

NEWS FROM The Inland See

November 2–8, 2024

FOR THE DIOCESE OF BURLINGTON

Down in Adoration Falling: *The Practice of Eucharistic Adoration*

Earlier this year, the Vatican and the Bishops of the United States approved a revised translation of the ritual book *Holy Communion and Worship of the Eucharistic Mystery Outside of Mass*, first published in English in 1976. It's an obscure little book; my guess is that most parishes don't have a copy of it on their bookshelves. Nonetheless, it contains the official texts and rubrics for some important Catholic rituals that are often celebrated in our parishes, one of which is the Rite of Eucharistic Exposition and Benediction. The approval of this revised text, which is mandated for use the First Sunday of Advent, gives us an opportune time to review some basics about Exposition and Benediction, and its related devotion: Adoration of the Blessed Sacrament.

First, some clarification on terminology. Oftentimes, when Catholics talk about Adoration, such as "I'm going to Adoration," what they have in mind is Adoration of the Blessed Sacrament exposed for view in a monstrance. But Adoration of the Blessed Sacrament, strictly speaking, is an act of personal devotion and prayer before the Blessed Sacrament – whether that act is done at Mass (such as Adoring the Real Presence of Christ when the priest elevates the host or chalice at the consecration or before Communion when he says, "Behold the Lamb of God"), private prayer before the Blessed Sacrament reserved in the tabernacle, or private prayer before the Blessed Sacrament that is exposed for solemn adoration in a monstrance. In fact, the Church proposes that the normative way one adores the Blessed Sacrament is not before the Eucharist exposed in the monstrance, but before the reserved Sacrament in the tabernacle. One of the original intentions of reserving the Blessed Sacrament in the tabernacle is for the private adoration of the

faithful, and the Church encourages us to make frequent trips of prayer before the Blessed Sacrament in the tabernacle.

Thus, even if your parish doesn't have regular times of Exposition, know that the practice of Adoration is available to you whenever the church building is open. Even if the church is not open, being mindful of the Blessed Sacrament present in the tabernacle as you pass by the church can be in itself an act of adoration and a practice that can lead one to greater devo-

tion. And don't forget your own private adoration when you are at Mass (before, during, and after Mass). As the consecrated host and wine are elevated during the consecration, I always make it a point to visually adore the sacred species while quietly praying (in the words of St. Thomas the Apostle), "My Lord and my God, my God and my all."

Adoration is a private, devotional act, and the Church leaves it to each individual as to how to adore the Sacrament. Of course, we don't want to be distracting to others who might also be in prayer, but one can sing, pray aloud, kneel and even

prostrate before the Blessed Sacrament. Most times, one simply remains in the presence of God in silence, alternating between prayer, contemplative. One can offer the Liturgy of the Hours, the Rosary, the Divine Mercy Chaplet or offer novenas. The treasury of the Church is rich when it comes to prayer before the Blessed Sacrament.

How do you spend your time in Adoration before the Blessed Sacrament? If Adoration is not your practice yet, what little step might you start to do to adore the Real Presence of Christ in the Eucharist?

— *Josh Perry is the director of the Office of Worship for the Diocese of Burlington.*



Upcoming Events



11|03 SUNDAY Eucharistic Healing Service

St. John the Evangelist, St. Johnsbury • 3 - 4:30 pm
Father Lance Harlow will conduct a Eucharistic Healing Service with Adoration of the Most Blessed Sacrament and praying over by Father Harlow.



11|04 MONDAY Spanish Mass

St. Michael's College, Colchester • 7:30 - 8:30 pm
Mass in Spanish will be offered in the Chapel of Saint Michael the Archangel.



11|07 THURSDAY Mount St. Joseph Academy Open House

Mount St. Joseph Academy, Rutland • 5 - 7 pm

For prospective students and families. MSJ student-led tour of the school. Faculty and staff will be on-hand to answer questions. Light refreshments will be provided.



11|08, 15, 22, 12|06, 13 FRIDAY Alpha Film Series

St. John Vianney, S. Burlington • 6:30 - 9:00 pm

Alpha is a series of interactive sessions to discuss life and faith in an informal, fun, and friendly environment. All are invited, no matter their background or beliefs. This series runs November 8 through February 7.



11|09 SATURDAY Cemetery Committee Bingo

St. Peter, Vergennes • 5 - 8 pm

Doors open at 5:00 PM, Bingo starts at 6:00

PM. This is a family friendly event. All cash prizes, 50/50 raffle. Refreshments sold. This event benefits the on-going efforts for cemetery improvements.



