

## EUCHARIST AND EUCHARISTIC ADORATION

This year we may find ourselves wondering how we will celebrate the Advent and Christmas Seasons... What exactly do we celebrate? ...We might be seeking a way to make this year a time of prayer and devotions as we approach the New Liturgical Year (November 29<sup>th</sup>) with the First Sunday of the Advent Season followed by the Christmas Season (December 24<sup>th</sup>-January 10<sup>th</sup>)

There are so many questions about why Catholics do that!

- \* What prayers and devotions might we find helpful?
- \* What are the terms we use to describe what we do?
- \* Are there Catholic devotions that have been lost through the years? Why? How do we bring them back to our children and our children's children?

**BIG ANNOUNCEMENT -- beginning the first Sunday of Advent (November 29<sup>th</sup>) we will be returning to an 11:00 AM Mass instead of 11:30... this may take some adjustment but it is a way to return to a feeling of normalcy in a year that has been anything but normal. We had moved the Mass to 11:30 because of the sanitizing needs with the pews, however, with the chairs in place it takes far less time to sanitize so we feel that a return to our normal 11:00 AM Mass is possible and preferred.**

Due to this time of COVID when many parishioners feel they are unable to participate in the celebration of the Mass we felt it was important to provide the parish with times of private prayer in the presence of the Eucharist Outside of Mass. This paper will focus on the Eucharist and devotions which flow from our celebration of the Mass. Other devotions will be provided for your consideration throughout the Advent Season.

The Mass a Eucharistic Celebration  
Adoration of the Blessed Sacrament  
Exposition of the Blessed Sacrament  
Holy Hour of Adoration

**THE IMPORTANCE OF EUCHARISTIC ADORATION (from usccb.org): "The importance of Eucharistic Adoration is shown in the fact that the Church has a ritual that regulates it: the Rite of Eucharistic Exposition and Benediction. This is an extension of the adoration of the Blessed Sacrament which occurs in every Mass: "Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb." Exposition of the Blessed Sacrament flows from the sacrifice of the Mass and serves to deepen our hunger for Communion with Christ and the rest of the Church. The Rite concludes with the ordained minister blessing the faithful with the Blessed Sacrament."**

**Note --- Eucharistic Exposition is an “extension of the adoration of the Blessed Sacrament which occurs in Mass.” The celebration of the Mass (Eucharistic Celebration) is the “Source and Summit of Ecclesial Life” CCC #1324-1327**

**“There should always be a sufficient number of people present for Eucharistic adoration before the Blessed Sacrament exposed (see HCWEOM, no. 88). Every effort should be made to ensure that there should be at least two people present. There must absolutely never be periods when the Blessed Sacrament is exposed and there is no one present for adoration.”**

**HOLY HOURS (FROM USCCB.ORG): “Holy hours are the Roman Catholic devotional tradition of spending an hour in Eucharistic Adoration in the presence of the Blessed Sacrament. The bishops have created a variety of holy hours that focus our prayer to Jesus Christ on peace, life, vocations, and other topics that are at the heart of the life of the Church and the world.”**

Holy Hours are celebrated in community in the presence of the Blessed Sacrament either in the tabernacle or during exposition of the Blessed Sacrament in the Monstrance. Holy Hours may include songs, readings from scripture, recitation of the rosary or other devotional prayers, poems or reflections.

At this time when we are experiencing isolation, illness, loss and divisiveness our belief in the power of prayer in the presence of the Blessed Sacrament, which our faith teaches is the Body, Blood, Soul and Divinity of Our Lord Jesus Christ in the form of bread and wine, can bring much comfort as an added personal devotion to our prayer life.

During the Advent & Christmas Seasons beginning November 29<sup>th</sup> we will offer two times of Exposition of the Blessed Sacrament for personal devotion. In order to do this we will be requiring a commitment of at least one person to sign-up to be present during the Exposition to ensure that the instructions provided by the USCCB (United States Catholic Conference of Bishops) is followed. *“There must absolutely never be periods when the Blessed Sacrament is exposed and there is no one present for adoration”* Please **contact Dcn. Ed Parsons at [tparsons@cdlex.org](mailto:tparsons@cdlex.org) to commit to ½ hour or more to sit in prayer with the expose sacrament.**

**Exposition of the Blessed Sacrament During Advent & Christmas Seasons**

**November 29, 2020 – January 10, 2021 (in the chapel area)**

**First Sunday of Advent through the Feast of the Baptism of the Lord**

**Sundays 2:00-4:00 PM with Holy Hour beginning at 3:00 PM**

**Tuesdays immediately following the 9:30 AM Mass until Noon**

The Church continues to be open Monday through Saturday from 9:00 AM – 2:00 PM for private prayer in the presence of the Blessed Sacrament reserved in the tabernacle in the main church. These personal/private devotions are wonderful ways to continue our Celebration of the Mass which is “the Source and Summit” of Christian Life from which these devotions flow.

The Catholic Church describes the Eucharist, i.e., the Sacrifice of the Mass, as “the source and summit of the Christian life” ([CCC 1324](#)). It’s the *source*, because the Eucharist enables us to *make present and offer anew* Jesus Christ’s one redemptive sacrifice of Calvary, which began with his Passion (CCC 1362-68; 1341). It’s the *summit*, because the Eucharist is truly a foretaste of heaven, in which we partake of Jesus’ body and blood as heaven and earth become most profoundly one.

The Eucharist is a communion sacrifice, which means we partake of Jesus in a way similar to how the ancient Israelites ate the flesh of the Old Covenant Passover lambs. But the New Covenant Passover is much more profound, for there is only *one* Lamb—the Lamb of God who takes away the sins of the world (John 1:29, 35-36)—and eating Jesus’ body and drinking his blood provides *eternal* life, not simply emancipation from a mere human and earthly oppressor, i.e., Egypt (John 6:52-59; see 1 Cor. 13:23-34).

Sunday Masses	Saturday 5:00 PM; Sunday 8:30 AM & 11:00 AM; Monday 12:00 Noon
Weekday Masses	Tuesdays & Thursdays at 9:30 AM; Fridays at 12:00 PM

Until further notice, due to COVID, Bishop John Stowe has lifted the obligation to participate in Mass. We do record the 5:00 PM Saturday Mass which is published through YouTube on our Facebook page and Website on Sunday morning. You are invited to view this recording at [paxchristilex.org](http://paxchristilex.org) or search for Pax Christi Lexington KY on Facebook.

Every precaution is being taken to insure the safety of all those attending in-person Mass and times of adoration. Our safety protocols are provided with this mailing. If you have any questions or concerns please feel free to call Melissa Holland at 859-333-9926.

Please note we are unable to determine how many we can accommodate for Christmas and New Years until you let us know how many in your household to expect — Sign-up Genius will be available beginning Wednesday!