

Let's get started

Eucharistic Adoration for kids



Eucharistic Adoration for kids - Where do we start?

What is Eucharistic Adoration?

Adoration before the Blessed Sacrament is a quiet time of prayer and worship before the consecrated host. During Adoration, the host is placed in a special vessel called a monstrance for all to see, and believers spend time in gentle prayer. Our Catholic faith teaches us that the Eucharist is the *real presence* of Christ Jesus, so spending time in Adoration *is* spending time with Jesus - what a wonderful place to be!



Why engage kids in Eucharistic Adoration?

While the practice of Adoration before the Blessed Sacrament had lessened somewhat in past decades, it is once again gaining popularity particularly among young Catholics.

In the business and noise of life, Adoration can provide children (and their parents) with an opportunity for stillness, for peace and encounter with Jesus. By scaffolding the experience in simple ways, children's regular participation in Eucharistic Adoration can nurture not only their spiritual life but their physical, mental and emotional health as well.

Long before they receive First Holy Communion, Adoration can nurture their love for the Eucharist and enable them to participate in an experience of prayer alongside their parents.

Finally, our great history of child saints reminds us of the incredible capacity children have to encounter, to love and to follow Jesus. Adoration draws children into the mystery of God in a way that honours this capacity and enables us adults to get 'out of the way' so that Jesus can speak to their hearts and minds.

Simple Steps to Make It a Reality:

1. **Start with a Conversation:** Meet with the parish priest and leadership to share the vision and benefits, and an initial discussion on timing - how long, when, will this be offered regularly or once off during a particular feast or season?
2. **Identify and gather a Team:** Begin with 2–3 volunteers who are passionate about seeing this come to fruition.
3. **Onboard your volunteers** (if not already): Liaise with your parish office so that your volunteers can begin the process of registering and completing the requirements to be an Archdiocesan volunteer as soon as possible. The Parish office will:
 - a. guide each individual on the correct pathway for onboarding in accordance with the Volunteer Compliance Matrix
 - b. ensure each individual is linked with the appropriate parish and role.
 - c. manage the onboarding process and track each volunteer progress. The Parish Safeguarding Officer then provides ongoing support to ensure safeguarding requirements are maintained.
 - d. Once the parish has confirmed the role, direct your volunteers to register via the Welcome Portal: <https://welcome.brisbanecatholic.org.au/> Volunteers will need to select the correct parish and role when completing their registration.
4. **Meet as a team** to develop a plan. If possible, your parish priest or deacon or acolyte will be a part of the team.
 - a. Arrange the method of communication for the team.
 - b. Decide on the timing for your Eucharistic Adoration - how long, when, will this be offered regularly or once off during a particular feast or season?
 - c. Decide how you will organise your responsibilities as a team, who will lead, welcome etc?
5. **Consider the space in the Church** for Adoration to be held.
 - a. If your hope is for young families to participate consider the following:
 - i. Cushions on the floor for parents to sit with babies and toddlers.
 - ii. Simple faith focused soft toys and books.
 - iii. Child-friendly toilets, change table.
 - b. If your focus is on children aged 5-12 consider the following:
 - i. Cushions on the floor.
 - ii. Colouring pages or letter writing materials.
 - iii. Take home items or community 'art' materials that can contribute to the sacred space.
6. Secure a small **budget** for resources.
7. Create a **Parish Activity Plan** (or Risk Assessment) to help prepare for practical considerations such as supervision, car parking, road access, bathrooms etc (your parish will have templates commonly used within your parish).
 - a. Note: If 5-12 year old children are attending without a parent, you will need to arrange parent permission forms.
8. **Promote** on your parish's social media and school platforms as well as the parish newsletter. Sometimes it takes many invitations so don't give up! Consider

collaborating with your parish school. This can be a wonderful way to foster positive relationships between parish and school and nurturing a sense of belonging for families in the wider parish community. For example, you might schedule your time of Adoration from 2pm to 4pm on a school day and invite participation before or after pick up time.

