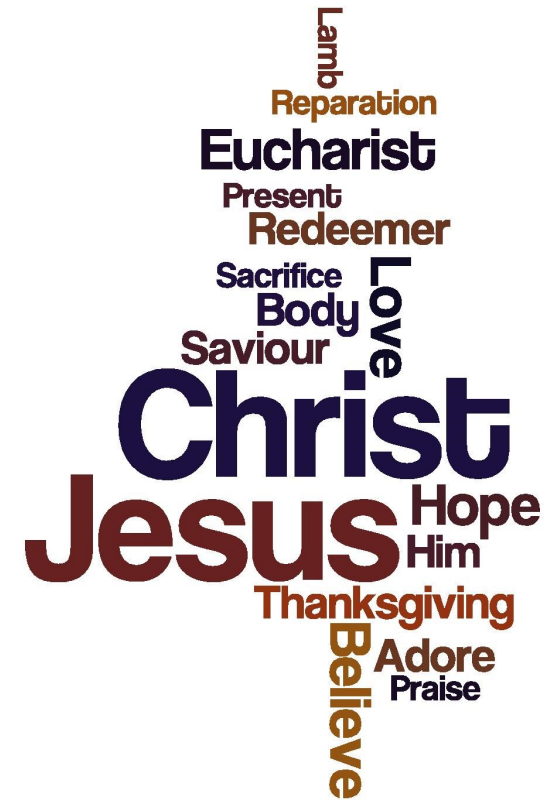


What is Eucharistic Adoration?

Each week, some 50 people spend an hour of their choice on a Tuesday, a Wednesday or a Thursday in silent adoration before the Blessed Sacrament exposed on the Sacred Heart altar in our Church of the Assumption.

Other than starting and finishing on the hour and observing the silence, there is no structure. People pray, meditate, read the Scripture (*Lectio Divina*) or other spiritual books; perhaps write a personal reflection to the Lord or any combination of these. It is a time to unwind in silent calm in Our Lord's presence and relate to him in whatever way is natural for you.

Would you be willing to give it a try?



What adorers say!

Here is what some regular adorers in Howth say about Eucharistic Adoration:

- "I come away feeling renewed in spirit".*
- "It is like having a one to one chat with Jesus".*
- "It helps me to have a closer union with God".*
- "It's amazing how quickly the hour passes".*
- "I'm reminded of the special prayer that Our Lady taught the Children of Fatima:*

Most Holy Trinity I adore you. My God, my God I love you in the Blessed Sacrament".

People brought little children to him (Mt 19:14)

Your invitation to
**EUCCHARISTIC
ADORATION IN
HOWTH**



Oil painting by Carl Vogel von Vogelstein 1805
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Bringing children to Jesus.

For parents or grand parents who may be minding children, why not bring them for a visit to Jesus during adoration and tell them what it is all about. For young children their adoration may be for 5 to 10 minutes at a time but it will be a new way for them to become special friends of Jesus.

Children who have had this experience will often have a deeper faith in Jesus when they come to make their First Holy Communion and Confirmation. An early experience may encourage them to visit Jesus more often and draw closer to him.

Learning to adore was one of Our Lady's gifts to the Children of Fatima in 1917.



Stained glass window "The Crucifixion" by Margaret Peart in the Church of the Assumption, Howth.

FOR MORE INFORMATION CONTACT:

- ◆ John
 - ◆ Landline 01-832 4429
 - ◆ Mobile 086-810 5412

Parish Eucharistic Adoration Group
 Parish of the Assumption, Howth
 assumptionhowth@eircom.net
 Parish Office: 01-839 7398

in association with

The Apostolate of Eucharistic Adoration

<http://eucharisticadoration.ie/>

EUCHARISTIC ADORATION ENROLMENT FORM

FAMILY NAME

CHRISTIAN NAME

ADDRESS

.....

.....

PHONE NO.

EMAIL

HOURS OF ADORATION

Tuesdays	Wednesdays	Thursdays
11:00 ... 12:00	11:00 ... 12:00	11:00 ... 12:00
12:00 ... 1:00	12:00 ... 1:00	
1:00 ... 2:00	1:00 ... 2:00	
2:00 ... 3:00		
3:00 ... 4:00		
4:00 ... 5:00		
	7:00 ... 8:00	

(Please circle the hour of your choice).

I would be happy to have my name and phone number appear on a list available to other Adorers (please tick). YES NO

I would like to help with the organisation of Adoration in Howth. YES NO

SIGNED: