

## What is Eucharistic Adoration?

Understood simply, Eucharistic Adoration is adoring or honoring the Eucharistic Presence of Christ. In a deeper sense, it involves "the contemplation of the Mystery of Christ truly present before us".

During Eucharistic Adoration, we "watch and wait", we remain "silent" in His Presence and open ourselves to His Graces which flow from the Eucharist ... By worshiping the Eucharistic Jesus, we become what God wants us to be! Like a magnet, The Lord draws us to Himself and gently transforms us.

In its fullest essence ... Eucharistic Adoration is "God and Man reaching out for each other, at the same time!"

### **The Eucharist is: Jesus truly present - Body, Blood, Soul, and Divinity!**

At the moment of Consecration, during the Mass, the "gifts" of bread and wine are transformed (transubstantiated) into the actual Body and Blood of Christ, at the Altar. This means that they are not only spiritually transformed, but rather are actually (substantially) transformed into the Body and Blood of Christ. The elements retain the appearance of bread and wine, but are indeed the actual Body and Blood of Christ. This is what is meant by Real Presence: the actual, physical presence of Jesus in the Eucharist.

Christ instituted this Holy Sacrament of the Eucharist in order to remain with mankind until the end of time (Jn. 14:18).



We are the home of the only 24-hour Perpetual Adoration Chapel in Hampton Roads. Come and adore with us! Visitors are always welcome. If you are ready to commit to an hour a week with the Lord, please contact us to find out what hours are in need of regular adorers.

Visit [therealpresence.org](http://therealpresence.org) for information about Adoration and the Eucharist.

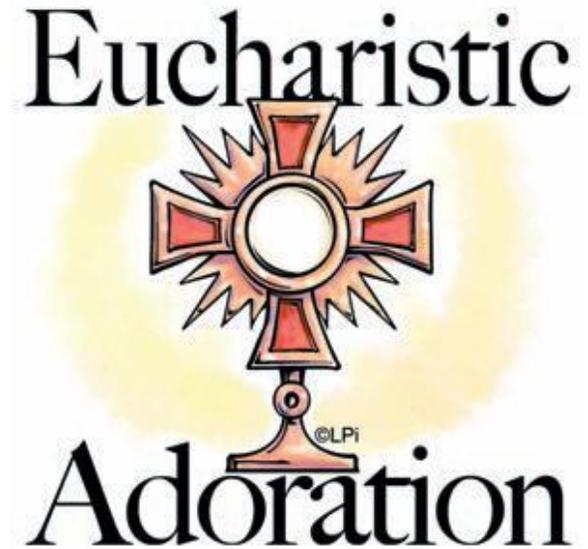
### **Chapel Door Code**

For safety, we must keep the Adoration chapel locked. Contact the parish office at 757.420.6310 to get the current code.

### **Location**

The chapel is attached to the parish office building. When you enter the St. Matthew's parking lot, drive past the church (the church will be on your left) until you reach the sign that says "Office" and "Chapel." Turn left; the entrance for the chapel is directly ahead at the end of the small parking lot.

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**"Could you not watch one hour with Me?"**

Jesus waits for us in the Blessed Sacrament. He waits for our little Acts of faith, adoration, love, thanksgiving, repentance, reparation and charity that we can offer Him as we contemplate -- His Divine Majesty -- in the Blessed Sacrament.

St. Alphonsus Liguori wrote: "Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the Sacraments, the one dearest to God and the one most helpful to us". The Eucharist is a priceless treasure: By not only celebrating the Eucharist, but also by praying before It outside of Mass, we are enabled to make contact with the very wellsprings of Grace ..."

Pope John Paul II in one of his homilies said, "It is pleasant to spend time with Him, to lie close to His breast like the Beloved Disciple (cf. Jn 13:25) and to feel the infinite love present in His heart ... If, in our time Christians must be distinguished by the "art of prayer", how can we not feel a renewed need to spend time in spiritual conversation, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament?"

**"The Lord is faithful to all His promises and loving toward all He has made." (Ps 145:13)**

Day and night Jesus dwells in the Blessed Sacrament because of His Infinite love for us!

Jesus gives us His body (to eat) so that He can nourish us, strengthen us and give us His own life ..... and lest we be blinded by His glory, He humbles Himself to come to us in the humble species of bread... "Behold I will be with you always even to the end of the world," because "I have loved you with an everlasting love, and constant is My affection for you." (Mt 28:20; Jer 31:3)

How must we respond? ....Through our worship and recognition of Him in the Eucharist! He is calling us to faith, that we many come to Him in humility.

**"Come to Me, all who labour and are heavy laden, and I will give you rest."**

Are you tired because of the burden of your duties, because of frustration due to unsuccessful projects, because many misunderstand you? Are you heavy laden

with guilt from past sins? Are you trying to find hope and meaning in life? Do not lose heart! Abandon yourself to Jesus in this "Sacrament of Love": He will refresh you!

The more time you spend with Jesus, the more you will come away feeling renewed and healed. Miracles of conversion, peace, discovery of vocations, answers to prayers, physical healings, and many other wonderful things happen where and when the Lord Jesus is adored in the Blessed Sacrament. They are the "gifts" that point to the Almighty Giver and testify to His Real Presence in the Blessed Sacrament...

Let us love being with the Lord! There we can speak with Him about everything. We can offer Him our petitions, our concerns, our troubles, our joys, our gratitude, our disappointments, our needs and our aspirations. Above all we can remember to pray: 'Lord send laborers into Your harvest! Help me to be a good worker in Your vineyard!'

When asked, "What would save the world?" ... Mother Teresa replied: "My answer is prayer. What we need is for every parish to come before Jesus in the Blessed Sacrament in holy hours of prayer."

**"Remain in Me, as I remain in you."**

We grow spiritually with each moment we spend with Jesus! Through our Adoration, Jesus calls us to a personal relationship (to become His friends and disciples), to "remain in Him" (Divine Intimacy), to "remain in His love" (Keep His

commandments). He promises that all those who remain tightly bonded to Him, will bear much fruit and "their joy will be complete". For without Him, we can do nothing.

Through this "friendship", we are inspired and strengthened to take on life's challenges, to carry our daily cross with a new attitude, to become a "new creation" (more and more like Jesus).

**Through Eucharistic Adoration - we proclaim Jesus to the World.**

Eucharistic Adoration is an affirmation of our faith. Through this vigil of prayer, we give witness to our belief that God is truly dwelling with His people.

**Jesus asks for so little.... Yet, He gives so much!**

"This - The Eucharist - the whole Christ" is His gift to all. Whether we are young or old, sick or healthy, poor or rich, only by regularly partaking in the sacrifice of the Holy Mass and Eucharistic Adoration, can we reap immense spiritual and temporal blessings in our lives!

The Blessed Sacrament is the LIVING FOUNTAIN OF LIFE where we drink in the love of Christ Who alone quenches our thirst.

Thus, our time spent with our Beloved Saviour in Adoration, can become the most profound, meaningful, joyful, peaceful and healing experience we could ever encounter!

May our adoration never cease!