity:

Tuesday: 11:00 a.m. to 6:00 p.m. (Benediction at 6:00 p.m.)

Thursday: From after the 8:30 a.m. Mass until Benediction at 6:50 p.m. (in Spanish)

Stop in at any time...for any length of time that fits your schedule.

A little bit of Catholic Church history – Eucharistic Adoration was solidly established by the beginning of the Middle Ages. St. Thomas Aquinas (1225-1274) contributed further by composing such well-known hymns that give honor to the Lord in the Eucharist and to the Holy Trinity, such as "O Salutaris Hostia" ("O Saving Victim") and "Tantum Ergo Sacramentum" ("Down in Adoration Falling"). After the Second Vatican Council (which concluded in 1965), the number of parishes offering Eucharistic Adoration declined. However, St. John Paul II strongly encouraged rediscovering the treasure of Eucharistic Adoration, declaring that the Blessed Sacrament was an "inexhaustible source of holiness." St. Elizabeth of the Trinity Parish is among the many parishes that have responded.