

I was curious a year and a half ago about what Adoration was all about. I was up at 4:30 a.m. one Saturday morning, which happened to be the Saturday for that month that Adoration was going on at the St. Teresa Chapel, so I attended my first ever Adoration at 5 a.m. Having not had much experience with silence in my life, the first few minutes of COMPLETE SILENCE, was almost overwhelming for me.

I remember I had my Bible with me and my Rosary beads, so once I was able to get beyond the concept of a totally silent room, I prayed the rosary, talked to God about what I was experiencing there in the chapel, then read my bible for the remainder of the hour. A couple of months later, Jan Yocum asked if I would like to be an official guardian for the 5 a.m. hour and I enthusiastically said YES !

So what does one do in Adoration you might be asking? Here's what I do. I first give myself maybe up to 5 minutes to calm myself and prepare for spending time with Jesus. Then I pray, sometimes it's a Rosary, other times it's just talking to God, and sometimes it's both. I also have along with me my Bible, and a book or two. I try to find a Bible verse or verses I've highlighted in the past and read that. Then I read a chapter from the book I brought along. It's usually a Catholic book by Mathew Kelley, so I usually find something in his books that prompts me to stop reading and talk to God about what I just read. At the end of my adoration time, I tell God thank you for giving me time to spend with him then quietly proceed out of the chapel and head off to breakfast at a local cafe !

Adoration without a doubt is the best time of my Saturday because it's gives me a time of silence in this crazy busy world and I don't know what I would do without at least SOME time of silence in my life.

Come join me at 5 a.m. on Saturday or you pick a time and I will see if I can join you if you've never done Adoration before !
Thanks ! Joel Groth

Adoration (~Amanda Groth~):

Although you may get a sunburn from being outside in the summer, you will never burn under the gaze of the Son at Adoration – just the glow of His love will warm your heart when your awareness tunes into Him.

Even if I can only get 10-15 minutes to visit the Blessed Sacrament, the peace I feel IS a peace this world cannot give. No matter how I feel or what has happened in my day, visiting Jesus in the Living Presence always makes me feel good. As with all relationships, the more time you spend with someone the more the relationship grows.

Many questions I've had about myself and my faith have been answered during or after Adoration. I'm amazed how God works each time. It's because of Adoration that I finally saw the Eucharist as Jesus, the Living Presence. Something I had a hard time with while growing up.