

Can you not spare one hour?

Potentially, one of the most life-changing ministries at St. Sebastian's is Eucharistic Adoration.

Marga Bohm, who has guided the ministry and signed up those who are willing to accept Christ's urging to stay and pray with Him for just one hour (Matt 26:40) said it this way:

“Having Adoration is a great blessing to the parish. Anyone who stays and spends the time—whether it is in silence or prayer—(experiences) the presence of Jesus there with them, and will go away feeling refreshed and strengthened.”

The Exposition of the Blessed Sacrament, which began at St. Sebastian's in 1995, takes place on Tuesdays from 8:30 a.m. to 8:00 p.m.

It begins with the placement of the Sacred Host in a monstrance. Next comes the singing of *O Salutaris (O Saving Victim)*, the incensing of the Host and the hymn *Tantum Ergo (Falling Down in Adoration)*. Finally the priest blesses the congregation by making the Sign of the Cross over them with the monstrance.

At 7:00 p.m., there is Community Prayer and a closing with Benediction at 7:45.

The hours between the opening and closing are filled with people coming for an hour to adore, honor and worship the Lord.

However, the hours are not always well filled.

By church regulations, according to Marga, if the church is empty for any period of time during the exposition, then the pastor should be notified and the Host reposed.

To prevent this happening on a recurring basis and necessitating the termination of weekly adoration, people are asked to commit to coming each week at a certain time.

Due to unforeseen circumstances, there are times when—however sincerely made—commitments cannot be fulfilled. Because of this, the goal is to get eight to ten people to sign up for each hour.

The hours most in need are 10 a.m., 11 a.m. and Noon.

To sign up, there are commitment sheets both on the Communion rail by the Blessed Virgin's shrine at the front of the church and on the small table at the back of the church, behind the last pew.

Those who come for an hour—or those who stop for a short visit—are asked to sign their names on sheets that are in those same two places. This does not commit them to anything, merely attests to the fact that the Eucharist was not left alone during the hours of adoration.

Anyone who wishes further information can contact Marga at 330-867-7081 or margabohm@att.net.