Welcome!

This supplement to Today’s Liturgy is designed to help those who are preparing celebrations of Eucharistic Adoration. There is a lot of flexibility built into the rites, but at the same time there are rules that we need to follow. In addition, there is a need for materials that can be used in reflection and prayer, so here at OCP we hope to help with this aspect of parish life.

Saints of the Blessed Sacrament

Each issue of Adore! will have a reflection on a saint who helped to promote Adoration.
In this issue, we focus on Saint Cyril of Jerusalem (Archbishop ca 350-386)

Saint Cyril had a tough time both as a priest and later as Patriarch and Archbishop of Jerusalem. In spite of all this, Saint Cyril was one of the great thinkers and teachers of his time. As a priest, he was responsible for the catechesis of the new Christians joining the Church in Jerusalem. His catechetical homilies remain some of the best explanations of the faith.

In the mystagogical catecheses, he gives us this beautiful text about how to receive Communion. Reading the following passage may surprise us a bit. In our minds, we may think that Communion on the tongue and only under the species of the host was always the norm, but at the time (the fourth century), Communion was placed on the hand, and the chalice was given to the faithful, so it is that form of Communion that Saint Cyril teaches about. How we receive Communion is not at stake here; what is at stake is that Saint Cyril already sees Communion as a time for Adoration of the Blessed Sacrament. That is really all we need to know in order to read his teaching on worshipping Christ at Communion.

Saint Cyril of Jerusalem – Mystagogical Catechesis V

21. In approaching therefore, come not with your wrists extended, or your fingers spread; but make your left hand a throne for the right, as for that which is to receive a king. And having hollowed your palm, receive the Body of Christ, saying over it, Amen. So then after having carefully hallowed your eyes by the touch of the Holy Body, partake of it; giving heed lest you lose any portion thereof; for whatever you lose, is evidently a loss to you as it were from one of your own members. For tell me, if any one gave you grains of gold, would you not hold them with all carefulness, being on your guard against losing any of them, and suffering loss? Will you not then much more carefully keep watch, that not a crumb fall from you of what is more precious than gold and precious stones?

22. Then after you have partaken of the Body of Christ, draw near also to the Cup of His Blood; not stretching forth your hands, but bending, and saying with an air of worship and reverence, Amen, hallow yourself by partaking also of the Blood of Christ. And while the moisture is still upon your lips, touch it with your hands, and hallow your eyes and brow and the other organs of sense. Then wait for the prayer, and give thanks unto God, who has accounted you worthy of so great mysteries.
Holy Thursday – A Pilgrim’s Feast

I want to recommend to everyone a custom that I describe in one of my books, the tradition of visiting churches on Holy Thursday night. It can be a powerful act of prayer. If you are doing this with a larger group of people, hire a bus and make sure your insurance covers this.

People have participated in this pilgrimage for all kinds of reasons; one man prayed for the safe delivery of his unborn child, another was trying to discern his future vocation, and some wanted to spend time in prayer for the peace and salvation of the whole world.

While Holy Thursday night often reminds people of Jesus and his time in the garden in prayer, the whole of the Easter Triduum and Holy Week is about processions. The entry into Jerusalem, the journey to Bethany, the journey to the Cenacle, to the garden, to Pilate’s house and the Via Crucis, and the journey of the women early on Easter morning.

May this Holy Thursday pilgrimage become a tradition of prayer in your life.

Holy Thursday – The Altar of Repose – Visiting seven/four Churches

For me, preparing the altar of repose was one of those things we did, a fine Holy Thursday tradition. That is, until I lived in Rome.

Although it is strictly forbidden, parishes clearly compete to see who could make the most elaborate display for the repose of the Blessed Sacrament. And they know what the neighboring parishes did, because of the custom of visiting seven churches on Holy Thursday night.

When I shared this custom with friends in North America, I was moved by people who thought this would be a meaningful way to spend Holy Thursday evening, often with a joyful “8th Church” gathering that ended the Lenten fast and came before the fast of Good Friday.

As an alternative to spending an hour in prayer in your own church (another great custom), this is an easy prayer to follow: I decide what intercession(s) I want to pray for and then plan my journey. You don’t have to spend a long time at each church; a Lord’s Prayer and the naming of an intercession or two more than fulfills the duty. It’s all about the journey. Oh, and if you are in a rural or less Catholic area, four churches will do just fine. Roman Catholic devotional life is flexible that way.

