

ISSUE 1
NOVEMBER 2013

PERPETUAL
ECHARISTIC ADORATION

OFFICIAL NEWSLETTER



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A MESSAGE FROM BISHOP BARRY JONES

Dear Friends in Christ,

I offer you my greetings. In June, I wrote a pastoral letter in which I invited the people of the Diocese to come to adore Christ in the holy Eucharist at St. Gregory's Chapel. I explained that the Blessed Sacrament would be exposed in a monstrance on the altar, all day and all night, and that we need two people per hour to carry this devotion forward. I wondered whether we could do it. Could we find the 336 adorers required to begin such a grace-filled project. We know now that we can. We began this perpetual adoration on June 30th, and it has been a time of joy and blessing since that day. Thank you for your witness of faith and love.

When I am in Christchurch, and have no other commitments for holy Mass, I celebrate Mass at 7.30am in the chapel. Each Monday, I renew the Blessed Sacrament in the monstrance, and offer Mass for the intentions of all who come to adore the Lord. Everyone of course is welcome to come to this Mass.

I am often impressed by the excellent numbers of adorers who drop in to accompany those on the roster. Let us all encourage one another to be close to the Lord as he dwells so humbly among us.

Yours sincerely

+ B. Jones

+Barry



"WITHOUT ROSTERED ADORERS, PERPETUAL ADORATION COULD NOT HAPPEN."

EDITORIAL

Welcome to the first newsletter for Adorers of the Perpetual Adoration Chapel at St Gregory's, Bishopdale. It has now been over four months since we started.

What an amazing and very blessed journey we have had together. The lead up and the first month were a bit of a whirlwind but things are going very well and that is thanks to you. Thank you to all those who have so generously signed up to adore the Lord for an hour (or more). Without rostered adorers, Perpetual Adoration could not happen. Thank you also for your patience as we have made changes and learnt along the way. Thank you for being willing to take on what we have asked you.

Our hope for this little newsletter is twofold. Firstly we want to keep all the adorers updated with relevant information, give you some formation, catechesis, stories and inspiration, and to share a bit of the

journey on the way. For example, in this issue you will find out more about the day leaders that you contact to arrange subs. You will also meet the committee who have done so much work to get this off the ground. Secondly, our newsletter is also for the wider diocese.

We hope to let more people know about adoration; what it is, where it is, and to invite people to 'come and see'. We need to continually build the roster as there is always natural attrition overtime. Please pass this newsletter on to your friends once you have finished it.

We hope you enjoy this first newsletter. Once again thank you for your continued generosity. Please contact us if you have any queries. May the Eucharistic Lord bless you and your family abundantly.

- Matt O'Connell

Christchurch Diocesan Perpetual Adoration Committee

THINGS YOU MAY CONSIDER DOING DURING EUCHARISTIC ADORATION

During the Mass the priest (at the time of the consecration) speaks these words as he holds the communion host, "...He took bread and, giving thanks, broke it, and gave it to his disciples, saying: Take this, all of you, and eat of it, for this is my body, which will be given up for you". When the priest says "this is my body", it is at that instant when, through the miracle of transubstantiation, the bread and wine which we offer as the bloodless sacrifice to our Lord truly become the Body, Blood, Soul and Divinity of Jesus. It is His true Presence in the form of bread and wine. It is Christ.

PERPETUAL ADORATION

Perpetual Adoration is when the priest takes a consecrated host, such as the one described above, and places it in a monstrance. (Monstrance comes from the Latin "*monstrare*" to show, to expose to view.) The monstrance is then placed in front of the tabernacle (an ornate box which holds the monstrance and any consecrated hosts) or on the altar of the church or chapel for adoration. Perpetual Adoration is therefore a Eucharistic devotion whereby members of a given parish (or in our case a diocese) unite in taking hours of adoration before the Most Blessed Sacrament, both during the day and throughout the night,

seven days a week. You may sign up to be an "adorer" which allows you to commit yourself for one or more hours per week to pray before the very presence of Our Lord, exposed in the monstrance.

WHAT TO DO DURING ADORATION?

Fr. Benedict Groeschel points out in *In the "Presence of Our Lord: The History, Theology, and Psychology of Eucharistic Devotion"* that there are "four kinds of prayer most appropriate in the presence of the Eucharist, namely adoration and praise, thanksgiving, repentance, and trusting intercession." Here are some suggestions for what to do during private Eucharistic adoration.

