

Eucharistic Exposition and Benediction

“Exposition of the holy Eucharist....is intended to acknowledge Christ’s marvelous presence in the sacrament. Exposition invites us to the spiritual union with him that culminates in sacramental communion. Thus it fosters very well the worship which is due to Christ in spirit and truth...This kind of exposition must clearly express the cult of the Blessed Sacrament in its relationship to the Mass. The plan of the exposition should carefully avoid anything which might somehow obscure the principal desire of Christ in instituting the Eucharist, namely, to be with us as food, medicine, and comfort” (*Holy Communion and Worship of the Eucharist outside of Mass*, #182)

Exposition—During this time, the priest or deacon removes the sacred host from the tabernacle and places Him in the Monstrance (see below) on the altar. Usually, *O Saving Victim* or another suitable song is sung during this time.

Adoration—Time spent before Our Lord; you may choose to pray (using any prayer), meditate using Scripture, read the life of a saint and pray with him or her, sing to Our Lord, or sit quietly and just “be” in the presence of God.

Benediction—Priest or deacon blesses the congregation. Eucharistic hymns, most often *O Salutaris Hostia* and *Tantum Ergo*, are traditionally sung.

Reposition—Priest or deacon replaces the Sacrament in the tabernacle; assembly may sing or say the Blessed be God acclamation.

Monstrance: Sacred vessel used for the exposition and adoration of the Blessed Sacrament

Luna: Glass enclosure that holds the Blessed Sacrament in the monstrance

Cope: Ornate, cloak-like vestment worn over a white alb and a stole by clergy at Benediction and processions.

Humeral Veil: Scarf-like liturgical garment about eight or nine feet long and two or three feet wide, worn over the shoulders. The minister covers his hands, with the ends of the veil so that it, not his hands, touches the monstrance at Benediction or during procession of the Blessed Sacrament.

