

I am relatively new to attending Eucharistic Adoration. But I felt compelled to start this year for a few reasons. I wanted to deepen my faith in the Real Presence because my oldest daughter will be receiving her First Communion this spring and I needed to be in a place where I could help her understand this amazing gift that we have in the Blessed Sacrament. I also was feeling a need to center my life more fully on God through prayer. I spend a lot of time spinning my wheels to do things to support the church and I was missing that quiet time with God. So I signed up.

Jan was so welcoming and inviting when it came to scheduling, that I was really excited to go my first time. I walked into the chapel and settled in for my hour with the Lord. And wouldn't you know, I couldn't quiet my brain! I spent more time dwelling on the list of things to do that weekend, worrying about missing a Friday movie night with my kids, or noticing the carpet needed to be vacuumed and the chair needed to be dusted. I left that night disappointed in myself and all little disappointed that God didn't somehow reach out and quiet my mind for me.

The next month I came prepared, I knew what I was going to focus on instead of the to do list or chores. And again I failed. I couldn't truly let go and let God. I kept trying and inevitably I left feeling a little disappointed in myself, like I somehow was unsure that I wasn't doing "it" right.

And then my brother died. The first Eucharistic Adoration after his death was just a day after we found his body and no obligations were kept on the calendar. The next month I was still reeling, I was still angry with God, the world, myself, my family. I entered the chapel, assumed my spot and for the first time I was finally able to let go. I had found the easiest place to "talk" to God-truly in His Presence. I was also able to listen. To hear more clearly. It was almost as if I was looking at God straight in the eyes. And he was looking back-ready for my challenges. I can't say that in that hour he fixed my grief. I still have grief, I still struggle with blame and regret, but I see the love that He offers me. The quiet of the chapel in the Presence of the Lord gives clarity and focus I haven't found many other places. I don't know if I have just finally taught myself to BE in the Presence of our Lord or if He found me in my time of need, but I do know that I wouldn't miss a chance to spend an hour in Eucharistic Adoration.

I would love to invite anyone to share in this experience. Don't be worried about not knowing how to do it right. At one point it was everyone's first time. As a pious practice most people will genuflect on both knees when the Blessed Sacrament is exposed in a monstrance vs. one knee when it is in a tabernacle. And then after the the question is, "What to do during Adoration?" Every person's relationship with Christ is different, but here are some recommendations: Read scripture or another religious book, meditate, converse with God about it, apply it to your life. Just talk with God. You don't actually have to do anything. God gives Himself as a gift to us in the Eucharist at Mass and also at Adoration. Receive the gift and don't overthink it. Just receive the gift. **JUST BE WITH GOD.**

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