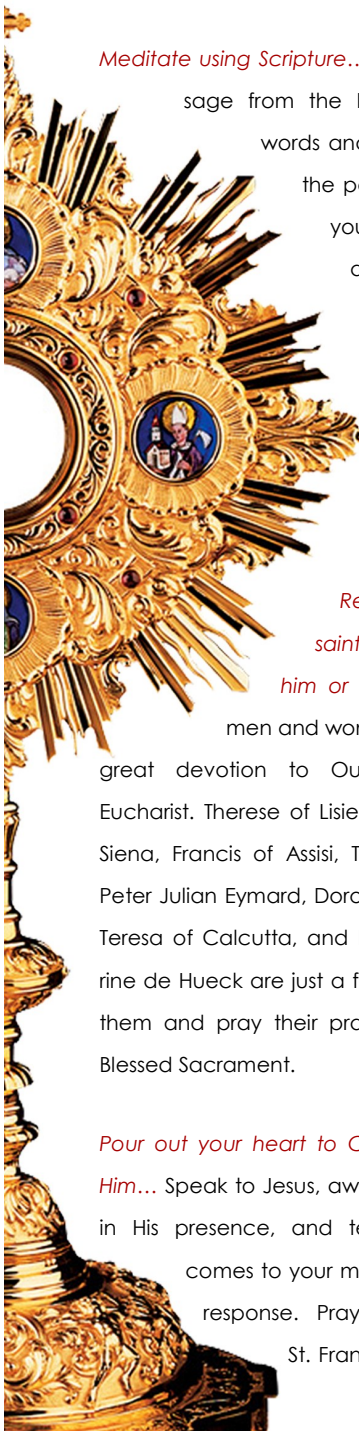
Pray the Psalms or the Liturgy of the Hours...

Whether you are praising, giving thanks, asking for forgiveness, or seeking an answer, you'll find an appropriate psalm. The ancient prayer of the Church called the Liturgy of the Hours presents an excellent way to pray through the Book of Psalms throughout the year.

Recite the "Jesus Prayer"... Say "Lord Jesus,



quiet your heart and mind.



Meditate using Scripture... Choose a passage from the Bible. Read the words and ask God to let the passage speak to you. Pay special attention to anything that strikes you and ask God what He wishes for you to draw from that passage.

Read the life of a saint and pray with him or her... Most holy men and women have had a great devotion to Our Lord in the Eucharist. Therese of Lisieux, Catherine of Siena, Francis of Assisi, Thomas Aquinas, Peter Julian Eymard, Dorothy Day, Mother Teresa of Calcutta, and Baroness Catherine de Hueck are just a few. Read about them and pray their prayers before the Blessed Sacrament.

Pour out your heart to Christ and adore Him... Speak to Jesus, aware that you are in His presence, and tell Him all that comes to your mind. Listen for His response. Pray the prayer that St. Francis instructed his

brothers to pray whenever they were before the Blessed Sacrament: "I adore you, O Christ, present here and in all the churches of the world, for by your holy cross you have redeemed the world."

Ask for forgiveness and intercede for others... Think of those who have hurt you and request a special blessing for them. Ask God to forgive you for all the times you have neglected or hurt someone else. Bring before the Blessed Sacrament all those who have asked you to pray for them. Ask the Lord to address their concerns.

Pray the Rosary... Pope John Paul II reminded us, "is not the enraptured gaze of Mary as she contemplated the face of the new-born Christ and cradled him in her arms that unparalleled model of love which should inspire us every time we receive Eucharistic communion?" (*The Church and the Eucharist* 55) Ask Mary to join you as you gaze on Christ in the Eucharist and as you pray the Rosary.

Sit quietly and just "be" in the presence of God... Think of a visit to the Blessed Sacrament as coming to see your best friend. Sit quietly and enjoy being in each other's company. Instead of talking to the Lord, try listening to what He wants to tell you.

(Taken from the pamphlet *EUCCHARISTIC ADORATION* produced by *OurSundayVisitor*)

WE ARE STRENGTHENED AND ENCOURAGED BY THE SHARING OF STORIES AND TESTIMONIES

"Spending time in the Perpetual Adoration Chapel has really been a plus for my husband and I. We have a time slot during the middle of the night. This time has worked out for us because when we come to the chapel, our everyday activities have stopped and we are free to spend time with Jesus uninterrupted. During that time, I talk over with Jesus the problems and joys of the day. That quiet time spent in His presence helps me to sort out what is important and helps me focus my energy towards those things."

