

# Reconciliation Times

Sunday, December 3, 1:00 pm St. Joseph Olney  
(St. Joseph School First Reconciliation, then open to parishioners)

Monday, December 4, 6:00 pm St. Joseph Stringtown  
(St. Joseph School First Reconciliation, then open to parishioners)

Thursday, December 7, 6:00 pm Holy Cross Wendelin  
(Family Catechesis First Reconciliation, then open to parishioners)

Saturday evening before Mass at St. Joseph Olney  
Monday evening before Mass at St. Joseph Stringtown  
Thursday evening before Mass at Holy Cross Wendelin

## Christmas Mass Schedule

### **CHRISTMAS EVE DECEMBER 24**

ST. JOSEPH OLNEY 4:00 PM

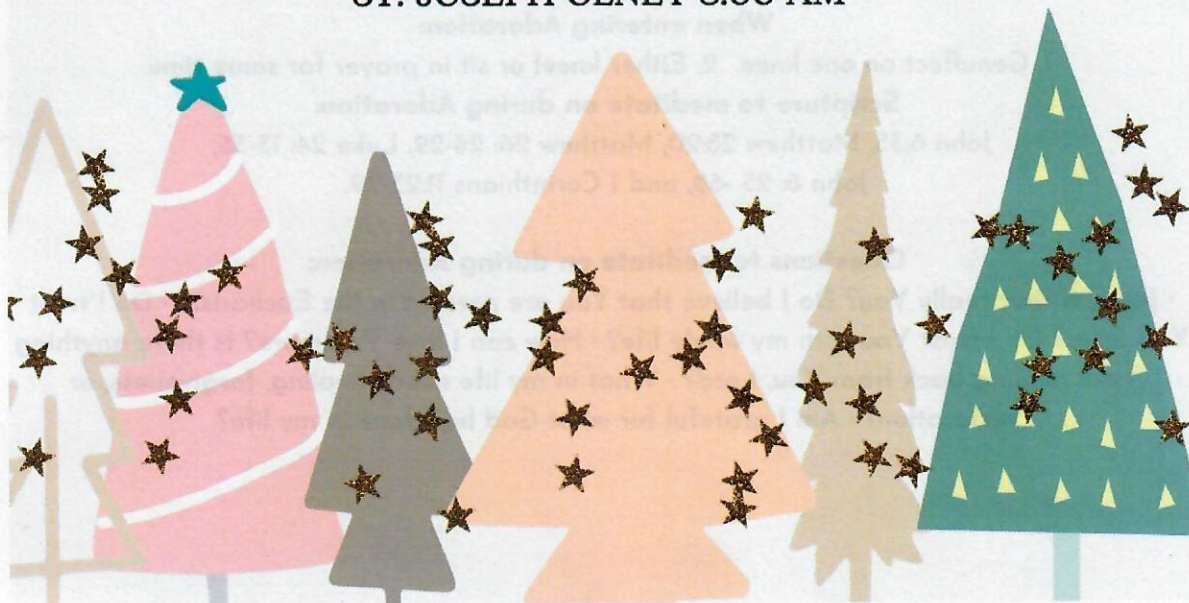
HOLY CROSS 4:00 PM

### **CHRISTMAS DAY DECEMBER 25**

ST. JOSEPH STRINGTOWN 12:00 AM

ST. LAWRENCE 8:00 AM

ST. JOSEPH OLNEY 8:00 AM



# Eucharistic Adoration

## St. Joseph Olney

Tuesday, December 5, 12, 19- 12:00-3:00pm

### What is Eucharistic Adoration?

Adoration of the Blessed Sacrament is a form of prayer that began centuries ago.

Adoration means "To pay honor or homage to someone or something."

#### During Adoration...

- we have the opportunity to come face-to-face with the living God.
  - we are spending time with a close friend.
  - We get to deepen & strengthen our personal relationship with God.
- Adoration isn't about just sitting and staring, it is about giving thanks and praise to Christ, the One who gave His life for us.

*"Adoration means entering the depths of our hearts in communion with the Lord, who makes himself bodily present in the Eucharist."* -

Pope Emeritus Benedict XVI

### What to do BEFORE Adoration?

Just like getting ready for something important, you would prepare yourself.

#### To prepare, the important things to remember are:

- WHO you are going to see.
- God simply desires to spend time with you.

### How to improve focus in Adoration:

- Consider your posture and surroundings. Are there distractions with where you are sitting? Is it easier to pray kneeling or sitting? Have a journal where you can list out all of those "things" swimming around in your brain that are keeping you from focusing. Offer up your distractions for God's glory. If after writing down your thoughts you are still "distracted," offer those distracting thoughts up to God. Consider praying, "God, I offer these many thoughts that are distracting me up to You for Your glory."

### Before entering Adoration, you should:

1. Silence any distractions, such as your cell phone.
2. After you have taken away distractions, say a prayer asking the Holy Spirit to give you focus and openness.

### When entering Adoration:

1. Genuflect on one knee.
2. Either kneel or sit in prayer for some time.

### Scripture to meditate on during Adoration:

John 6:35, Matthew 28:20, Matthew 26: 26-29, Luke 24: 13-35,  
John 6: 25 -68, and 1 Corinthians 11:23-29.

### Questions to meditate on during Adoration:

- Jesus, is that really You? Do I believe that You are present in the Eucharist? • Do I trust You Jesus? Do I trust You with my whole life? • How can I love You more? Is there anything I am holding back from You, Lord? • What in my life needs healing, forgiveness, or restoration? • Am I grateful for what God has done in my life?