

Prayer to Our Lady of the Most Blessed Sacrament



OUR LADY OF THE MOST BLESSED SACRAMENT PRAY FOR US!

Virgin Immaculate, perfect lover of Our Lord in the Blessed Sacrament, we ask thee to obtain for us the graces we need to become true adorers of our Eucharistic God. Grant us, we beg of thee, to know Him better, to love Him more, and to center our lives around the Eucharist, that is, to make our whole life a constant prayer of adoration, thanksgiving, reparation, and petition to Our Lord in the Blessed Sacrament. Amen.

Pray for us, O Virgin Immaculate, Our Lady of the Most Blessed Sacrament. That the Eucharistic Kingdom of Jesus Christ may come among us!

St. Peter Julian Eymard

EUCCHARISTIC ADORATION IN THE DAY CHAPEL

- ◆ Monday 9am - 10pm
- ◆ Tuesday 9am - 10pm
- ◆ Wednesday 1pm - 10pm
- ◆ Thursday 9am - 10pm
- ◆ Friday 9am - 10pm



The Adorer's Voice

Welcome to Volume One of our new quarterly adoration newsletter, *Venite Adoremus Dominum!* Venite Adoremus Dominum is Latin and translates to Come, let us worship/adore God/the Lord. I thought this title appropriate because to me this newsletter is not only a way of disseminating information about what is happening in our Eucharistic Adoration Ministry, but also a heartfelt invitation to all people to come and spend time with our Lord! If you have not yet been to adoration, I strongly rec-

ommend it! Spending time with Jesus in the Blessed Sacrament is like spending time with your best friend. You can tell Him EVERYTHING. He already knows, but wants to hear from you! Praise Him, apologize to Him, ask Him for help, give thanks to Him, sit quietly and grow closer to Him, just come spend time with Him! Open your heart to Him and listen. (See page 2 - What do I do in Adoration?) Start small and work your way up to a full hour or more. Alternatively make a BOLD commit-

ment and sign up for an open Holy Hour. Let him guide you!

We are so blessed to have a beautiful church in which to worship, a devout pastor, Fr. Victor Perez, our very own shepherd lovingly leading us to Jesus through Mary and the sacraments, beautiful music and angelic voices singing at each Mass, and we are truly blessed to be able to spend time adoring Jesus each week day. Please come adore Jesus! God Bless,

Dawn

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**JESUS TRULY PRESENT
IN THE BLESSED
SACRAMENT!**

What is Eucharistic Adoration?

As Catholics we believe that the bread and wine consecrated at Mass truly become the body and blood of Christ. The *Catechism of the Catholic Church* (CCC) states that “The Eucharistic presence of Christ begins at the moment of the consecration and endures as long as the Eucharistic species subsists.” (CCC #1377) So Jesus continues to be present to us whether reposed in the tabernacle or exposed on the altar. (Hence our reverence and genuflection when entering church!) "Adoration is the first act of the virtue of religion.

To adore God is to acknowledge Him as God, as the Creator and Savior, the Lord and Master of everything that exists, as infinite and merciful love" (CCC #2096) and "Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the ‘King of Glory,’ respectful silence in the presence of the ‘ever greater’ God. Adoration of the thrice-holy and sovereign God of love

blends with humility and gives assurance to our supplications.” (CCC #2628)

So in the simplest terms, Eucharistic Adoration is when we are present with Jesus acknowledging Him with love as our almighty and merciful Father. It is a time of true love when we can nurture our relationship with Him. Let us look to the many examples provided by the Saints concerning Adoration. (See page 4 for Saint Teresa of Calcutta’s view on spending time with Jesus in the Blessed Sacrament.)

“THE CHURCH AND
THE WORLD HAVE
GREAT NEED OF
EUCCHARISTIC
ADORATION.”

SAINT POPE JOHN PAUL II

What do I do in Eucharistic Adoration?

Here are just a few ideas to get you started if you have never been to Eucharistic Adoration:

1. Be still and know that I am God. (Psalm 46:10)
2. Read Bible scripture slowly until something hits you then listen. Let Jesus pick the page you read from!
3. Pray the rosary slowly and meditatively. Start with one mystery and then add more.
4. Pray for special intentions, for example the souls in purgatory, world peace, an end to abortion, an increase in vocations to the priesthood and religious life, the intentions of Pope Francis, and/or your own intentions.
5. Just look at Him and adore Him as He is looking back at you.

6. Pray for someone else.
7. Read about a favorite Saint.
8. Tell Him you love Him!

When reading, don’t forget to pause occasionally to look at Him, listen, and receive.

Prayer Before the Blessed Sacrament

O most Holy Trinity, Father, Son, and Holy Spirit, I adore you profoundly. I offer you the most precious body, blood, soul and divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences by which He is offended. By the infinite

merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg the conversion of sinners.

