



## Twentieth Sunday in Ordinary Time August 14, 2016 C

### Spending an hour with Jesus in our Adoration Chapel

- **Nine reasons why people do not come**
- **Ten reasons to consider signing up**

The 376 parishioners who spend an hour in our Adoration Chapel each week enable us to have prayer on our parish campus 24/7. What a marvelous thing! If you are one of our current adorers, **THANK YOU** for helping us to make this happen. If you are one of those who come in during one of the difficult hours—between 11:00pm and 5:00am—a double **THANK YOU!**

#### What is Eucharistic Adoration?

Eucharistic adoration is spending time with Jesus, who we Catholics believe is truly present in the exposed host in our Adoration Chapel. While we can and should spend time with Jesus in our homes and elsewhere, his presence in the Eucharist is, in a sense, more real than elsewhere. It's a bit like the difference between speaking to someone on the phone or behind a screen, and speaking to someone who is *visibly* present to us. We call Eucharistic adoration "perpetual" when a parish has a chapel where adoration goes on 24/7.

#### Nine reasons why people do not sign up for an hour

What are some reasons why people do not sign up for what could be a spiritually enriching experience? The following are nine reasons I have heard (you may be aware of other reasons).

**1. "Too busy."** Some people live super busy lives. I think especially of people with young kids who may work one or sometimes two jobs to make ends meet. But the *majority* of very busy people do make time for *exercise* (perhaps several times a week). They watch a lot of television, play some sport and spend hours on social media. The question is *what* are we busy about? Nearly all of the people who spend an hour a week in the chapel live busy lives, too. Many work fulltime. They also *make* time for a weekly hour with Jesus in our Chapel because they see it as important. I think that all *retired* parishioners should consider spending

an hour each week in our Chapel. You *have* the time and what a better way to use one of the 168 hours a week.

**2. "Don't know how to spend an hour in prayer—never done that."** We work with all kinds of schedules. At first it may be a challenge. But in time, you will find it goes very quickly. Suggestions: sit quietly before Jesus remembering the saying: "*While we rest in him, he works in us.*" Do a little spiritual reading. Pray a decade or more of the Rosary.

**3. "I am often away."** This is also true for many of our present adorers. One person who has the same hour as myself was recently away for several months. The reason we try to have two or more adorers scheduled for each hour is to have coverage when one is away.

**4. "Too stingy with my time."** That is what one man said and I congratulated him for his honesty.

**5. "Don't need to go to the Adoration Chapel to pray."** Of course we don't. And we don't need to come to Mass on Sunday to pray, and yet we come.

**6. "Not my kind of prayer."** In the Chapel, we can pray *any* way we desire. The only difference is that we are blessed to be praying in the Eucharistic presence of Jesus.

**7. "Tried it, got bored."** Lots of people, including myself, sometimes get bored in prayer, just as some spouses get bored with their marriage. Yet, they keep at it. I believe Jesus loves us even more for sticking with him, especially when we don't get much from our time with him.

**8. "Afraid to be assigned to an inconvenient hour."** While we are most appreciative when parishioners are open and available to sign up for an hour when they are mostly needed, people are only assigned to the hour that works best for them.

**9. "Fear of getting close to Jesus."** This is often an *unconscious* reason. If I open my heart to Jesus, what will he ask of me? How sad it is if we are unconsciously keeping Jesus at a distance.

*“Of all the devotions, that of adoring Jesus in the Blessed Sacrament is the one most helpful to us.”*

St. Alphonsus Liguori

Did I miss any reasons for not spending an hour with Jesus in our Adoration Chapel? If so, let me know.

**Ten reasons to consider signing up for a weekly appointment with Jesus**

1. Because Jesus invites us. During his agony in the Garden of Gethsemane, he said to his sleeping Apostles: “*Could you not spend one hour with me?*”
2. While all of us have *good intentions* about praying *more*, often this never happens. Signing up is one *concrete* way to be sure that we spend a definite block of undistracted time with Jesus for at least an hour each week.
3. When we sign up to spend an hour in our Chapel, *we are* helping to have *prayer on our campus 24/7*. What a marvelous thing – prayer on our campus 24/7! This does not happen without the generosity of hundreds of people.
4. *How* we spend our time says a whole lot about *what* is important to us. When we spend an hour each week with Jesus in our Chapel, we are saying in a very *concrete way*: “My relationship with Jesus is very important.”
5. Spending an hour with Jesus in our chapel is an *act of generosity*. It makes us a little more like our generous God. Too many Catholics are stingy with their time when it comes to the most important relationship in life.
6. Spending an hour each week with Jesus is not only good for us spiritually, it is also good for our mental, emotional and physical well-being.
7. Spending an hour a week with Jesus in our Chapel gives us a great opportunity to spend quality time reading God’s word or some other good spiritual book.
8. Spending an hour with Jesus is a way to just ‘hang out’ with the one who ‘knows us best and loves us most’—the one who paid the ultimate price for our salvation.

9. Spending an hour each week with Jesus is a wonderful way to spend time thinking and praying about our lives, relationships, and anxieties. It also gives us the opportunity to pray for our family, our country, and many global issues.

10. Spending a holy hour with Jesus is a wonderful preparation for heaven. If we are reluctant to ‘waste time’ with Jesus here on earth, what do we think it is going to be like spending eternity with him?

A big thank-you to Sam Rodriguez for coordinating this beautiful spiritual practice. Email Sam for any questions about Adoration at [adoration.ascension@gmail.com](mailto:adoration.ascension@gmail.com).

Have a blessed week,

