

Adoration at St Anna's Catholic Church, GA



"When you look at the Crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host you understand how much Jesus loves you now," - Mother Teresa of Calcutta

Adoration of Most Blessed Sacrament is generally encouraged any time the building is open, however, we are asking parishioners to sign up for the following time periods:

Friday: 6:00 AM -noon (For 1st Fridays of the month a Mass is celebrated at 12:15pm)

God's greatest gift to us is Christ's great love for us which was shown when he was crucified on the cross to pay the penalty for our sins and give us eternal life. He loves us without limit, and offers Himself to us in the Holy sacrament of the Eucharist. Can we not give Jesus a few minutes of our time in adoration to show our love and gratitude?

If you are unfamiliar with adoration, below are answers to some frequently asked questions:

What forms does this adoration take? We show our adoration in many ways. The most intimate form of adoration is Holy Communion, when we receive Jesus' body into our own. The most common and ordinary way we adore Jesus is by genuflecting - that is, kneeling briefly on one knee - whenever we pass the tabernacle in church (see Philippians 2:10). Outside the Mass, the Church gives us further opportunities to worship Jesus. We may visit him at the tabernacle. And we may adore him when the Sacrament is brought out from the tabernacle for public worship. This is commonly called "exposition." [CCC1378]

What are the fruits of Eucharistic adoration? People who observe Eucharistic adoration experience deeper devotion to Jesus, and this manifests itself in countless ways. The primary fruits are repentance and conversion which lead to increased charity - that is, the love of Christ alive in his people. The adoration of Jesus in the Eucharist also leads to greater reverence at Mass, deeper desire for personal holiness, and a stronger sense of union with the parish and the whole Church.

What is proper etiquette during Eucharistic adoration? When we are not taking part in vocal prayers and hymns with other adorers, we should be praying silently. Whenever we pass before the place where the sacred host is reserved, we should genuflect. We should observe the modest dress and decorum that are appropriate to very solemn occasions. We should avoid any actions that might disturb or distract others or draw attention to ourselves rather than Jesus.

How should we pray during Eucharistic adoration? There are many ways to pray. We may meditate silently by gazing on the sacred host. We may silently speak to Jesus from our mind and heart. We may also rely on devotions and prayers from Catholic tradition, such as the reading of Scripture, recitation of the rosary, or the litanies.

What is the best way to promote Eucharistic adoration? The best way to promote Eucharistic adoration is by doing it! Make frequent visits to Jesus at the tabernacle. Invite your spouse, your children, your neighbors, and co-workers to join you.