

GOD'S HEARTBEAT

Real Presence:

By the power of the Holy Spirit the bread and wine are changed into Christ's Body and Blood. We call this change **Transubstantiation**, that is, the substance of bread & wine is transformed (changed) into the substance of the Body & Blood of our Lord. The term "transubstantiation" indicates our belief in this awesome change. Bread and wine truly become Christ's Body and Blood.

Adoration (God's heartbeat) of the Blessed Sacrament is a form of prayer that began centuries ago. The word adoration means, "to pay honor or homage to someone or something."

The same Eucharist we receive at Mass is what (or more accurately *who*) we worship in Adoration. During Adoration, we have the opportunity to come face-to-face with the living God. Like spending time with a close friend, Eucharistic Adoration is about deepening and strengthening our personal relationship with God.

"Enter his gates with thanksgiving, his courts with praise. Give thanks to him, bless his name" (Psalm 100:4).

"So let us confidently approach the throne of grace to receive mercy and to find grace for timely help" (Heb 4:16).

Adoration and Mass are both encounters with the **real presence** of Jesus in the Eucharist, but they are not the same. In Adoration, God is "enthroned" in the **monstrance** and we get the privilege of being in His presence.

A monstrance is an open or transparent vessel in which the Eucharist (the consecrated Host) is exposed for Adoration. It's designed to draw attention to Christ's Body (the Blessed Sacrament) at its center. The word monstrance comes from a Latin word meaning "to show."

In Mass, the ultimate prayer of the Church, we not only adore Christ, we consume Him and are united with Him.

Adoration flows from the Mass; it does not take the place of Mass. Adoration increases our desire to receive Christ in the Eucharist at mass.

Adoration is a time of **silence**: it's in silence where we can hear God most clearly. Take time to just sit and enjoy the silence where God hears your every thought and helps you see more clearly into the depths of your heart.

Table Manners:

Reception of Holy Communion: A simple bow as an act of reverence is made before receiving. One may receive either in the hand or on the tongue. It is not appropriate to reach out with the fingers and take the host from the person distributing.

SUMMARY: The Eucharist is “**the source and summit**” of our faith (CCC 1324), meaning that everything we are and everything we do as a Church flows from the Eucharist (**source**) and moves us toward the Eucharist (**summit**).