

# Apostolate of Eucharistic Adoration



## Children Of the Eucharist

### CHILDREN'S ADORATION

"Gather the children of the world before the tabernacles of the world, for the families of the world"

"I urge priests, religious and laypeople to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic Adoration and devotion" *Pope John Paul II*

We are pleased to announce that a new initiative, Children's Adoration has been launched by members of our Apostolate in Ireland. This is sure to increase in children a deeper love for Jesus in the Holy Eucharist.

In a world where children are bombarded with all sorts of harmful images and messages, it is often difficult for them to recognise God's presence and to discover His infinite love for them.

"Without Adoration there is no transformation of the world" *Pope Benedict XVI*

When children become friends with Jesus, by spending time with Him, they become living signs of faith in Jesus' Real Presence in the Eucharist.

"How will young people be able to know the Lord if they are not introduced to the mystery of His presence"? *Pope John Paul II*

"Let the children come to Me and do not hinder them; for to such belong the Kingdom of Heaven" *Mt 19:14*

"The zeal to carry evangelisation to the ends of the earth comes from contemplation and adoration of the Lord Jesus" *Pope Francis*

When the angel appeared in Fatima in 1916 to the three little children, Lucia, Francisco, and Jacinta, he taught the children to adore. The angel knelt down until his forehead touched the ground, and said, "My God I believe, I adore, I hope, and I love you. I ask pardon for those who do not believe, do not adore, do not hope, and do not love you" He told the children to pray this way.

Let us respond to our Divine Lord's wishes and

bring children to Eucharistic Adoration, helping them to be formed at the feet of Jesus.

### THE BENEFITS ARE NUMEROUS BOTH TO CHILDREN AND THEIR FAMILIES.



1. Children, who have had only the weekly experience of Mass, discover that the Sacred Host is actually the person of Jesus, mysteriously hidden.
2. They have a deeper desire to pray.
3. They are more attentive at Mass.
4. They develop a strong faith in the real presence of Jesus in the Blessed Sacrament.
5. What we learn as children will remain with us and help us to stay close to Jesus.
6. Hopefully, in their teenage years, these same children will find in Jesus a best friend, giving them strength, light and inspiration.
7. Many become aware of sin and seem more eager to receive the Sacrament of Confession more frequently.
8. Even for children who have not yet received their First Holy Communion, Eucharistic Adoration is a great way to help them receive Jesus in their heart through spiritual communion and afterwards, will increase in them the desire for frequent Holy Communion.
9. Families accompanying their children to Adoration witness a growing desire for peace and forgiveness within the family.
10. When children become real friends with Jesus, by spending time with Him, they become living signs of faith in Jesus' Real

Presence in the Eucharist, especially for those who doubt.

**11.** Children going to Adoration are wonderful signs of hope for those who despair in finding God on Earth.

**Children's Adoration, and the materials associated with it, will help and inspire people to better understand the command of Jesus to, "Let the children come to Me....".**

The DVDs, and other children's Adoration resources, will help all who are interested in implementing children's Eucharistic Adoration in schools and parishes to do this in a prayerful, reverent and sensitive way.

**It is important that those who plan children's Adoration are familiar with and use our tried and tested format to ensure a fruitful outcome.**

The introductory meeting with the children in their classroom, or in the Parish setting, is very important. There is no Adoration involved in this first session.

One can mix and match some ideas from the programme to fit the age group one is bringing to Adoration. The amount of time spent in silence will vary according to the ages of the children attending.

The priest, or a person designated by the priest, will expose the Blessed Sacrament, for it is better children to be at the foot of the altar with a clear view of the Blessed Sacrament.

The Leader will begin with a few opening words to bring the children's hearts and minds to Jesus. Jesus is here with us in the monstrance, in the Blessed Sacrament. The leader talks about how Jesus is truly present in the Host, our Hidden God. Talk about how much Jesus loves us and wants to be loved by us. He waits for us day and night in this little Host. He really longs to hear us. He waits for us to come and keep Him company. We adore Him because He is God.

