

THE WATCHFUL HOUR



ADOREMUS

Lent is a time of preparation. We prepare ourselves for the celebration of Holy Week and Easter and the Resurrection of Our Lord Jesus Christ.

Lent is a time of penance, prayer and conversion when we open our hearts and minds to the presence of Jesus Christ who is always near to us. It is also a time of repentance when we really try through the disciplines of prayer, fasting and abstinence to turn away from sin and be faithful to the Gospel.

To help us during this Lenten Season there will be

EXPOSITION OF THE BLESSED SACRAMENT

in the church for times of adoration and quiet prayer.

From Monday to Friday:

In the mornings—7.00am to 9.15am

In the early evenings—5.00pm to 8.00pm ending with night prayer

Confessions—Friday evenings from 5.30pm to 7.15pm

*Do try and spend a little time with Jesus
and experience the love and joy He wants to bring into our lives*

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A TIME OF ADORATION AND THANKSGIVING

With the Real Presence of Jesus in the Blessed Sacrament.

He remains with us day and night in the tabernacle, because he loves us so much that he never wants to leave us. He says:

“I am with you always”

We are his treasure and Jesus is here in person with his Sacred Heart burning with infinite love for us in the Blessed Sacrament.

St John Vianney often pointed to the tabernacle and said:

“Jesus is really there, and if you knew how much he loves you, you would be the happiest person in the world”

Jesus wants us to know that an hour of Adoration is easy to do, because He is truly the easiest person in the world to meet and to love.

You can help yourself with a prayer book, read and meditate on a reading from the bible, or pray the Rosary—loving Jesus with the heart of Mary.

If you are tired just sit and rest in the peace that comes from Jesus.

Jesus, in the Blessed Sacrament, says to us

“Cast all your anxieties on God, for he cares about you”

During the Season of Lent, our time of preparation for the coming of Holy Week and Easter and the Resurrection of Jesus Christ, maybe consider spending a little with the Blessed Sacrament, the Real Presence of Jesus Christ. You will enjoy the peace and the love that Jesus brings.

Exposition: weekday from 7.00am to 9.15am & 5.00pm until 8.00pm

Confessions: Fridays from 5.30pm until 7.15pm

“I am your food for the journey of life”