

## General Principals of Adoration and/or Exposition:

### Adoration is:

- No rite or ritual involved;
- One or more people at their own discretion;
- Available anytime *the church or chapel* where the tabernacle is located is open or accessible; the tabernacle itself is not open, however.
- What my mother used to call, “Making a visit to Jesus.”

### Exposition of the Blessed Sacrament is:

- A liturgical act; a rite of the Roman Catholic Church
- The Blessed Sacrament is exposed in a monstrance or ciborium (uncovered) for public veneration by the faithful;
- A public celebration that enables the faithful to perceive more clearly the relationship between the reserved Sacrament and the Mass;
- After the Blessed Sacrament has been exposed, a period of adoration containing readings of the Word of God, songs, prayers and sufficient time for silent prayer follows;
- At least two people must be present at all times when the Blessed Sacrament is exposed;
- During lengthy periods of exposition, the Blessed Sacrament must be reposed in the tabernacle when Mass is celebrated in the body of the church or chapel where exposition occurs;
- If interrupted because of too few worshipers, the Blessed Sacrament is to be replaced in the tabernacle at times announced beforehand, however this reposition may not take place more often than twice during the day and at predetermined times;
- The rite ends at a specific set time; it may end with Benediction if a priest or deacon is presiding.

## Adoration—General Outline w/Benediction (for a deacon or priest)

The following can be simplified to suit your community, as long as the general outline is followed:

- Altar is set with cloth and two candles.

### I. Procession to Altar

- Fr. N. or Deacon in humeral veil, with the monstrance; server carrying incense; and servers carrying candles gather.
- Together they process to the altar (the musicians can begin the hymn as the cue for the procession to enter. Again, this can be simplified, and have *no music*):

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Server with incense  
Servers with candles  
Priest OR Deacon w/Blessed Sacrament in monstrance

### II. Exposition/Adoration

- At the altar, leader will set the monstrance on the altar.
- Server with incense will hold the censor out to the leader, who will put incense in the censor.
- Leader kneels and incenses the Blessed Sacrament.
- All will kneel for a period of adoration. Continue playing “O Salutaris” or other songs, alternating with periods of silence throughout adoration; or, there can be just silence.
- Leader can remain in place for adoration, or move to another place for as long as adoration continues.

### III. Procession with Blessed Sacrament (if desired)

- Toward the end of exposition, leader will go to the altar, genuflect, stand, put on the humeral veil, and pick up the Blessed Sacrament.
- Preceded by the servers with candles and censor, he will process through the community.
- End up this procession back at the altar for benediction, if doing benediction.
- Throughout procession, musicians play (of course, this can happen in silence.)

### IV. Benediction (only to be done by a clergy member—priest or deacon)

- Back at the altar, leader places the Blessed Sacrament on the altar, genuflects, and kneels.
- Musicians sing “Tantum Ergo.”
- Leader will place incense into the thurible and, kneeling, incense the Blessed Sacrament.
- After this, and after the “Tantum Ergo” is finished, Leader will rise:

**Fr. N or Deacon:**

**Let us pray.**

**Lord our God,  
in this great sacrament  
we come into the presence of Jesus Christ, your Son  
born of the Virgin Mary  
and crucified for our salvation.**

**May we who declare our faith in this fountain of love and mercy  
drink from it the water of everlasting life.**

**We ask this through Christ, our Lord. R: Amen.**

- **IF NO BENEDICTION:** the leader puts on the humeral veil, genuflects, incenses the Blessed Sacrament, and takes it back to the place of repose, preceded by incense and candles. Musicians may play a recessional, or this can happen in silence.
- **IF BENEDICTION:** After the prayer, Fr. N. or deacon, in humeral veil, goes to the Blessed Sacrament, genuflects, and takes the monstrance.
- Facing the people he makes the sign of the cross over them with the monstrance, in silence.
- The Blessed Sacrament is taken back to the chapel, preceded in procession by the server with the incense and the servers with the candles.
- Musicians may play a recessional. This can also happen in silence.