A short reflection, singing, some quotes from scripture, a short period of silence, as the children tell Jesus quietly in their hearts what they would like to share with Him, are all part of the format. Petitions from the children themselves are another important element too. It is important that an atmosphere of prayer, joy, quietness and reverence prevails during the whole period even as the children exit the church.

### ***Aim:***

This programme is an added aid to the existing Primary School Religious Programme for First Holy Communion classes, and indeed other Primary School classes. It complements the Religious Programme on the Eucharist. It makes the Mass, and the reception of Holy Communion, much more meaningful.

Training is provided for teachers, parents or other people who wish to implement this programme of Adoration for children in their schools or parishes.

Safeguarding Children Policy of our Apostolate of Adoration applies at all times and while in schools, the Safeguarding Children's Policy of the school being visited obtains. This also applies to Parishes being visited.

*If you wish to find out more about this programme, (The full format) and if you wish to talk to us about the possibility of setting up this programme in your school or parish please contact:*

**Antoinette Moynihan 086 3825069**  
**National Apostolate of Adoration,**  
**Suite 5/6, Fairgreen, Navan, Co. Meath.**  
**01 6625899/0872478519**  
**E: [info@eucharisticadoration.ie](mailto:info@eucharisticadoration.ie)**

## **Frequently Asked Questions**

### ***Why is it important for children to engage in Eucharistic Adoration?***

Jesus said "Let the children come to me...." Let us obey Him and bring the children to Him. Pope John Paul II said, "I urge priests, religious and lay people to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic Adoration and devotion. How will young people be able to know the Lord if they are not introduced to the mystery of His Presence?"

The gradual familiarity with the Lord will help young people to be involved and to take a more active part in the Mass

For young boys, to be near the altar is a privileged opportunity to hear God's call to follow Him more radically in priestly ministry. Our Holy Father continues to stress this importance today.

What we learn as children will remain with us and help us to stay close to Jesus. Before children have received their first Holy Communion, Eucharistic Adoration is a great way for them to receive Jesus in their hearts through spiritual communion.

Afterwards, it helps increase in them a great desire for more frequent Communion. During their teen years one would hope, these same children will find in Jesus a best friend, one who never lets them down, filling them with strength, light and inspiration.

They may also be more disposed to hear and follow their vocation in life.

### *What benefits have people noticed from children spending time with our Eucharistic Lord?*

The children have a great excitement about been part of this kind of prayer. They really enjoy being at the feet of Jesus, resting and relaxing under the loving gaze of One who is no longer hidden in the tabernacle. They experience peace of mind, body and spirit.

They have a deeper desire to pray, are more attentive at Mass and have a strong faith in the *Real Presence* of Jesus in the Blessed Sacrament.

They discover that the Sacred Host is actually the person of Jesus, mysteriously hidden.

### *How do you help children with Adoration, and, to get the most out of the experience?*

None of us will ever fully understand this mystery. What we do with the children is to remind them of the love that Jesus has for them, and for all of us.

On the night before He died, over 2000 years ago, driven by love and a desire for us not to forget, He chose this way, the Eucharist, to remain close to us in a more visible way. He chose this out of His infinite and merciful love for us.

Once the children realise they are spending time with Jesus, they are thrilled to come to Adoration. It is their time with Him.



Parents are usually the ones who worry about their children being bored. After attending a children's Adoration, they are amazed at how quickly the time goes and how much the children enjoy the experience.

Far from being bored, children begin to feel that love that Jesus has for them. They come to understand they are important to Him and that their prayers are heard and answered.

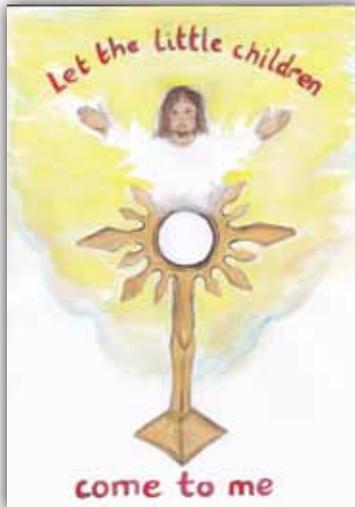
They even have a feeling that they experience Jesus talking to them in their hearts.

