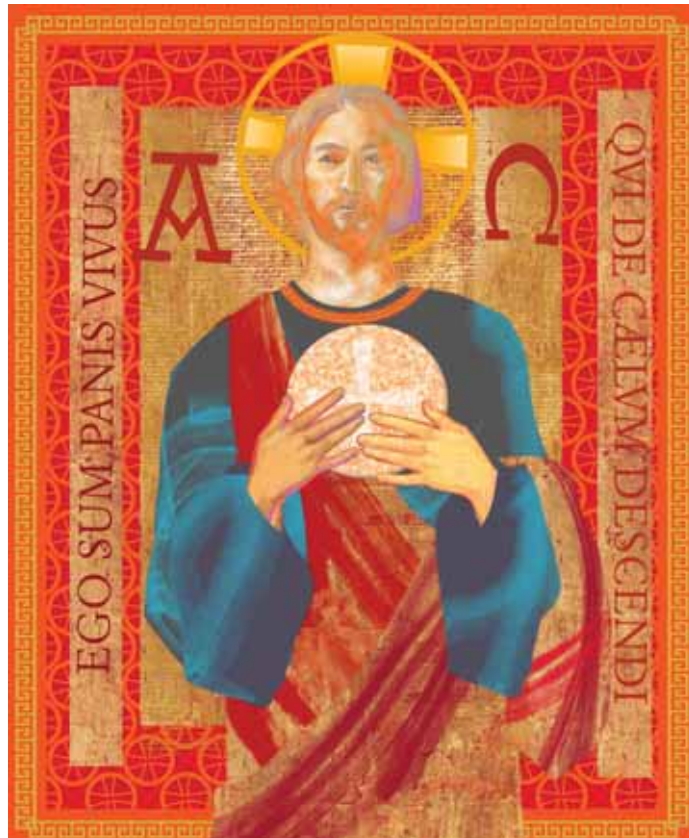


A Call to Prayer



Be still and know that I am God

Be still and know

Be still

Be...

Do not try to read through all of the texts during the short time of Adoration.

Choose one—or even a word or phrase—and ponder it—
opening your mind and heart and soul to your Lord gazing upon you
and to what he wishes to share with you.

You are welcome to take the sheet away with you for personal reflection.

Thoughts from Blessed Mother Teresa of Calcutta

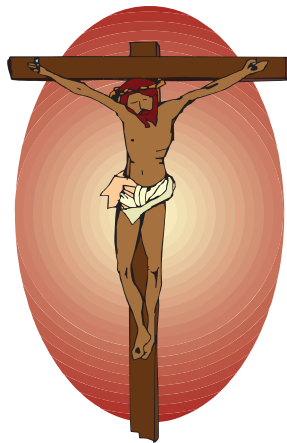
The time you spend with Jesus in the Blessed Sacrament
is the best time you will spend on earth.
Each moment that you spend with Jesus will deepen your union with Him
and make your soul everlastingly more glorious and beautiful in Heaven,
and will help bring about everlasting peace on earth.

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Nowhere on earth are we more welcomed or loved
than by Jesus in Eucharist.
When you look at the crucifix,
you understand how much Jesus loved you.
When you look at the Sacred Host
you understand how much Jesus loves you now.

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On the Cross Jesus said 'I thirst'.
From the Blessed Sacrament
Jesus continues to say to each of us 'I thirst'.
He thirsts for our personal love,
our intimacy,
our union with Him in the Blessed Sacrament.



O LORD, you have searched me and known me.
You know when I sit down and when I rise up;
you discern my thoughts from far away.
You search out my path and my lying down,
and are acquainted with all my ways.
Even before a word is on my tongue,
O LORD, you know it completely.

For it was you who formed my inward parts;
you knit me together in my mother's womb.
I praise you,
for I am fearfully and wonderfully made.

Wonderful are your works;
that I know very well.

My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
Your eyes beheld my unformed substance.

In your book were written
all the days that were formed for me,
when none of them as yet existed.
How weighty to me are your thoughts, O God!
How vast is the sum of them!

I try to count them—
they are more than the sand;
I come to the end—I am still with you.

Search me, O God, and know my heart;
test me and know my thoughts.
See if there is any wicked way in me,
and lead me in the way everlasting.

From Psalm 139, NRSV



Receive, O Lord, all my liberty.
Take my memory, my understanding, and my entire will.
Whatsoever I have or possess you have bestowed upon me;
I give it all back to you
and surrender it wholly to be governed by your Will.
Give me love for you alone along with your grace,
and I am rich enough and ask for nothing more.
St Ignatius Loyola

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Father, I abandon myself into Your hands;
do with me what You will.
Whatever You do I thank You.
I am ready for all, I accept all.
Let only Your will be done in me,
as in all Your creatures,
I ask no more than this, my Lord.
Into Your hands I commend my soul;
I offer it to You, O Lord,
with all the love of my heart,
for I love You, my God,
and so need to give myself--
to surrender myself into Your hands,
without reserve and with total confidence,
for You are my Father.
St Charles de Foucauld

FORWARD TOGETHER
HOPE