Here is the first verse and refrain:

“Blessed be God.
Blessed be his Holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the Name of Jesus,
His most Sacred Heart, his most Precious Blood.

“Blessed be, blessed be,
Blessed be the Lord.
Blessed be, blessed be,
Blessed be the Lord.”

A Song for the Season: “Divine Praises”

Josh Blakesley and Sarah Hart share with us their beautiful song “Divine Praises.” Together they recall their experiences leading Eucharistic Adoration at youth events, and how it led them to create this memorable piece for leading the assembly into deeper worship.

The Divine Praises have been used at Adoration for generations, and this new treatment of the text is a way to make it fresh and more singable for the community. Adoration has become an important part of so many conferences and events, and the Divine Praises are normally spoken, with greater or lesser success. So it is that the request came to Sarah and Josh to create a sung version of this traditional prayer. They really feel that this is a moment of service to the Church. In order to make it more useable, they created a beautiful chorus.

Here is the first verse and refrain:

“Blessed be God.
Blessed be his Holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the Name of Jesus,
His most Sacred Heart, his most Precious Blood.

“Blessed be, blessed be,
Blessed be the Lord.
Blessed be, blessed be,
Blessed be the Lord.”

Program Booklet (Pages 3-4)

Print double-sided on the short edge, will create a 4-page program booklet when folded.

From Unlocking the Feasts and Seasons of the Liturgical Year ©2018 Novalis.
Dr. Glenn CJ Byer
Holy Thursday Adoration –
A Parish Celebration

Mood/Environment: Holy Thursday is the original feast of the Blessed Sacrament. At the end of the Holy Thursday Mass of the Lord’s Supper, the Blessed Sacrament is to be taken to a place outside of the main worship space, to a chapel or a room. The place should reflect the notion of awe, as Christians sit in wonder at the great gift of God in Christ who gave himself to us. The rubrics do not allow for exposition at this time, and so this is a more muted celebration of Adoration of the Blessed Sacrament in the tabernacle. At some point during the period of Adoration, it is good to have a group celebration like the one described here:

Order of Service
As the people gather, instrumental music should help people to know that a service of Adoration is about to begin. Recalling that people from various backgrounds come together tonight, the music should prepare people to sing a gathering hymn such as this:

DONDE HAY AMOR Y CARIDAD/WHERE CHARITY AND LOVE ABOUND

<table>
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<th>Sep 3</th>
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<td>3. Blessed be the great Mother of God,</td>
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<td>4. Blessed be her glorious Assumption, the name of</td>
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<td>5. Blessed be God in his angels. Blessed be</td>
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<td>5. Jesus be adored to the end of time.</td>
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1. Tanto nos amó que Dios su hijo nos mandó.
2. El que vive en el amor está en Dios y Dios en él.
3. No hay más grande amor que dar la vida por otro.
4. Ámense ustedes como yo los amé.

1. God so loved the world that he gave his only Son.
2. All who abide in love, abide in God and God in them.
3. There is no greater love than to lay down your life for friends.
4. Love one another as my love has been for you.

Letra: De Ubi Cantast an 3, 16; 15, 12-13; 1 Juan 4, 16.
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Liturgy of the Word

Before the First Reading and after each reading sing this refrain to Divine Praises twice:

Remember to keep holy silence for a few minutes between each reading.

First Reading: Exodus 12:1-8, 11-14
From Holy Thursday – The sacrifice of the Passover lamb.

Second Reading: From an Easter homily by Saint Melito of Sardis, Bishop.
From the Office of Readings of Holy Thursday – Jesus is the sacrifice that has saved us from death and given us life both now and in the time to come.

Third Reading: Hebrews 4:14-16; 5:7-9
From Good Friday – Jesus, our High Priest, knew the cost of sacrifice.

Fourth Reading: Genesis 22:1-18
From the Easter Vigil – Abraham is willing to sacrifice Isaac.

Individual Act of Devotion
While the refrain to “Donde Hay Amor y Caridad/Where Charity and Love Abound” is played softly in the background, members of the community who wish to do so come forward and kneel for a moment of silent intercession before the Blessed Sacrament.

Silent Prayer
The Divine Praises
The celebration has no formal ending or closing prayer, as this is a night of vigil and prayer.