

## 24 Hour Adoration (Exposition) of the Blessed Sacrament



6pm Fri Oct 11<sup>th</sup> to 6pm Sat Oct 12<sup>th</sup> 2019

**“God is speaking to you. Can you hear him?”**

### What is 24hr adoration?

A time we “watch and wait”. We remain silent in the presence of Christ and open ourselves to His Graces. By worshipping the Eucharistic Jesus we become what God wants us to be! In its fullest essence Eucharistic Adoration is “God and His people reaching out for each other at the same time”

This 24hr period will include time for both quiet prayer and group prayer. Theme/texts will be available for reflection. Most hours we expect there to be a period of readings/singing or other activities to last around 5 minutes.

You are invited to come and spend time with the Lord. **Allow The Lord to guide and lead you.**

Please either add your name to the rota at the back of the church (available in Sept) or phone or email the parish office giving your name and indicating the time you will be coming: [parishoffice@stthomaswoodford.org](mailto:parishoffice@stthomaswoodford.org). Even if you do not sign up to a particular time, please come anyway and spend some time with Our Lord.

[St Thomas of Canterbury, Woodford Green, Liturgy Committee]