



# Church

JUNE 2007

# CHAT

## ADORATION

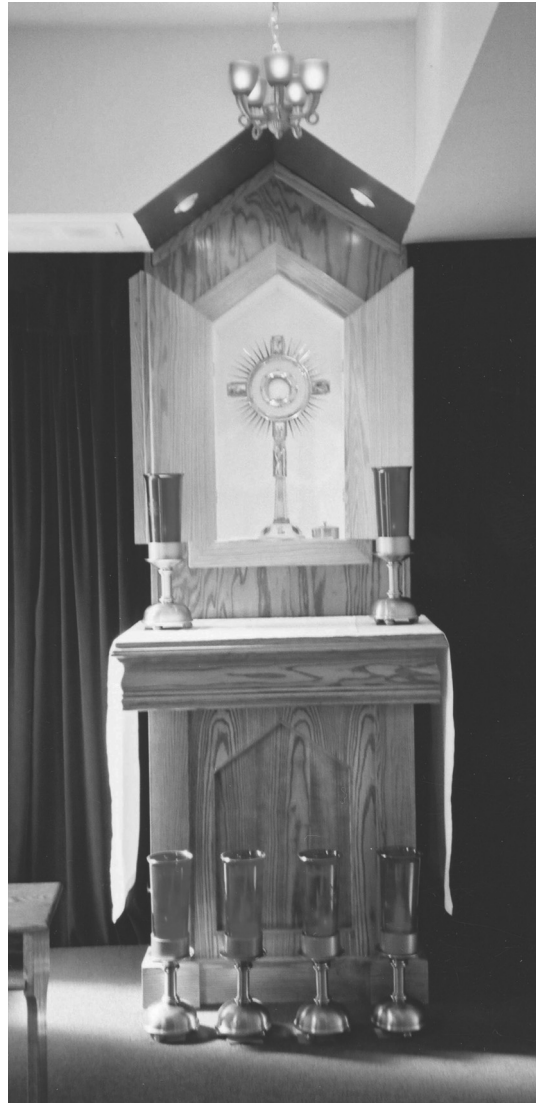
by Tracy Tomiak

**F**ive years ago, I had little understanding of adoration. It seemed to be one of the great mysteries of the Catholic Church – something that you are scared to ask about because you have the feeling that you should know what it is. One day I mustered the courage to ask and my life has never been the same.

St. Anthony's Adoration Chapel is celebrating its fourth anniversary this month. It was created in celebration of the parish's 50th Anniversary on June 22, 2003, the Feast of Corpus Christi, and is the only perpetual adoration chapel in the Province of Alberta. It is open for adoration twenty four hours a day, 7 days a week. In an average week there are approximately 800 visits to the chapel, with over 400 people committed to cover one hour each week. What draws this many people to a tiny chapel in the basement of a church? Peace, quiet, serenity – all created by Christ, present in the Eucharist.

### What is Adoration?

The dictionary describes adoration as, "an act of worship", "profound love", and "deep and ardent affection". Within our Catholic faith, Eucharistic Adoration is the adoration of Jesus Christ present in the Holy



Eucharist. In the many Churches that have this adoration, the Eucharist is displayed in a special holder called a monstrance, and people come to pray and worship Jesus continually throughout the day and night. Christ loves us with-

out limit, and offers Himself to us in the Holy sacrament of the Eucharist. Blessed Mother Teresa described it by saying, "When we look at the cross, we know how much Jesus loved us. When we look at the tabernacle, we know how much Jesus loves us now."

### How to Participate in Adoration

One of the beautiful aspects of Eucharistic adoration is that how you spend your time with Jesus is entirely up to you. When you enter the chapel, acknowledge the presence of Christ and bless yourself with Holy Water. Upon entering your seat or pew, the tradition is to genuflect on both knees; however one knee, a deep bow or any other means of acknowledging that you are in the presence of the risen Lord is acceptable. Your time in front of the Blessed Sacrament can be spent as you wish. In most adoration chapels there are books available to help you get started or to supplement your meditation material. You can pray your Rosary, read your Bible, or other spiritual material.

Remember that you are there to visit with your friend, Jesus. Talk with Him; tell Him your problems, your needs or your concerns. Tell Him about your joys, successes,

failures, dreams and fears. Bring to Him all of your needs and petitions as well as the prayers that you have for your family, friends and those in need. Tell Him how much you love Him and thank Him for your faith. Most importantly, stop and listen; let Jesus do some of the talking. He's been waiting for a chance to visit with you, but your life is so busy with family, work, and school that it can be hard for Him to get your attention long enough to tell you about all of His desires for your life. Fr. Robert Goedert, O.P. states that, "The whole purpose of our human existence is to live forever with the Blessed Trinity in heaven, to enjoy forever, the victory of Jesus over sin and death. We get a foretaste of that eternal happiness and peace when we visit and adore Jesus in the Blessed Sacrament."

This is why thousands of people from around the world can testify that time spent with Jesus in the Blessed Sacrament is the most peaceful and satisfying time of their week.

### Why Participate in Eucharistic Adoration?

Adoration is a time to remove one's self from the busyness of the world and to spend quiet time with Christ. Scripture tells us that God's voice comes in a whisper (1King 19:11-13). In a world where noise is everywhere, how do we hear the whisper of God's voice and His desires for our lives? Some may say that adoration is a lost tradition that belongs to the church of the past; I would say that never before have Christians needed a refuge from the hustle and bustle of daily life. Sitting in front of the Blessed Sacrament allows time for

recollection and contemplation. It is a time for prayer, but more importantly it is a time for Christ to touch our hearts. There are so many hurts in this world that only Christ can heal. We can talk to our spouses, friends, colleagues and professionals, but for many of the hurts and struggles of daily life we need the compassionate and healing touch of our Lord. He warmly invites us, "Come to me, all who are weary and burdened and I will give you rest." (Matthew 11:28) Adoration is a time for Christ's heart to touch your heart – personally – one on one. Your life will never be the same. In each of us lies an empty space that can only be filled by Christ's love. We all desire peace, serenity and a place of refuge. In her wisdom, the Catholic Church has given us this place. It is in front of the Blessed Sacrament – in front of Christ – in silence and adoration.

#### How to participate in adoration at St. Anthony's Adoration Chapel

The Chapel is located through the blue door at the back of the church in the lower parking lot.

The Chapel door is unlocked from 6:00 am – 10:00 pm. If you would like to visit outside of these hours please contact the church office for the code to the door. (403-252-1137)

If you would like to commit to a one-hour time slot each week, please contact Angela Alexandre at the church office or fill in a form available at the back of the Chapel.

Please sign in when you arrive.

St. Anthony's Adoration Chapel is a **silent chapel** and all prayers, readings, Stations of the Cross, etc. need to be done in silence to respect the needs of all adorers and the personal time they have come to spend with Jesus.

CHAT

## Question Box

1. Do you always go to adoration alone, or could you take a friend? Maybe a spouse or grandparent would like to go with you?
2. Do other faiths have quiet prayer time?
3. Is Jesus really present in the chapel?
4. Does the world seem more manageable after you leave the chapel?
5. This lady fell asleep the other day in the chair ahead of me. Is it okay to sleep during prayer time?



### Tracy Tomiak

Tracy Tomiak is a member of St. Anthony's Parish, along with her husband Bill and their five children. She is the author of "Thriving Not Just Surviving – Living Abundantly with Pain", is the founder of "A Legacy of Faith and Family Tradition" as well as editor of "Living My Faith", a monthly online magazine designed to help families live the traditions of their Catholic faith in today's world.

[www.livingmyfaith.com](http://www.livingmyfaith.com)