

Prayer before the Blessed Sacrament

Eucharistic Heart of Jesus, have mercy on us.
I adore Thee, O Most Sacred Eucharistic Heart of Jesus.
Eucharistic Heart of Jesus, furnace of divine charity, give peace to the world.
Eucharistic Heart of Jesus, increase in us faith, hope and charity.
Blessed and praised be the Sacred Heart and the Precious Blood of Jesus in the Most Holy Sacrament of the altar.
Eucharistic Heart of Jesus, model of the priestly heart, have mercy on us.
O Jesus in the Blessed Sacrament, have mercy on us.
May the Most Holy Sacrament be forever praised and adored.
O Jesus, Lamb of God, continuously offered in sacrifice on the altars of the world, I unite myself to Thee.
Thou art Christ the Son of the living God.



The Year of the Eucharist

for Teens



From June 18, 2017 to June 3, 2018 the Diocese of Rochester is celebrating *The Year of the Eucharist* as declared by Bishop Matano.

The Pope or a bishop of diocese will sometimes declare a year of observance. It is a year set aside to explore some aspect or dimension of our faith. In our case, this year is a year set aside to learn and experience a closeness with Jesus Christ in the Most Holy Eucharist.

Bishop Matano's declaration of this year purposefully coincides with the 150th anniversary of the Diocese of Rochester. It is his hope that *The Year of the Eucharist* will help the people of the Diocese come to a deeper understanding, appreciation, and love of the Real Presence of Jesus Christ in the Most Holy Eucharist.



Bishop Salvatore R. Matano is our 9th and current bishop



Prayer before the Blessed Sacrament can be powerful!

A beautiful way to participate in the Year of the Eucharist is to spend time in Adoration of the Blessed Sacrament. Adoration is a form of prayer in our Church where we place ourselves in the Real Presence of Jesus. Sometimes this is done before a tabernacle, but at other times the Blessed Sacrament is adored through Exposition. This is when the Blessed Sacrament is placed in a Monstrance so we are able to view it.

Benediction is when a bishop, priest, or deacon blesses those present with the Blessed Sacrament. This blessing has a structure that is both ancient and beautiful. It can bring the participants closer to both Jesus and one another.

During Exposition, powerful graces are given, and those present experience what has been called in past centuries "Ocular Communion," or communion by sight. This is a complement to receiving the Lord at Mass, but not a substitution. Being physically nourished by Communion has always been seen as the deepest and most powerful form of Communion available to us.

150 Years of the Diocese of Rochester

Diocesan Timeline

1868 - The Diocese of Rochester was formed. Before that the area was a part of the Diocese of Buffalo. Bishop McQuaid was our first Bishop.

1896 - The Diocese grew when the counties of Schuyler, Tioga, Chemung, & Steuben were added.

1909 - Bishop Hickey became the 2nd Bishop of Rochester.

1929 - Bishop O'Hern became the 3rd Bishop of Rochester.

1933 - Bishop Mooney became the 4th Bishop of Rochester.

1937 - Bishop Kearney became the 5th Bishop of Rochester.

1952 - Sacred Heart Church becomes Sacred Heart Cathedral

1966 - Bishop Sheen became the 6th Bishop of Rochester

1969 - Bishop Hogan became the 7th Bishop of Rochester

1979 - Bishop Clark became the 8th Bishop of Rochester

2014 - Bishop Matano became the 9th Bishop of Rochester

The posture of reverence and adoration is also observed when Catholics enter a church with a tabernacle present. Jesus's presence is reserved in tabernacles around the world, and when Catholics approach a tabernacle they genuflect. The act of genuflection is an ancient act of humility and to this day, when a person is knighted by a monarch, they genuflect or kneel.



Genuflecting is the appropriate way to revere the real presence of Jesus in the Blessed Sacrament kept in the tabernacle. This means placing your right knee to the ground and making the sign of the cross.

The Blessed Sacrament is reserved in the tabernacles of our churches so that people have a place to pray in the presence of Jesus Christ and to ensure the Eucharist is available for those who are sick or homebound. We know the Blessed Sacrament is in the tabernacle when we see a Sanctuary Lamp, a red candle near the tabernacle, lit as a sign of Jesus' Eucharistic presence.

Many tabernacles have rich histories. This is the tabernacle at Sacred Heart Cathedral. Prior to being in the Cathedral it was the tabernacle in St. Philip Neri Church in downtown Rochester. St. Philip Neri was destroyed in a fire and a priest and a religious sister were killed saving the Blessed Sacrament from the blaze.



Above the tabernacle is painted a night sky. The arrangement of the stars is the same as the night sky over Rome on March 3, 1868 - the day the Diocese of Rochester was established by Pope Pius IX.



The Eucharist is no longer bread and wine. It is Christ really and substantially present in His Body, Blood, Soul, and Divinity. The Real Presence of Jesus Christ in the Most Holy Eucharist is a foundational mystery of our faith.

This change is called Transubstantiation. Literally, a change of substance—a change in what the host and wine are, not what they appear to be. Through the prayer of consecration, prayed by the priest at Mass, the substances of bread and wine become the substance of Christ's Body and Blood, even though the appearance of bread and wine remains.

While some Christian denominations believe that the bread and wine only *symbolize* or *remind* us of Jesus, Catholics believe that the meaning of this Sacrament goes much deeper than mere symbolism. As Catholics we believe that the Most Holy Eucharist is not merely a reference to Jesus, but his bodily presence in the world.

During the celebration of Mass, Catholics assume a variety of postures. Every posture has deep meaning; they are more than “Catholic Calisthenics.”

Catholics **sit** attentively to listen and learn. We **stand** when we join together in prayer as the Body of Christ. We **kneel** in adoration before the Real Presence of Jesus Christ in the Eucharist.

How we present ourselves at Mass is important. When we join others in Liturgical Prayer we must remember to keep them in prayer and be mindful of what could distract them. This is one way in which we act as one.

The act of kneeling during Mass is both an act of reverence and an act of humility. We place ourselves at the feet of the divine when we kneel before the Most Holy Eucharist during the Mass.

