



# Adore!

## Your Guide to Prayer with the Blessed Sacrament

(Volume 1, Number 3)

### 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 feature a reflection on a saint who helped to promote Adoration. In this issue, we focus on **Saint Pope John Paul II**

Saint Pope John Paul II was an extraordinary pope in so many ways it is hard to summarize his life in a few words. Before he was elected pope, no one would have believed that anyone other than an Italian would be chosen. Before him, popes mostly stayed in Rome, but he travelled constantly, making more than 100 trips as pope. He also added almost 500 names to the canon of the saints.

Born Karol Wojtyła in Poland, he lived under Nazi rule and then in a communist system that saw Catholicism as the enemy of the state. Still, like many of the Polish people, he was staunchly Catholic, and devotion to the Blessed Sacrament was a big part of his life of faith. His studies in preparation for the priesthood had to be carried out in secret, but Karol persevered and was ordained a priest in 1946. Given his background, it was no surprise that as Pope John Paul II, the Blessed Mother and the Blessed Sacrament were core to his spirituality. His letters to priests, issued every year on Holy Thursday, are a remarkable set of reflections on the Catholic priesthood, but also on a spirituality centered on the Eucharist.

Untold millions came to see Saint Pope John Paul II, not only at his weekly audiences, but also at the Sunday prayer of the Angelus and during his visits around the diocese of Rome, all around Italy, and to the very ends of the earth. Exposition of the Blessed Sacrament was key to his teachings. Here is a particularly personal passage from his 2003 encyclical letter, *Ecclesia de Eucharistia*:

“The worship of the Eucharist outside of the Mass is of inestimable value for the life of the Church. This worship is strictly linked to the celebration of the Eucharistic Sacrifice. The presence of Christ under the sacred species reserved after Mass — a presence which lasts as long as the species of bread and of wine remain — derives from the celebration of the sacrifice and is directed towards communion, both sacramental and spiritual. It is the responsibility of Pastors to encourage, also by their personal witness, the practice of Eucharistic Adoration, and exposition of the Blessed Sacrament in particular, as well as prayer of Adoration before Christ present under the eucharistic species.

“It is pleasant to spend time with him, to lie close to his breast like the Beloved Disciple (cf. John 13:25) and to feel the infinite love present in his heart. If in our time Christians must be distinguished above all by the ‘art of prayer’, how can we not feel a renewed need to spend time in spiritual converse, in silent Adoration, in heartfelt love before Christ present in the Most Holy Sacrament? How often, dear brothers and sisters, have I experienced this, and drawn from it strength, consolation, and support!

## Summer and Adoration

Many of us take a vacation during the summer break from school. It is a relatively easy thing to convert a vacation, at least in part, into a pilgrimage. Whenever we go on a journey, it's a great idea to spend some time in prayer – and especially in Adoration – at our local parish, before we leave, asking for Christ to nourish our souls as we go on a journey to refresh and enliven our bodies.

Then, as part of the planning for vacation, spend some time online looking up significant religious sites in the cities where you are going. They are everywhere. If you are going to Hawaii, for example, there are sites dedicated to the ministry of Saint Damien de Veuster and Saint Marianne Cope of Molokai; In Emmitsburg, Maryland, there is the shrine to Saint Elizabeth Ann Seton. In each of these sites, as you visit the shrine, make a point of making a eucharistic visit, or join in the celebration of Mass.

One of the strongest memories I have of living in Italy, especially before I had a good grasp of the language; was attending Mass and spending time in prayer before the same Blessed Sacrament that I had received and prayed before when I was a child in our small country church in Busby, Alberta, Canada. Going from place to place and meeting the same eucharistic Lord around the country, and indeed around the world, can be a great way to strengthen our faith in the Real Presence.

And even when there is no particular saint to visit, be sure to stop at the cathedral or some other important church. If you are in Arkansas, for example, apart from the wonderful cathedral church in Little Rock, you can visit Our Lady of the Angels Monastery in Cullman County, the burial place of Mother Angelica.

When it comes to a staycation (when you stay at home for the summer), you can still make a eucharistic pilgrimage to nearby churches. Especially if you serve in music ministry during the year, any break you get in the summer is a wonderful time to pray in parishes other than your own. If you are free, join them for a daily Mass, or participate in the forms of Adoration that you find in churches near you. If you are not able to get out and about, adults and children with parental supervision can visit as many churches as you like virtually. Some churches even have extended YouTube videos of eucharistic exposition. While this is not a replacement for actually making a visit, it certainly can be a moment of grace for those who cannot travel.

By the end of the summer, if you have visited several churches, you can create a litany of the places you have visited. During the months that follow, it is important to remember these places in prayer. You can pray a brief litany of saints – not the one used for Baptism – one of your own creation, one that would include the patron saints of all the places you have visited, in person or on line. As you ask for the intercession of these saints, pray for the communities that you visited. They need your prayers too.

