



First Fridays and Eucharistic Adoration

Let us be generous with our time in going to meet him in adoration and in contemplation that is full of faith and ready to make reparation for the great faults and crimes of the world. May our adoration never cease.”

– Pope John Paul II

Why First Friday?

In the seventeenth century, Jesus frequently appeared to St. Margaret Mary in France. One of the promises He revealed spoke of first Fridays:

“In the excess of the mercy of my Heart, I promise you that my all powerful love will grant to all those who will receive Communion on the First Fridays, for nine consecutive months, the grace of final repentance: they will not die in my displeasure, nor without receiving the sacraments; and my Heart will be their secure refuge in that last hour.”

Today, Holy Mass on First Friday is devoted to the Sacred Heart and to the Precious Blood of Jesus. The Eucharist is also taken to shut-ins on this day.

Sources: *Catholic Encyclopedia* and *The Catholicism Answer Book*

What is Eucharistic Adoration?

After morning mass, the Eucharist is displayed on the altar in the monstrance. This Presence is honored by having at least one person remain in vigil while it is displayed. While adoration can occur with the Eucharist in the tabernacle, being able to see the Eucharist adds to the intimacy of this time. As the U.S. Council of Catholic Bishops notes, “Exposition of the Blessed Sacrament flows from the sacrifice of the Mass and serves to deepen our hunger for Communion with Christ and the rest of the Church.”

The Saint John Paul II Eucharistic Adoration Association points out that this practice was expected to continue after Vatican II: “(In) *Mysterium Fidei*... on September 3, 1965, Pope Paul VI expresses his hope that ‘the restored sacred liturgy will bring forth abundant fruits of Eucharistic devotion, so that the Holy Church, under this saving sign of piety, may make daily progress toward perfect unity and may invite all Christians to unity of faith and of love, drawing them gently, thanks to the action of divine grace.’ ”

What should I do during Eucharistic Adoration?

There is no specific practice except to remain quiet while keeping company with the Presence of Christ. You may pray, read your Bible or another spiritual book, say the Rosary, or simply meditate while contemplating on the mystery of the Eucharist and the graces we have received from it. There needs to be at least one person present, but more than one is preferred.

Benediction

At 4:00 p.m., the Adoration concludes with a short Benediction rite. You are not required to attend the Benediction, but are invited to participate.

Sign up for a Holy Hour today!

The Adoration sign-up sheet is usually in the back of St. Mary Church, except during Mass at St. Patrick Church, when you can sign up there.