

Dear Parishioners,

Adoration refers to the act of worship of the True Presence of our Lord in the Eucharist, outside of Mass. This is where the Eucharist is exposed in a glass circular disc called a “Luna” where the faithful come and sit quietly to pray. The short service to begin Adoration is called “Exposition.” The service that ends Adoration is called “Benediction.”

The rule during Adoration is that when the Eucharist is exposed, it should never be left alone. It can be difficult to get volunteers throughout the day to sit continuously with the Eucharist. To meet the expectation of keeping the Holy Presence company and still offering the True Presence in prayer, a concept has been developed known as “Simple Exposition.”

“Simple Exposition” is when the Eucharist is exposed in a special Tabernacle, and the laity can open a shutter on the Tabernacle door for Exposition (without accessing the Tabernacle) and close the shutter when they leave. This is an important concept since the church teaches that only a priest or deacon can facilitate Adoration itself, but adorers can enjoy Simple Exposition if the Eucharist can be exposed without the need for Adoration by the clergy. In short, this means that if a church has a Tabernacle that has an Exposition Luna in it, the laity can have Adoration any time the chapel is opened.

How does this affect us? With this intention in mind, we have modified our Chapel’s Tabernacle by inserting a Luna holder in the door of the tabernacle. This now means that at our St. Matthew Chapel, one can go to adore Christ in the Eucharist at any time of the day or night, *whenever they want*.

Why is this so important? Because there are many consoling spiritual graces attached to the veneration of the Eucharist that we need, and many people cannot come or feel comfortable coming during the main hours when the church is open. This allows us the comfort that Jesus is present to us at *any time we need Him* in the Eucharist. All one needs to do is enter the Chapel by an access code (which we will give you on request), walk up to the Tabernacle and open the shutter.

For access, please email us at Chapel@StMatthewNorwalk.org and provide your name and contact info. You will be sent the code to unlock the Chapel door on the left, using the key pad. I hope many of you will find this Exposition of the Eucharist helpful in your spiritual growth and healing in times of need.

Yours in Christ,

Fr. Jeff Couture, Pastor