

*"Let the entire man be seized with fear; let the whole world tremble; let heaven exult when Christ, the Son of the Living God, is on the altar in the hands of the priest. O admirable height and stupendous condescension! O humble sublimity! O sublime humility! that the Lord of the universe, God and the Son of God, so humbles Himself that for our salvation He hides Himself under a morsel of bread."*

- St Francis of Assisi

Soon enough, golden signs will appear in the hallways between **11:15 and 12:15** Monday – Wednesday. On them will appear the symbol of a Monstrance to let everyone know when the Blessed Sacrament is exposed for Adoration.

These signs are an **invitation** to come in: to stop and rest...and to give it all to Jesus. He yearns for you with a passion that broke His Heart and He wishes you to yearn for Him similarly! He is not satisfied that He is not yet the center of your life!

Adoration of the Blessed Sacrament is a great treasure and an extraordinary privilege. To have Adoration, you need someone in Holy Orders (either a Priest or a Deacon) and at TCHS we are blessed to have both. This means we are able to offer frequent Adoration in a way that even many Catholic schools cannot.

Our busy schedules often do not permit time just to 'be' – so take advantage of Adoration as a precious opportunity to be with the Lord. Tell him your plans, your hopes and your fears. Share your life with Him. Don't just walk by and ignore Him.

In Adoration, the Lord is very vulnerable. It would be very easy to do great damage to Him, which is why we take particular care to honor Him when exposed on the Altar. By reason of Church law we have to use incense – which is the prayer of the Saints and expresses our love for Jesus – and we maintain a sense of respect and reverence when passing the Chapel during Adoration.

In the scheme of things, time spent with Our Lord is time best spent. Other things can wait – **nothing** is more important than your relationship with Christ. But even if we can't stop by, let's be careful of our language and behavior and let's not rush past on our way to the next appointment.

*"Come to me all you who labor and are overburdened and I will give you rest."*

Matt 11:28

