



As Jesus said to his disciples, he asks us today:

“Could you not keep watch with me for one hour?”

(Matthew 26:40)

For centuries, Eucharistic Adoration has been a private devotional practice of thousands upon thousands in the Catholic Church. It is the Body, Blood, Soul and Divinity of our Lord Jesus Christ present in the Blessed Sacrament exposed for us to adore him: in good times and in bad or periods of tranquility, distress or sorrow.

Eucharistic adoration is the most concrete expression of our adoration of God. Fixing our gaze on Jesus—present in the Consecrated Host—we cannot but be profoundly aware of our nearness—the real presence—of Him. Near to the One who loves us so unconditionally and for all eternity.

At the Ave María Parish, it is our constant hope and prayer that we, as a community of faith, may grown to experience and participate in Perpetual Eucharistic Adoration. To help fulfill our spiritual responsibility to Our Lord, the Church is accessible for those who wish private time in Adoration before the Blessed Sacrament in the Adoration Chapel or before the main tabernacle. Additionally, at various times throughout the year (especially during the Lenten Stations of the Cross and on Divine Mercy Sunday), the Blessed Sacrament is exposed in the Monstrance in the Church for communal Adoration.

It's up to each one of us how we wish to spend your time with Jesus. Some spend time in private meditation and prayer, others read scripture or pray the rosary, etc. Even those who simply sit and let their minds wander for an hour will tell you how the worries of the day melt away and you are left with a sense of peace. Tremendous graces and blessings come from time spent in Adoration of the Blessed Sacrament.

If you have never attended Adoration, we encourage you to answer Jesus' call:

“Come. Sit with me. Be with me. I have loved you from the very beginning. Let us relax and just be in each other's presence.”

For more information please call the Parish Office at (303) 841-3750.