## A Song for the Season: "Pilgrim Walk On"

Tom Booth and Sarah Hart have written a song that is so appropriate for the time of vacation and the times of reflection, "Pilgrim Walk On."

Here is the link to The Commons, where a video that talks about this wonderful song can be found. Let it inspire you on your summer pilgrimage.

<https://youtu.be/D6o42sgg918>

From composer Tom Booth: The song, "Pilgrim Walk On," is a meditation on the journey of faith. We are all pilgrims on this journey! We are walking daily on this road of faith and, hopefully, following the master's voice.

This journey happens in many ways:

- With interior prayer – a journey on the inside, from the head to the heart.
- This journey also happens when we physically travel to visit holy places on a pilgrimage – or when we just decide to take a side trip on vacation and visit a church, chapel, or Shrine.
- Maybe the most important, and oft repeated, line in scripture is "Get up!" "Come Follow Me" "Pick up your mat and walk." Jesus is calling you and I forward! Out of the tomb and into the light! Pilgrim, walk on!

## Making a Visit to the Blessed Sacrament while on Vacation

Make copies of the 4-page Adoration visit guide for each place you will visit either in person or on line. Use these as you make visits to the Blessed Sacrament this summer. Record whatever the Spirit has inspired your senses to perceive. Together they can form a prayer journal for your summer.

**Program Booklet (Pages 3-4)**

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

*Taking our leave from this holy place, we recall that like the Apostles on the mountain of the Transfiguration, we cannot stay and pitch our tent. Rather we need to walk on, to take the next steps in our pilgrimage. So once your prayer is complete, reflect on this song. If you have it on your playlist, you might want to listen to it during the course of the coming day.*

## PILGRIM, WALK ON

Tom Booth and Sarah Hart

1. When the road is arid and dusty,  
and the heat of day beats down upon  
your skin, let the desert lead you where  
God's calling, and enter in. (to Verse 2)

*Refrain*

Walk on,  
Alt. text: Be strong,

2. Do not fear the breadth of the landscape,  
nor trust your eyes to see all that it holds;  
for emptiness contains the greatest myst'ries,  
more than gold, more than gold! (to Refrain)

*Refrain*

pil-grim, walk on!  
pil-grim, be strong!

3. Let your hunger be the oasis,  
the thirst in you be as a mirage;  
for the spring that you've sought  
in desperation  
is always where you are! (to Refrain)

*Refrain*

Walk on,  
pil-grim, walk on!

4. You will see a river flowing freely;  
streams of living water from within;  
and as your heart becomes a tabernacle,  
you are a promised land,  
you are a promised land! (to Refrain)

*Refrain*

*Bridge*

The desert will lead you to your heart,  
will lead you to your heart,  
will lead you to your heart.

[Repeat 4 times, then to Verse 4]

\*1: to Verse 3  
2: to Bridge

Text inspired by Hebrews 12:14, Matthew 26:20, and John 7:38. Text and music: © 2017, Tom Booth and Sarah Hart. Published by Spirit & Song®, a division of OCP. All rights reserved.

*Remember to bless yourself with holy water as you leave, asking God to bless your journey, but also to remember those who built this church or shrine, and those who sustain it still.*

Name of Church or Shrine

Date and Time of Visit

From the outside, this church and grounds reminded me of

*Upon entering the Church look for the baptismal font or holy water fonts near the doors, and bless yourself while making The Sign of the Cross.*

The interior of the church had the following features (describe the altar, ambo, the stations of the cross, the design style, anything that catches your eye)

*Locate and approach the place where the Blessed Sacrament is reserved. Genuflect on one knee and then recite the following prayer based on the writings of Saint Pope John Paul II:*

Stay with us Lord, and welcome our Adoration of you in the Blessed Sacrament, our prayer of expiation, of intercession, of thanksgiving. Your presence here reminds us of your first coming in history; help us to live in hope of your second coming at the end of time. And above all, O Lord, let this, our Adoration, be a sign that we love you, myself and all who come here to worship. Stay with us Lord, and bless all of our days. Amen.

*Describe the place where the Blessed Sacrament is reserved. What is the shape of the Tabernacle, and how is the place suited to personal prayer?*

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*For whom are you praying today? Has someone asked you to pray for them? What are the needs deepest in your heart?*

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*For what are you grateful today? How has our eucharistic Lord blessed you at this moment of your life?*

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*If this is a shrine or cathedral church, locate what makes this place special. For a shrine, locate the relics or the burial place of the saint, for a cathedral church, locate the Bishop's chair cathedral. You might want to make a drawing or reflections as you consider this place:*

