

## **I. What is Eucharistic Adoration?**

Eucharistic Adoration is the adoration of Jesus Christ present in the Holy Eucharist. At the Holy Mass, the priest consecrates the bread and wine into the very body, blood, soul, and divinity of our Lord Jesus Christ, which we refer to as the Eucharist.

After the Holy Mass, the priest will display the Eucharist in a special holder called a *monstrance* in the chapel. Here at St. Francis, students, faculty and staff can come to pray and worship Jesus continually throughout the day.

We can come before the body and blood of Jesus Christ and thank him for His great love He has shown by being crucified on the cross for our sins to give us eternal life. Eucharistic Adoration is a great opportunity for us to physically go before our Lord with our joys and trouble and seeks His loving guidance.

## **II. Eucharistic Adoration here at St. Francis High School**

St. Francis High School offers Eucharistic Adoration every First Friday after the 8:00 am Mass until school ends. The Eucharistic Adoration takes place in the Chapel. You can sign-up for at least 15 minutes of your time.

## **III. What to do during Adoration?**

1. Talk to Jesus like your best friend.
2. You can read the bible.
3. You can do spiritual reading. (Fr. Arnold has some books to lend for your spiritual reading).
4. You can also pray the rosary.
5. Basically... **IT IS SPENDING TIME WITH THE LORD.**