"There's been a lot of things happen this year where I think God has been leading me to the point of participating in perpetual adoration. I've found that in the time since I've started the week attending adoration, things are happening in my life which I thought that I'd never do. God has been answering questions I didn't know I had, and giving me peace about things I keep bugging Him about. I have the feeling of peace that in his time he'll answer those prayers/desires I have that I deeply want to be sorted out now".

"Although I wanted to make the commitment of attending adoration for an hour each week, I felt unsure about how it would work out for me. After going for the first time, and leaving the chapel feeling so peaceful and happy, I now look forward to that hour very much. I have read of spiritual benefits and graces being attributed to the establishment of Perpetual Eucharistic Adoration - increased Mass attendance, increased Confessions, increase in priestly and religious vocations, the return of Catholics to the Church, conversions to the faith, marriages restored, greater unity, heightened spirituality, and inner peace. For me, after the upheaval of the last 3 years, peace is a precious gift. I encourage you to 'come and see' - come to the chapel, sit and be with Jesus".

MEET THE
COMMITTEE



We would like to introduce to you the members of the committee for Perpetual Eucharistic Adoration and also the team of seven day leaders (from left to right).

MATT O'CONNELL

"I have worked for the Catholic Diocese for 11 years; the first 9 of those in the Youth Team and the past two as Earthquake Recovery Coordinator. I was first introduced to Adoration of the Blessed Sacrament at Hearts Aflame in 2000. From 2001-2002 I lived in a Franciscan Monastery in Chicago which had Perpetual Adoration. During that time I made many holy hours and I always dreamed of Perpetual Adoration in Christchurch. It is a great joy to see this dream realised. Adoration has had a great impact on my life and I hope that it will impact many in this Diocese."

BERNADETTE CHEN

Bernadette Chen is a consecrated virgin living in the world. She's from St Mary's Pro-Cathedral parish and is grateful for the privilege to help in the establishment of perpetual adoration in Christchurch.

SR AGNES MEAD

"I am a consecrated sister in the Community of the Beatitudes at our House in Leithfield. My great love of Adoration of the Blessed Sacrament, where we have time to just come into Jesus' presence and rest in His love, has grown and developed in my own Community where each of us spend an hour of Adoration every day. Amongst other things I work three days a week in the Operating Theatres at Christchurch Hospital. Being part of the Adoration Committee is a profound joy for me as it's such a great grace for the City and the Diocese. The wonderful response of so many Adorers is absolutely fantastic. How great is our God!"

FR JOHN ADAMS

Fr John Adams is the Priest chaplain for the Diocesan Perpetual Adoration Committee. He has been ordained 10 years and is currently the Parish Priest of St Joseph's Parish, Papanui. Before his entry into the seminary he worked as a teacher in Christchurch and also lived for some years in London. Adoration of the Blessed Sacrament became very important to Fr John during his time in the seminary. It is a great joy for Fr John that Perpetual Adoration is being held in his parish.

DOMINIC ORR

"I am a life-long resident of the eastern suburbs and parishioner of the new Catholic Parish of St Francis of Assisi in Mairehau. While travelling overseas in 2012, I was powerfully reminded of the real presence of Jesus in the Eucharist so didn't hesitate to join the Perpetual Adoration venture. I'm enjoying being a day leader and meeting so many of the prayerful people in our Diocese."

MEGAN EMERY

"My parish is St Mary's Pro-Cathedral, where I have been a member of the parish council and involved in other aspects of parish life for a number of years. I'm currently President of the Peace of Christ Secular Carmelite Community here in Christchurch, and our members have supported Perpetual Adoration in their prayers, along with the Sisters. I'd also like to say thank you to the many other people who have supported this initiative in their prayers! Perpetual Adoration has become the fruit of many years of prayer for those of us desiring to see a Chapel in our Diocese, a place for so many of us to visit the living Jesus anytime of the day or night. It is a place to visit Him and be transformed by His saving Love and friendship and to take this transformation out to those we meet. Abundant Blessings to all who have been a part of this encounter with Jesus and to those in the future."

MARK MILNES

"It has been a great privilege to be a part of a team to see 24 hour a day, 7 days a week Adoration of Jesus in the Blessed Sacrament come to Christchurch. My name is Mark Milnes, my wife Vicki and I have been married 36 years and have been blessed with 5 now adult children and 16 grandchildren. We have belonged to Rangiora which is now Waimakariri parish all our married lives. Jesus' true presence is absolute for me! Over the years to have been able to kneel or sit near Him in the tabernacle through the ups and downs of life, His friendship, encouraging words and our silence together have been a mighty strength to me. Thank you Jesus."

