



A Reading from 1 Corinthians 11

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

What is Adoration?

Adoration is an ancient tradition of the Church. As Catholics we believe that at the consecration during the Mass, the bread and wine cease to exist and in their place are the body and blood, soul and divinity of Jesus. This is the Eucharist. Outside of Mass, we can visit Jesus (who is present in the Eucharist). When we pray to Jesus who is before us as the Eucharist, we are adoring him. This is what adoration is.

Act of Adoration

I adore You, O Jesus, true God and true Man, here present in the Holy Eucharist, humbly present before You and united in spirit with all the believers on earth and all the blessed who have gone to be with You. In deep gratitude for so marvellous a blessing, I love You, my Jesus, with my whole heart, for You are all perfect and all worthy of love. Give me help nevermore in any way to offend You, and grant that I, being refreshed by Your Eucharistic presence here on earth, may be found worthy to come to the enjoyment with Mary of Your eternal and ever blessed presence in heaven. Amen.

Anima Christi

Soul of Christ, sanctify me. Body of Christ save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within your wounds conceal me. Do not permit me to be parted from you. From the evil one protect me. At the hour of my death call me. And bid me come to you, to praise you with all your saints forever and ever. Amen.

Support for Families

O Living Bread, that came down from heaven to give life to the world! O loving shepherd of our souls, from your throne of glory whence, a "hidden God", you pour out your grace upon families and peoples, we commend to you particularly the sick, the unhappy, the poor and all who beg for food and employment, imploring for all and every one the assistance of your providence; we commend to you the families, so that they may be fruitful centres of Christian life. May the abundance of your grace be poured over all.

Pope John XXIII

Please leave in Church for others to use in their prayer

Act of Adoration

We adore You, Most Holy Lord, Jesus Christ, here and in all the churches of the whole world, and we bless You because by Your Cross You have redeemed the world. Have mercy on us..

St. Francis of Assisi

"Dearest Lord, teach me to be generous. teach me to serve you as you deserve; to give and not to count the cost; to fight, and not to heed the wounds; to labour, and not to seek to rest; to give of myself and not to ask for reward, except the reward of knowing that I am doing your will."

St. Ignatius of Loyola Prayer

Prayer for vocations:

Lord Jesus Christ, Son of the Eternal Father, Son of the Virgin Mary, we thank you for offering your life in sacrifice on the Cross, and for renewing this sacrifice in every Mass celebrated throughout the world. In the Power of the Holy Spirit we adore you and proclaim your living presence in the Eucharist. We desire to imitate the love you show us in your death and resurrection, by loving and serving one another. We ask you to call many young people to religious life, and to provide the holy and generous priests that are so needed in your Church today. Lord Jesus, hear our prayer. Amen.

Prayer of Abandonment

Father, I abandon myself into your hands; do with me what you will. Whatever you may do I thank you; I am ready for all, I accept all. Let only your will be done in me and in all your creatures.

I wish no more than this, O Lord. Into your hands I commend my soul; I offer it to you with all the love of my heart. For I love you. Lord and so need to give myself. to surrender myself into your hands, without reserve, with boundless confidence for you are my Father.

Brother Charles of Jesus

Heavenly Father, you have given us a model of life in the Holy Family of Nazareth. Help us, O loving Father to make our family another Nazareth where love, peace and joy reign. May it be deeply contemplative, intensely Eucharistic and vibrant with joy.

Help us to stay together in joy and sorrow through family prayer. Teach us to see Jesus in the members of our family especially in their distressing disguise. May the Eucharistic Heart of Jesus

make our hearts meek and humble like His and help us to carry out our family duties in a holy way.

May we love one another as God loves each one of us more and more each day, and forgive each other's faults as You forgive our sins.

Help us, O loving Father to take whatever You give and to give whatever You take with a big smile. Immaculate Heart of Mary, cause of our joy, pray for us. Saint Joseph, pray for us. Holy Guardian Angels be always with us, guide and protect us. Amen.

Mother Teresa of Calcutta.

