

# All of us, gazing on the Lord's glory with unveiled faces, are being transformed from glory to glory into His very image by the Lord Who is the Spirit.

- 2 Corinthians 3:18

The Holy Spirit will give us a desire, as He did in the early Church, to receive Jesus every day in Holy Communion. However, that may not be sufficient, and we often wish for communion to last longer. Because of this desire to prolong communion, the Spirit led the Church to extend communion by adoration and exposition of the Blessed Sacrament. The Church teaches that the faithful must be given the opportunity to easily and constantly honor the Lord, present in the sacrament, through personal worship.

The SMHC Parish Council for Catechesis is coordinating a visit to St. Cecilia Church in Ames in order to spend one hour with the Lord through Eucharistic Adoration. Eucharistic Adoration involves sitting with the Lord by way of the exposed Blessed Sacrament. We plan to gather at St Mary Church on Thursday, December 15th by 6:30p.m. and will carpool to St. Cecilia's. Please join us!

*"To visit the Blessed Sacrament is...a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord" (Pope Paul VI, *Mysterium Fidei*, 66) (Catechism of the Catholic Church, 1418).*

If you choose to join us, this hour you devote to Jesus can be spent any way you want. You can bring your bible or a prayer book, pray the rosary, use one of the books at SMHC library, or just sit, relax, and enjoy the peace that comes from being in the presence of God. Please consider taking advantage of this opportunity. If you'd like to know more, additional information will be available in the entryway after Mass. Following is personal testimony from parishioners that have previously participated in Eucharistic Adoration:

*"The adoration of the Eucharist has a special meaning for me....I always try to imagine that it was me that night in the garden....at the trial...at the Cross. Would I have been different? Would I have stayed? I think of how much God must love us to do all that he did, and does for us."*

*"This is a very powerful way to pray. The quiet time away from distractions is much needed. The real presence of Christ is a very comforting feeling."*

*"Eucharistic adoration has, at times, been for me a deep, interaction...a communication...an exchange...a sharing of my self and God's love...as close as I may ever hope to come to conscious spiritual union with Christ on earth; aside from the unity of the body of Christ gathered at liturgy."*

*"While I know the Lord is with me throughout each day, the distractions of my daily life often interfere with my ability to experience God's presence. Eucharistic Adoration provides the opportunity to put my cares and concerns in front of the Lord and to deepen my personal relationship and friendship with Christ. I find that I am both comforted and humbled by the Lord's love for me and feel both energized and renewed."*