In 1917 the three children of Fatima were taught this prayer by an angel they saw worshipping prostrate before the Eucharist and chalice that hung in the air.



THE FATIMA CHILDREN: LUCIA DOS SANTOS AND SAINTS FRANCISCO AND JACINTA DE JESUS MARTO

Adoration Testimonial - Bonnie Suniga

My name is Bonnie Suniga and I would like to share my personal feelings about what a beautiful gift we have here at Most Holy Trinity. I am referring to Adoration. I dedicate an hour each week to being with Jesus in the chapel and I cannot tell you how it is such a source of comfort when I need Him to comfort me, a place where I can go to thank Him for bringing joy into my life, and a place where I can just sit, be still, and be in His presence. I know we attend mass weekly to celebrate as a community and some of us attend daily mass. We pray in the privacy of our own homes but to have an hour to look forward to each week where it is just you and Jesus, well

it brings a smile to your heart. You come away with a warm feeling and we all know that is pleasing to Jesus. He wants us to continue building our relationship with Him so that through those dark times in our lives, and we all go through them, we can fall back on Him to carry us. We are not able to face difficulties without Him and if you try to do so alone, you will find that He will bring you to your knees so that you do look up to Him for help. We need our Lord in our life. I want to encourage everyone to use this uplifting resource that we have available to us here in our church. You can dedicate yourself to being there for an hour on a weekly basis because

there are hours still available or just drop in to be with Jesus when you can. I promise you will not be disappointed. He is a great listener!



**BONNIE AND RUBEN
SUNIGA AT AN
ASTROS PLAYOFF
GAME!**

Important Adoration Prayers to Know - Exposition

Adorers kneel during the Exposition of the Blessed Sacrament and recite, usually in song, the O Salutaris Hostia prayer in Latin. The English translation is O Saving Victim.

O Salutaris Hostia

O salutaris Hostia,
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.
Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen.

O Saving Victim

O saving Victim, opening wide
The gate of heaven to man below,
Our foes press on from every side,
Thine aid supply, Thy strength bestow.
All praise and thanks to Thee ascend
For evermore, blest One in Three;
O grant us life that shall not end,
In our true native land with Thee.
Amen.

Eucharistic Miracles

An 8th century priest in Lanciano, Italy was experiencing doubts about the real presence of Jesus in the Eucharist. During Mass he said the words of consecration and saw the bread and wine transform into real human flesh and blood. The blood coagulated into five globules (believed to represent Christ's five wounds). Word of the miracle quickly spread, the local archbishop launched an investigation, and the Church approved the miracle.

In 1971 a scientific analysis concluded that the flesh was cardiac tissue and the blood appeared to be fresh blood (not 1200 years old) without a trace of preservatives. The flesh is preserved to this day. Pilgrims visit the miraculous flesh and blood in the Church of San Francesco in Lanciano, Italy.



**SILVER MONSTRANCE
CONTAINING THE MIRACU-
LOUS SPECIMENS IN
LANCIANO ITALY**

“COME TO ME, ALL
YOU WHO LABOR
AND ARE
BURDENED, AND I
WILL GIVE YOU
REST.”

MATTHEW 11:28

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DAWN DEDAS,
NEWSLETTER EDITOR

**DOWNLOAD THE
ADORATIONPRO APP ON
YOUR SMARTPHONE TO SIGN
UP FOR AN OPEN HOUR OR
AS A SUBSTITUTE ADORER!**

Adoration Etiquette

Please never leave Jesus in the Blessed Sacrament alone!

If you are scheduled for a Holy Hour, please arrive on time.

If you are unable to attend your scheduled Holy Hour, please contact a substitute adorer or the Sub Coordinator for your weekday as soon as you know you will not make your commitment.

If your Holy Hour has ended and the next scheduled adorer has not arrived, please do not leave Jesus alone! Consider staying until someone shows up - maybe our Lord is sending you a message!

If you need to leave right away, contact the Head Coordinator or Sub Coordinator for your weekday.

Please maintain reverent, prayerful silence. Phones should be turned off or placed on vibrate.

Please do not chew gum or bring food or drinks to Eucharistic Adoration.

Please DO take time to be with the Lord! He is really present there with you in the Eucharist!

Adoration Reflection



SAINT TERESA OF CALCUTTA

“The time you spend with Jesus in the Blessed Sacrament is the best time 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 everlasting peace on earth.”

Saint Teresa of Calcutta

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**WILL YOU COMMIT TO SPENDING JUST
ONE HOUR A WEEK WITH OUR
EUCCHARISTIC LORD?
CALL ONE OF THE NUMBERS LISTED ABOVE
TO GET STARTED!**