

## What is Eucharistic Adoration?

Eucharistic Adoration is a special opportunity for prayer. The Eucharist (Holy Communion, True Body and Blood of Jesus Christ) is placed in a special case called a monstrance. The monstrance usually is made of gold or other precious metals and typically has points depicting rays of light flowing from it. It has a hole in the center where The Eucharist is placed for all to see. The monstrance is placed on the altar (table) during Eucharistic Adoration. During this time people are invited to kneel or sit in quiet while focusing on Jesus present in the Eucharist.



## What can I expect at a Night of Adoration?

There are Adoration guides/pamphlets and other resource materials available with specific prayers if you would like to make use of this form of prayer. The Chapel will be dimly lit (it is absolutely beautiful!) and there will be candles at the Altar and the Tabernacle giving special emphasis on the places where The Eucharist is present.

Tabernacle is a term used for the place in the church where the Eucharist is kept. Ours is in the center of the high altar in the very front of the chapel, it is appropriate to bow or genuflect (touch one knee to the ground and cross yourself) as a way of reverently acknowledging Jesus is present.

There will be kneelers set up in front of the Altar if you prefer to get a little closer than what the pews allow.

In the beginning of Adoration there will be meditative music, usually played on CD though sometimes live and typically either instrumental, chant, or Taize style. At midnight there will be a short time of spoken prayer (about 2-3 min) and then silent prayer from that point until morning.

Sometimes there are many people in the chapel sometimes there is only one or two, but there has to always be at least one person.

## How often do you have Eucharistic Adoration?

We have at least a short time of Eucharistic Adoration most Thursdays when school is in session; typically it starts at 10:30PM and ends at Midnight. We try to have at least one all night Adoration Vigil (Night of Adoration) every month while school is in session. During certain times of the year such as Advent and Lent we will be offering more opportunities for Adoration. As long as you continue to sign up for it we will continue to offer it.



“When we spend time in contemplation of Jesus present in The Eucharist, we more readily recognize Jesus present in our everyday lives and the lives of those around us.”

## What should I do?

There is neither particular prayer you need to say nor any particular practice you must follow just so long as you are being respectful and showing reverence. It is a good opportunity to take some quiet time to reflect in the presence of The Lord. Some people pray for special intentions, others take the time simply to sit with Jesus, some read from Scripture or partake in other spiritual reading, some write poetry or songs, others sketch works of art, some say specific prayers quietly, some pray whatever comes into their heart. How you spend your time with Jesus is up to you. Whatever is going on in your life, what better place to bring it than straight to Jesus?

## How long should I stay?

Stay as long as you like and come whenever you can, however if you do sign up for a time you have to be there at least for that time, if you do sign up you will get a reminder email or phone call. If you don't sign up you most certainly can still come by at any time.



Sign up in the back of Founders Chapel for an hour or half hour, or sign up by calling Rob X6818, or email [rgilmore@sandiego.edu](mailto:rgilmore@sandiego.edu) Please take advantage of this unique opportunity to literally sit and pray with Jesus.

A BEGINNER'S GUIDE TO  
EUCCHARISTIC ADORATION AT  
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