



# EUCCHARISTIC ADORATION

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## St. Joseph Church

4011 Alexandria Pike  
Cold Spring, Kentucky 41076  
stjosephcoldspring.com  
859-441-1604

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## Mass Times

For holy day and possible time changes please see our website.

## Weekend Mass Schedule

SAT | 5 PM

SUN | 8 AM, 9:30 AM, 11:30 AM, 7 PM

## Weekday Mass Schedule

MON - SAT | 9 AM

## Eucharistic Adoration

In Church every Wednesday, 9:30 am - 6:30 pm including closing rosary and benediction at 6:00 pm.

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## Adoration | Confession | Mass:

THU | 6 PM - 7 PM

Eucharistic Adoration & Confession

THU | 7 PM Mass

*Only when NKU is in session  
(not during summer or school breaks)*


# Eucharistic Adoration

## What's it all about?

Like Mass, Adoration isn't necessarily about what we will get out of it. True, the graces dispensed by God help us grow in holiness, but the primary purpose of Adoration is right there in the name of the act: to adore the One present to us in the Eucharist.

## Where:

In churches everywhere near you - available in many parishes at different days, times and formats. Some are open or available 24 hours, others are from morning until evening. NOTE: You can find times of Eucharist Adoration at [masstimes.org](http://masstimes.org) by selecting Adoration.



*"Once you understand the Eucharist, you can never leave the Church. Not because the Church won't let you but because your heart won't let you."*

~ Saint Teresa of Calcutta ~

## How Just Be Still - During Adoration

**Be Silent.** Be still exteriorly and interiorly.

**Be Attentive.** It's not simply a reading hour — reading should be an entry-point to prayer.

**Be Alert.** Sit, stand, or kneel respectfully.

**Remember that you don't actually have to do anything.** The Catholic faith recognizes that the greatest gift God gives us is himself, and Adoration is another way for us to recognize that gift outside of receiving the Eucharist at Mass. So, don't overthink it. Just receive the gift.

### Get rid of distractions:

If you are using your phone or electronic device to pray, silence the phone AND turn off pop-up notifications.

Bring a notepad. If something pops into your mind that you are worried about or don't want to forget later, write it down and then forget about it for the rest of your prayer time.

Focus on the Blessed Sacrament in the monstrance or on the Crucifix - don't get distracted by others coming and going.

**"Go and find Him when your patience and strength run out and you feel alone and helpless. Jesus is waiting for you in the chapel. Say to Him, 'Jesus, you know exactly what is going on. You are all I have, and you know all things. Come to my help.' And then go, and don't worry about how you are going to manage. That you have told God about it is enough. He has a good memory."**

~ St. Jeanne Jugan ~



## When Repeat as needed



Eucharistic Adoration can be helpful as part of your faith routine and you can make plans to attend at the same time and frequency every week. You can also go whenever you want to feel closer to Christ.



# Suggested Prayers

## Opening Prayer

Lord Jesus, You know my heart and love me in spite of my weaknesses. I ask you to bring me closer to you, and by your great love, free me from everything that separates me from you and your family - the Church. Thank you for your Holy presence, real and admirable in this Blessed Sacrament of your love - the Eucharist. Accept my prayer and let me hear your words. AMEN

## Prayer to Saint Joseph

O, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. O, St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings, through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.



## Prayer from Angel of Peace to Children at Fatima (1916):

My God, I believe, I adore, I hope and I love you! I beg pardon for those who do not believe, do not adore, do not hope and do not love you!

**“Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the ‘King of Glory,’ respectful silence in the presence of the ‘ever greater’ God. Adoration of the thrice holy and sovereign God of love blends with humility and gives assurance to our supplications.” (CCC 2628)**



## But I, O good one and the sweetest Jesus

Here, O good and gentle Jesus, I kneel before you, and with all the fervor of my soul, I pray that you engrave within my heart lively sentiments of faith, hope, and love, true repentance for my sins, and a firm purpose of amendment. While I see and I ponder your five wounds with great affection and sorrow in my soul, I have before my eyes those words of yours that David prophesied about you: “They have pierced my hands and feet; I can count all my bones.” (Ps 22, 17)  
AMEN

## Act of Spiritual Communion (at Adoration or when unable to receive Holy Communion)

O my Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things. I desire to receive You into my soul. Since I cannot receive You sacramentally at this moment, I ask you to come into my heart spiritually. I embrace You as if You were already there. I unite myself to You. Never permit me to be separated from You.  
AMEN

## Closing Prayer

O my Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things. I desire to receive You into my soul. Since I cannot receive You sacramentally at this moment, I ask you to come into my heart spiritually. I embrace You as if You were already there. I unite myself to You. Never permit me to be separated from You.  
AMEN

# Traditional Catholic Prayers for Adoration and Benediction

(Suggested as closing prayers at the end of personal time of adoration)

## Anima Christi

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O Good Jesus, hear me.  
Within your wounds hide me.  
Permit me not to be separated from you.  
From the wicked foe, defend me.  
At the hour of my death, call me  
and bid me come to you  
That with your saints I may praise you  
For ever and ever.  
AMEN

*"The Eucharist is the Sacrament of love;  
it signifies love, produces love.  
The Eucharist is the consummation of  
the whole spiritual life."*

*~ St. Thomas Aquinas ~*

## Tantum Ergo (Latin)

Tantum ergo Sacramentum  
Veneremur cernui:  
Et antiquum documentum  
Novo cedat ritui:  
Praestet fides supplementum  
Sensuum defectui.  
Genitori, Genitoque  
Laus et iubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio. AMEN

## Divine Praises

Blessed be God  
Blessed be his holy name  
Blessed be Jesus Christ,  
true God and true man  
Blessed be the name of Jesus  
Blessed be his most Sacred Heart  
Blessed be his most Precious Blood  
Blessed be Jesus in the most  
Holy Sacrament of the Altar  
Blessed be the Holy Spirit, the Paraclete  
Blessed be the great Mother of God,  
Mary most holy  
Blessed be her holy and  
Immaculate Conception  
Blessed be her glorious Assumption.  
Blessed be the name of Mary,  
Virgin and Mother  
Blessed be Saint Joseph, her most chaste  
spouse  
Blessed be God in his angels  
and in his saints

## Tantum Ergo (English)

Down in adoration falling,  
Lo! the sacred Host we hail,  
Lo! o'er ancient forms departing  
Newer rites of grace prevail;  
Faith for all defects supplying,  
Where the feeble senses fail.  
To the everlasting Father,  
And the Son Who reigns on high  
With the Holy Spirit proceeding  
Forth from each eternally,  
Be salvation, honor, blessing,  
Might and endless majesty. AMEN