
EUCCHARISTIC ADORATION EXTENDS TO 9 PM EVERY FRIDAY BEGINNING SEPTEMBER 10 ~

The catechism of the Catholic Church tells the beautiful short story of St. John Vianney who was amazed that one of his parishioners would spend such long hours in front of Jesus in the Blessed Sacrament. He said to him, "What do you do in adoration?" The man simply responded, "I look at Him and He looks at me." You are invited to see Jesus' loving gaze.



Jesus waits for you!

**Eucharistic Adoration
is extended to 9 PM
every Friday.**

Beginning September 10

Beginning Friday, September 10, Adoration of the Blessed Sacrament will be extended until 9 PM every Friday!

WHAT IS IT?

If you are new to this beautiful devotion, Adoration of the Most Blessed Sacrament is a time we Catholics (or anyone with a prayerful heart) take to worship the true God in the person of Jesus Christ Who is really, truly present in the eucharistic host - Body, Blood, Soul and Divinity. Catholics usually make what is known as a holy hour to honor Jesus' heartfelt request to His closest disciples during His lonely agony in the garden, "Could you not spend one hour with me?" Even a few minutes or a half an hour is rejuvenating to one's soul.

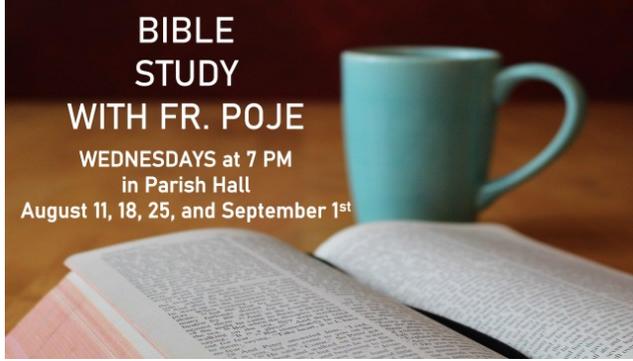
WHAT DO I DO?

- Don't worry about what to say, just bask in the presence of the Lord.
- Consider Jesus' divine mercy and ponder being in his healing presence.
- Are you thankful for anything? Thank Him specifically for each person or thing you are thankful for.
- Pray and Listen - Read scripture, say the Rosary, write in a prayer journal are a few suggestions; Listen to what Jesus is saying to you. He is truly present to you.

Condensed from an article by *Fr. John Paul Gardner*

TONIGHT IS THE LAST WEEK OF FR. POJE'S BIBLE STUDY!

Join us as Fr. Poje completes his presentation of the New Testament and the Epistles. When we spend time with the Sacred Scriptures, we ready ourselves to encounter our



loving God.

St Jude Catholic Church | 10526 166th Ave NE, Redmond, WA 98052

[Unsubscribe lisa@stjude-redmond.org](mailto:lisa@stjude-redmond.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by lisa@stjude-redmond.org in collaboration with



Try email marketing for free today!