

Venite Adoremus

Monthly Reflections For Adorers

St. Dunstan's Kings Heath, Birmingham, B14 7JN

As we continue our **Parish Year of the Eucharist** and with the visit of Bishop Byrne, to help us focus on our preparation for Mass and Our Eucharistic Lord's call to spent time with Him, please remember to say our special prayer each day. Let us pray also for our increased devotion to Jesus in The Blessed Sacrament and for that to translate in a far greater number of us spending regular time with Him in Adoration each week in our chapel.

We have been particularly blessed in our parish to have had so many people here, who have gone before us, who loved to spend time in Adoration, paving the way for us, over many years. We are heirs to all the spiritual benefits of their prayers and we have the opportunity to gain such graces in our own lives through spending time with Jesus, as they did so faithfully. In this month of the Holy Souls in Purgatory, let us remember them in our prayers that they may enjoy the light, joy and peace of heaven, which was their great desire on earth. If we desire to go to heaven one day, to be with Him, what better way to prepare in life than to be with Him here in Adoration. What a privilege we have here for the taking, every day!

Please continue to pray for this year in a special way during your Holy Hour. Also for Fr. Philip and Fr. Simon for their strength and protection as they lead us in this year ahead and make it possible for us to deepen our faith and grow in holiness together as a parish.

An Adorer reflects, "Over the 25 or so years we have been blessed with Eucharistic Adoration in our parish, I have been privileged to spend many hours with the Lord. I can never thank Him enough for all I have received from Him during that time; far in excess of my small offering. Do come and spend an hour with Him; He is waiting just for you"

Some Effects of Eucharistic Adoration:
"The silence of prayer is like a Eucharistic silence, a silence of adoration, a silence in God. ... This is the real anticipation of the silence of God that we are all called to know."
Cardinal Robert Sarah

"To be all alone together in prolonged silence before the Lord present in his Sacrament is one of the most genuine experiences of our being Church ... Communion and contemplation cannot be separated. If I am to truly to communicate with another person I must know him and look at him lovingly. True love and true friendship are always nourished by the reciprocity of looks, of intense, eloquent silences full of respect and veneration, so that the encounter may be lived profoundly and personally rather than superficially"

Benedict XVI, Mass of *Corpus Domini* 2012

The Adoration Rota currently has a gap for the following hour:

Saturday 4-5pm.

If you can help to cover this hour please call Pat on the number overleaf.

Encouragement from The Saints,

“O Wealth of the poor, how admirably You know how to sustain souls! And without their seeing such great wealth, You show it to them little by little. When I behold majesty as extraordinary as this concealed in something as small as the host, it happens afterwards that I marvel at wisdom so wonderful, and I fail to know how the Lord gives me the courage or strength to approach Him.”

From the Autobiography of St. Teresa of Avila

Reminders for Adorers

1. If you are unable to fulfil your hour of adoration, please call one of the numbers below according to the relevant day, in good time:

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| Sunday | Mary: 07928 064379 |
| Monday | Pat: 0121 449 2821 |
| Tuesday | Pat: 0121 449 2821 |
| Wednesday | Shanti: 07838 000446 |
| Thursday | Morag: 07711 056226 |
| Friday | Liz: 07950 260550 |
| Saturday | Marie: 07909 224076 |

2. Please give us as much notice as possible if you cannot attend your hour at any time so a substitute can be found. If possible, arrange cover with a fellow adorer or swap hours with them.
3. Please be punctual for your hour for the sake of the adorer you are relieving.
4. Always remember to sign your name on the sheet on the table, so we know the rota is working well. This is very important as a record of the continuity of cover.
5. ***NEW* If a school group comes in for a period of adoration, please stay and fulfil your hour. In all likelihood, the group won't stay very long and your hour will not be covered after they have gone away again.**
6. Please don't leave before the next person on the rota comes, even if there is someone else in the chapel. If they don't arrive, please be patient in case they are just held up. If you do have to leave, for whatever reason, let someone in the presbytery know that The Lord is alone.

**Thank you to everyone on the rota for your continued dedication
and commitment to our Adoration here at St. Dunstan's.**

**Without you, this important prayer
at the heart of our parish life
wouldn't be possible.**