MEET THE DAY LEADERS



SUNDAY - LYN FAHEY

I am a Carmelite Secular and active member of SVDP and Catholics Returning Home of Holy Trinity (Bryndwr) Parish. I enjoy taking part in the St Albans Community Choir and relax in the garden, walking and photography.

MONDAY - TRACI LUXFORD

Though baptised in the Catholic faith as a baby, it wasn't until I was 30 that I began attending Mass and was confirmed at St Paul's Dallington after participating in an R.C.I.A course. I am married to Michael and we have been blessed with Joshua, who attends St Paul's school at the temporary site in St Albans. With a relatively late start to my faith life I feel I am still learning all the time, and so being part of the team who help with perpetual adoration is a real blessing for me.

TUESDAY - MICHAEL BURKE

I am single with three adult children and one grandchild. I belong to St Mary's Pro Cathedral parish and I am greatly blessed by the faith of my fellow adorers. I am honoured to serve as a day leader and I believe many blessings will come to our diocese, our Church and our world because so many Catholics here in Christchurch have responded to the Lord's call to spend an hour in Adoration of the Blessed Sacrament each week.

WEDNESDAY - SR MARIETTA PARSONS

I am a Missionary Sister of the Society of Mary - SMSM. Last December I celebrated my Golden Jubilee. I have worked in Samoa for 30 years and in the Solomon Islands 10 years. Now I am a Parish Worker in Holy Trinity Parish, Bryndwr, and I live in

in community with Sr Bertha in the Presbytery at Somme Street, St Albans. It is a privilege to have Perpetual Adoration in our Diocese and I am happy to be of help as a Day leader.

THURSDAY - PHILIPPA O'BRIEN

I am single and (kind of) young so I offered to help with the organising as I probably have more spare time than most. I am really enjoying it, and it has been wonderful to be in touch with and reminded of how many wonderful people there are in Christchurch who love Jesus. I always feel bad calling to try and find a sub for an early morning spot, but without fail, I always find someone who is only too happy to help. Thanks to everyone who is involved. Without you it wouldn't be possible.

FRIDAY - PHILIP MIDDLEMISS

I am married to Alison and we have three adult children and 11 grandchildren. We were married in St Paul's Church and have been part of that parish most of our married life, except for a few breaks away. And now we are members of the new St Francis of Assisi Parish. We are also leaders of the Lamb of God Community. It has been in my heart for some time that Adoration of the Blessed Sacrament be available, so it is wonderful to be involved in this.

SATURDAY - DOMINIC ORR

Dominic is introduced on a previous page as a committee member.

“IT IS OUR VERY SWEET DUTY TO HONOUR AND ADORE IN THE BLESSED HOST WHICH OUR EYES SEE, THE INCARNATE WORD WHOM THEY CANNOT SEE, AND WHO, WITHOUT LEAVING HEAVEN, IS MADE PRESENT BEFORE US”.

CAN YOU HELP?

Currently we have over 400 adorers signed up to Adore Jesus every week at the Perpetual Adoration Chapel. However we still have 24 hours during the week where there is only one adorer rostered on. We are trying to ensure that we have a minimum of two per hour so if something happens there is at least one person in the chapel. Although we have lots of visitors, we don't know how long they stay and how regular they are. The need for two rostered adorers per hour has been brought home to us in recent weeks when a person got a flat tyre on the way and was the only rostered adorer. On other occasions people have forgot / slept in and people have had to stay for an extra hour.

If you feel that you could sign up to adore once a week it would be greatly appreciated. Please fill out the form below and send/email it to the address provided.

The hours that need a second adorer include:

Sundays (5am, 8am, 10am, 1pm-3pm), Monday at 2am, Tuesday at 9am, Wednesday (2am - 3am & 9am), Thursdays (12am-2am, 4am, 8pm, 11pm), Fridays (1am, 3am-5am, 8am, 10am) and Saturdays (6am, 10am-12pm, 2pm)



ADORER SIGN UP FORM

NAME: PHONE:

E-MAIL: MOBILE:

ADDRESS:

What day would you like to adore?

What time would you like to adore?

Are you also available to be a substitute?

Please return the completed form to:

Perpetual Adoration, PO Box 4544, Christchurch 8140 or e-mail to chchadoration@gmail.com