9. **Facilitate Eucharistic Adoration** (see next page for suggested flow).
10. **Reflect:** Make time to reflect as a team afterwards and gather feedback from families.
11. **Celebrate:** Share stories and photos in the parish bulletin or on social media. This builds momentum and encourages others to get involved.

Don't forget to invite children and parents to other initiatives the parish may be providing such as:

- Children's Liturgy of the Word
- Monthly family mass
- Primary-aged youth group
- An Encounter Catholic Kids (ECK) fun day or holiday program
<https://www.encountercatholickids.com.au>

We're here to help!

Children and Families Team, Archdiocesan Ministries

Website: childrenandfamilies@bne.catholic.net.au

Follow us on Instagram: @encounter_catholic_kids

Join our Network on Facebook: Catholic Children and Families Network

Eucharistic Adoration for Kids

PREPARATION

Always liaise with your parish priest or deacon about why and when you want to make Adoration available and discuss any considerations specific to your parish circumstances.

You will need:

- Altar
- Consecrated host
- Monstrance
- Corporeal
- Candles
- Matches/lighter
- Optional
 - soft furnishings such as cushions
 - faith based board books and soft toys for babies/toddlers
 - colouring/writing materials for children/parents

OPTIONS:

The Church may be prepared and made available so that families may 'drop-in' at a time of their choosing. If this is the case, simply prepare the space and have a team members present to adore, to monitor and to support families. In this case:

- The space will have the Blessed Sacrament already exposed and the children and families will enter.
- As they enter, encourage everyone to put on a reverent disposition, to move gently, to genuflect.
- Guide them as they find a place to kneel or sit.
- Encourage them in a time of quiet prayer and then to voice any prayers they have.
- As they leave, encourage them to genuflect.

Alternatively, a specific time may be set aside when a group of children are welcomed into the space together and are led in a time of Eucharistic Adoration with the support of a priest, deacon or acolyte and children's ministry leaders and/or parents. You may want to have them prepare something to bring with them such as a picture or letter to Jesus that can be placed before the altar. Alternatively, you may invite the children to write their own prayer during their time of Adoration.

- Invite children into the Church that has been prepared ahead of time: gentle music is playing, the altar is prepared with an opened corporal and candles on the altar.

- Once the children are seated and settled, give the children a rundown of what to expect during the order of Eucharistic Adoration such as what song we will sing, how long we will be quiet, when to kneel etc. As a leader, assure the children that they can follow your example.
- Let them know that this is an ancient way Catholics have prayer for many years. The story of St John Vianney and the farmer may be helpful to illustrate how to approach this time of Adoration: *A priest, noticed a poor farmer who regularly spent long periods of time in the church, just looking at the tabernacle where the Blessed Sacrament was kept. Out of curiosity, the priest asked the farmer what he did during those quiet times. The farmer's answer was simple but very special, "I look at Him, and He looks at me".*
- Follow the Order for worship of the Eucharist outside of Mass:

GATHER - Everyone gathers.

EXPOSITION - The priest, deacon, instituted acolyte or approved extraordinary minister exposes the Holy Eucharist in the monstrance (which is on the open corporal on the altar). At this time everyone kneels.

ADORATION - Then there is a time of Adoration when people pray and spend time in Jesus' presence (the length of time is determined by the age and capacity of the children or young people).

BENEDICTION - Then there is a time of Benediction when songs and prayers are prayed. If a priest or deacon is presiding, he may pray a prayer of blessing over those gathered.

REPOSITION - Finally, the Blessed Sacrament is replaced in the tabernacle. A song of praise is usually sung at this time.

REFLECTION - After the children or young people have experienced the time of Eucharistic Adoration, give them a chance to talk about what they might have experienced. You might ask them to share any thoughts, feelings, words, or memories that came to them during their time. This may alternatively be a time to invite them to write or draw.

Example

The children prepare by writing their own prayer

Quiet music is playing and everyone enters and kneels

The Blessed Sacrament is exposed

Everyone prays quietly for a few minutes

The quiet music is replaced with a song

During the song, the children can place their letter before the altar

The priest prays a blessing for the children

The Blessed Sacrament is replaced in the tabernacle

There is a joyful song to finish