

## **Eucharistic Exposition and Benediction**

"The worship of the Eucharist outside the Mass is of inestimable value for the life of the church. This worship is strictly linked to the celebration of the Eucharistic sacrifice. The presence of Christ under the sacred species reserved after Mass - a presence which lasts as long as the species of bread and of wine remain - derives from the celebration of the sacrifice and is directed toward communion, both sacramental and spiritual .....

If in our time Christians must be distinguished above all by the "art of prayer," how can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the most holy sacrament? How often dear brothers and sisters, have I experienced this and drawn from it strength, consolation and support!"

John Paul II Encyclical "*Ecclesia de Eucharistia*"  
Pg 25

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. *Mt. 11:28*

Taste and see that the Lord is good; happy are those who take refuge in him. *Ps 34:9*

I am with you always, to the end of the age. *Mt 28:20*

Ask and it will be given to you; search, and you will find; knock, and the door will be opened for you. *Mt 7:7*

**"The Church and the world  
have a great need for  
Eucharistic Adoration"**

- Pope John Paul II

**Come away  
and  
rest awhile**  
*Mk 6:31*

## **Adoration of the Blessed Sacrament**



St. Luke's Catholic Church

1566 Northmount Drive N.W.

Calgary, Alberta T2L 0G6

Telephone: (403) 282-9488

## Come away and rest a while

After an intense period of ministry, Jesus said to his disciples, "Come away to a deserted place all by yourselves and rest a while" (Mk 6:31)

Jesus recognized that all of us need "time out." We need a quiet place to step back from our regular, and often busy schedules, to reflect on our lives, our families, our relationships, our work, our world and bring them into the perspective of God's love. This time apart with Christ helps us to keep "the big things big and the little things little." We gain insight and inspiration. We also come to a growing awareness of the goodness of the Lord which leads to gratitude and praises

*Frequent encounters and familiar conversation with Jesus develop friendship, resemblance; and affinity of thought, of feeling and of willing with Jesus.*

Blessed James Alberione

We are privileged at St. Luke's Parish to have our church open for worship throughout the day. While the culmination of our worship is found as a community gathered for the celebration of the Eucharist, our church remains a place to pray with Jesus in Eucharist, reserved in our tabernacle.

We invite everyone to benefit from this quiet place through a visit with Jesus in the Blessed Sacrament. This visit can be brief or long; it can be daily, weekly, or monthly. This time with Christ can be considered a "mini-retreat," a little oasis in our busy lives to refresh us, to

give us the hope and courage to continue our journey of trust with the Lord.

Jesus Christ, in His dual nature of God and glorious and immortal man, as He is in heaven, can be found in the small white host. He is present with all His graces, virtues and treasures, with all His grandeur, power, sanctity and gentleness. He remains in the host for us. He loves us and awaits us. Let us love and adore Him. Let us tell Him of our least sufferings and ask His help in overcoming our vices. We can tell Him of our afflictions and ask His aid in resolving our problems. Let us ask Him to make us good, modest, humble and diligent. Let us beseech Him to bless all our family members. We can be certain that Jesus does not turn a deaf ear to our pleadings. Although he does not speak to us with actual words, he nonetheless sees us, hears us and heads us.

Let us make a habit of adoring Jesus Christ in the Eucharist whenever possible and offer Him our homage. Let us be faithful to this practice! He is awaiting us and desires to see us approach Him.

For more information, contact  
Adoration co-ordinators:  
Celso & Ceciely Ruy  
Phone: 403-229.1654  
email: celso\_ruy@yahoo.com

## How can you participate in this Eucharistic Adoration devotion?

Please come and spend an hour with Our Lord and Savior Jesus Christ within the following time:

Monday - Friday            08:30 am - 4:00 pm

If you prefer to commit to a certain hour, please complete the information below and return it to St. Luke's parish office or put it in the collection basket:

### Invitation to Eucharistic Adoration

Yes, I am willing to spend at least one hour once a week with Jesus, who is truly present in the Blessed Sacrament.

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Please check which day and time of the day you prefer:

- Mon    Tue    Wed    Thur    Fri  
 Morning (9 am to 12 noon)  
 Afternoon (12 noon to 4 pm)

Choice of Hour: \_\_\_\_\_

I am not able to come on a regular basis but I would like to act as a back up if someone is unable to make their chosen time