

**“So, could you not watch with me...?”**

**Watch and pray that you may not enter into temptation”**

[Mt 26:40-41]



**EXPOSITION**

**OF THE**

# **BLESSED SACRAMENT**

**in this Church**

**on the First Friday of the Month**

**12.45pm - 07.30pm**

**[Concludes with the Benediction]**

**“Come let us adore Him...”**

**We are invited to adore, in silent prayer, the Lord in the Eucharistic presence. It is a private adoration where we can talk... but mostly listen to the Lord. He speaks to those who are ready to listen to Him. Take your time in front of the Eucharist... but give time to the Lord... who was ready to give His life to You because HE LOVES YOU.**

"In this Sacrament of Love, Jesus Christ waits for us. Let us not fail to be generous in giving our time to Jesus in adoration, contemplating Him in faith, ready to make reparation for our own transgressions, large and small, and for the offences of the world."

[Pope John Paul II]

"Let us beseech the Lord to reawaken in us the joy at his presence and that we may once more adore him. Without adoration, there is no transformation of the world."

[Pope Benedict XVI]

At the back of the Church there is a register-book where you can sign up so that the Lord would not be alone and by Himself during the six and a half hour exposition. The adoration/presence time is divided into half hours. If you can spend half an hour with the Lord it is good, but if you can spend less time, you are kindly requested to write the time near your name so that someone else can present him/herself in that missing portion. If you do not want to write your name, no problem, the Lord can also read what is not written.

The Parish Priest