11|10 SUNDAY Vergennes Knights of Columbus Breakfast Buffet

St. Peter, Vergennes • 8 - 10 am

\$12 adults, \$7 children 8 to 12 yrs.



11|10 SUNDAY DeGoesbriand Council Knights of Columbus Pancake Breakfast

Cathedral of St. Joseph, Burlington • 9 - 11:30 am

Hosted by the Knights of Columbus, DeGoesbriand Council #

279, old-fashioned all-you-can-care-to-eat pancake breakfast. Take-out is available. Admission is \$ 10 per person \$5 for kids and \$25 for family of four or more.



11|11 MONDAY MSJ Mountie for a Day

*Mount St. Joseph Academy, Rutland
8 am - 3 pm*

MSJ welcomes area students, currently in grades 7 and up, to visit MSJ for a school day. Students who are interested in learning more about MSJ are invited to meet our students, faculty and staff and to participate in our school day. Lunch will be provided.



11|11 MONDAY Veterans' Day Mass

St. Pius X, Essex • 5 - 7:30 pm

Fr. John Feltz will be celebrating Mass.



11|11 MONDAY Bereavement Support Group

*Nativity of the Blessed Virgin Mary, Swanton
6 - 8 pm*

An opportunity to pray and share with others

who have lost a loved one. The support group is open to anyone in the community who is grieving.



11|12 TUESDAY Our Lady's Kitchen Luncheon

St. Anthony, Bethel • 11 am - 1 pm

A free, hot luncheon for anyone in the community. Come for the food, come for the companionship.



11|15, 16, 17 FRI, SAT, SUN Worldwide Marriage Encounter, Weekend Experience

This is a weekend experience for couples

where your relationships with your spouse and with God will be enhanced. For more information contact Gary and Lynn Root at 802 456-8114 or vtroot@together.net



11|16 SATURDAY Saint Anthony's Christmas Crafts and Bake Sale

St. Anthony, White River Jct. • 9 am - 1:30 pm

We have a wonderful selection of Handmade Christmas crafts, decorations, delicious baked goods, jams, pickles, themed baskets and lots more! Food available by K of C.



11|16 SATURDAY Men's "Cor" Formation

St. John Vianney, S. Burlington • 10 - 11:30 am

Calling all men to fellowship, prayer and a deeper faith! You are invited to participate in COR Formation, held the third Saturday each month. All men are welcome. Coffee and donuts provided.



11|16 SATURDAY STP Historic Preservation Committee BINGO

St. Peter, Vergennes • 5 - 8 pm

Doors open at 5 pm and games start at 6 pm. This is a family friendly event. All cash prizes, 50/50 raffle. Refreshments sold. This event is sponsored by the St. Peter's Historic Preservation Committee to benefit the on-going efforts for the bell tower & the Church. Please join us!



11|17 SUNDAY Super Bingo

St. Norbert, Hardwick • 10:30 am - 2:30 pm

Doors open at 10:30 am, Mini Bingo at 11:30.

Call (802) 793.4764 for details or to purchase tickets.



11|17 SUNDAY Eileen George Book Study

Most Holy Name of Jesus, Morrisville • 2 pm

Eileen George Prayer Group meets the third

Sunday of the month. Fr. Lance Harlow will continue the book study of Eileen Georges' first book, *Beacon of God's Love*.



11|19, 26, 12|03, 10, 17 TUESDAYS Encountering Emmanuel

St. John Vianney, S. Burlington

Offered at 9 am AND 6:30 pm

Join SJV Women's Ministry for prayer and reflection this Advent. Together we will spend some time with the book *Encountering Emmanuel: A Guided Advent Journal for Prayer and Meditation* by Heather Khym. Journals are \$8/each.

Register at: stjohnvianneyvt.org/encountering-emmanuel



11|21 THURSDAY Advent with the Catholic Women's Group

via Zoom • 7:30 - 9 pm

The Vermont Catholic Women's group will dig deeper into the season of Advent. Prepare for the coming of our Lord this season. Join us online at: us06web.zoom.us/j/5815141097.



BISHOP'S
ANNUAL APPEAL

Progress

85%

\$2,133,952 \$2,503,354

as of October 23

GOAL



Website:
vermontcatholic.org/giveonline

Call:
802.658.6110 x 1102

Mail:
Bishop's Annual Appeal
55 Joy Drive
South Burlington, VT 05403