

The Inland See

NEWS FROM

November 9–15, 2024

FOR THE DIOCESE OF BURLINGTON

All About Eucharistic Exposition

In a previous article, I wrote about Eucharistic Adoration as a private act of devotion which occurs before the Blessed Sacrament, either at Mass, before the tabernacle, or when the Blessed Sacrament is exposed in a monstrance. Today's article focuses on the act of Exposition.

The ritual of Exposition of the Blessed Sacrament can be either simple or solemn. A simple exposition is when the minister, a priest, deacon, or authorized lay-person simply places the Blessed Sacrament in a monstrance for a set period of time and then later puts it back (reposes it) in the tabernacle. Solemn Exposition is led by a priest or deacon and includes the use of incense and singing. Solemn Exposition, especially, engages the senses and is “intended to acknowledge Christ’s marvelous presence in the sacrament” and “invites us to the spiritual union with him that culminates in sacramental communion.”

After Exposition is complete, Adoration follows, and it is during this time that the faithful can engage in their own private, devotional acts of adoration or there can be communal acts of Adoration (some of which were mentioned in the last article). Benediction of the Blessed Sacrament (a blessing given by the priest or deacon with the Blessed Sacrament during Exposition) is a liturgical act with its own set of prayers and ritual. At the end of the time of Adoration, the Blessed Sacrament is reposed back in the tabernacle.

Unlike Eucharistic Adoration, which is a private, devotional act governed by each individual adorer, Eucharistic Exposition, Benediction, and Reposition are liturgical acts — formal acts of the Church done ritually — governed by the rubrics (rules) in the liturgical books. Among these rules: the exposed



Blessed Sacrament should never be left unattended, and at least two people should remain in Adoration as long as the Blessed Sacrament is exposed. If the Blessed Sacrament in the monstrance is going to be left unattended, it must be reposed in the tabernacle, but reposition should not happen more than twice a day. Also, the Blessed Sacrament must never be exposed in the same place where Mass is being celebrated. If Exposition takes place in a separate chapel distinct from where Mass is celebrated, then a few people should remain in Adoration rather than attend Mass. The Blessed Sacrament should never be exposed in the Monstrance just in order to celebrate Benediction; there must be a period of Adoration that takes place before Benediction.

As a formal act of the Church — the Mystical Body of Christ — it is never appropriate to have situations where there is “exposition on demand” —

where, for example, the monstrance is located inside a tabernacle that anyone can open or close, or where the monstrance can be covered or uncovered by a cloth at whim. There are a few exceptions to this prohibition, mostly involving religious communities of consecrated men or women who have perpetual exposition as part of their custom, but it should never be a part of normal parish practice. Remember, even if Exposition isn't taking place, one can still privately adore the Blessed Sacrament in the tabernacle.

May the rites of Exposition and Benediction offer to us an opportunity to fall to our knees in Adoration and Thanksgiving and draw us ever closer with the source and summit of our Christian life: the Eucharist.

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

Upcoming Events



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 BVM, 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|12 WEDNESDAY
Faith Ascending

McGillicuddy's, Colchester • 7 - 9 pm

Faith Ascending is a chance for young adults to share in good news and good brews! For this installment, we are blessed to have Father Tim Naples, the Pastor at St. John Vianney Parish in South Burlington, joining us! He will be discussing Biblical Typology. We look forward to seeing you!



11|15, 22, 12|06, 13 FRIDAYS
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|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
Bereavement Ministry

St. John the Evangelist, St. Johnsbury • 1 pm

An opportunity to pray and share with others who have lost a loved one, in comfortable setting. We meet the third Sunday of the month for about an hour, in the rectory.



11|17 SUNDAY
Eileen George Book Study

Most Holy Name of Jesus, Morrisville • 2 pm

Eileen George Prayer Group with Fr. Lance Harlow meets the third Sunday of the month.



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.



11|23 SATURDAY
Saint Francis Xavier School Holiday Craft & Vendor Fair

St. Francis Xavier School, Winooski • 9 am - 3 pm

Saint Francis Xavier School Home & School Association is excited to once again host our annual Holiday Craft & Vendor Fair. Please join us for the event — featuring crafters, vendors, a raffle, a bake sale, and lunch sponsored by the 8th grade.



11|23 SATURDAY
St. John the Baptist Annual Bake Sale / Bazaar

St. John the Baptist, Enosburg Falls • 9 am - 3 pm

Purchase freshly made baked goods for your Holiday Celebration! This year's raffle items include: queen-sized quilt, turkey, gas, Hannaford and Amazon gift cards. All proceeds help to heat our parishes this winter!



11|30 SATURDAY
Advent Retreat

Holy Family, Essex Junction • 8:30 am - 3 pm

Join us for Mass, refreshments, presentations, Sacrament of Reconciliation, lunch, and more. Suggested donation is \$20 but all are welcomed. Register by calling the parish office at (802) 878-5331.



12|01 SUNDAY
Eucharistic Healing Service

St. John the Evangelist, St. Johnsbury • 3 pm

Adoration of the Most Blessed Sacrament along with praying over by Fr. Harlow.



12|07 SUNDAY
Annual Christmas Bazaar

St. Patrick, Wallingford • 9 am - 2 pm

Crafts, baked goods, take-out soups, mac & cheese, chili. Silent auction. "Once loved" room. Raffles.



BISHOP'S ANNUAL APPEAL

Progress

GOAL: \$2,503,354

86%

\$2,142,477

as of October 30



Website:
vermontcatholic.org/giveonline

Call:
802.658.6110 x 1102

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