To keep the children focussed, we developed a simple format, leading the children through prayer, scripture, silence, reflection and songs. The format is only an aid, as the Holy Spirit is the true guide for the Leader.

We are trying to teach them to live in a spirit of Adoration all through their day, as Mary did.

### *What has the response been to this initiative?*

The team began working together in September 2012 under the umbrella of the Apostolate of Perpetual Eucharistic Adoration. We started with four pilot primary schools in the Meath diocese. With our own resources, and with the help of materials from the Children of Hope; the Apostolate of Adoration, put together a simple, effective and engaging programme that was easy for everyone. A basic kit was organised to assist teachers, parents or others seeking to be involved in this Adoration for Children Programme in their own schools or parishes.



This programme called '*Children Of the Eucharist*' is spreading to many dioceses.

Let us hope that God is making use of us as instruments to educate a whole generation of children, not only to believe in the Real Presence of Jesus in the Blessed Sacrament, but also to adore Him and to give Him thanks..

There is no doubt that this is one of the many graces flowing from IEC 2012 and from our own commitment to weekly Adoration of the Blessed Sacrament.

***What can Schools, Parishes and Parents do to encourage and develop Children's Adoration?***

Contact Antoinette Moynihan, Coordinator of *Children Of the Eucharist*.

**It is vital that the correct format is used and that the programme is rolled out as has been done in many schools and parish centres to date.**

For schools it is found to be better and much more fruitful to have just one class at a time for Adoration.

Children's Adoration in a Parish (outside of school time) seems to work best on Saturday mornings.

Parents, first and foremost, are encouraged to bring their children to Mass every week and to speak to their children about the importance of attending Mass. As parents enter the church for Mass with their children, it is an opportunity explain why people genuflect before the tabernacle. This is another way of adoring Jesus and showing that we believe that He is truly present in the Blessed Sacrament in the tabernacle.

Explain why the red light (sanctuary lamp) is alight near the altar.... indicating that Jesus is really present in the Sacred Hosts that are within the tabernacle.

***Here are just some of the things that we recommend to encourage the children.***

**1.** Relevant scripture quotations or stories from the Gospels.

The story of Fatima is important: An angel appeared to the three little shepherd children: Lucia, Francisco, and Jacinta in Fatima.....

**2.** A simple, short reflection on or associated

with the Eucharist is always part of our programme. This material will be available when the training programme is done with you.

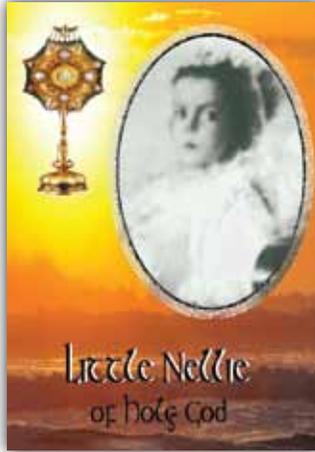
**3.** The children's own petitions must be part of the programme.

**4.** Children love stories such as 'Little Nellie of Holy God'

**5.** Music, using simple hymns and music that children know, is very important.

"Today bring to Me the meek and humble souls and the souls of little children, and immerse them in my mercy. These souls most closely resemble my heart" St. Faustina's Diary

The children who are exposed to Adoration today are being brought in this way. They are the angels keeping vigil at His altars. May Jesus live in their hearts, forever!



"The zeal required to carry evangelisation to the ends of the earth, comes from contemplation and adoration of the Lord Jesus" *Pope Francis*.

**Stick to the tried and tested structure of the programme to ensure that the outcome is fruitful and successful.**

Everything we do in this programme must be done with the permission and blessing of the priest, the principal of the school and the teachers concerned.



**Antoinette Moynihan**  
Coordinator for  
Children's Adoration Nationally



**Contact:**

**Email:** moynihan.antoINETTE@gmail.com  
or info@eucharisticadoration.ie

**Phone:** 086 3825069 / 087 2478519  
**Website:** www.eucharisticadoration.ie

National Apostolate of Adoration  
Suite 5/6, St. Anne's Centre, Fairgreen,  
Navan, Co. Meath.