

EUCCHARISTIC ADORATION: A MESSAGE FROM ARCHBISHOP JOHN WILSON

The theme of Jubilee 2025 is “pilgrims of hope”, with Pope Francis calling on the world to “fan the flame of hope that has been given us”. In a recorded message for the Archdiocese, Archbishop John Wilson explained the Lord Jesus “is the reason for the hope within us” and called on us all to become Eucharistic disciples this year by finding hope in Eucharistic adoration.

The Archbishop of Southwark explained that “it is by understanding that the Lord Jesus is present in the Eucharist, that we can begin to understand why worship before the Blessed Sacrament provides such fulfilment”.

He has therefore urged people to make spending time in Eucharistic adoration to find the hope Christ offers a priority for 2025.

What is Eucharistic adoration?

Eucharistic adoration is an act of worshiping and adoring the Lord Jesus, who is truly present in the Eucharist, before a Tabernacle or Monstrance. The Catechism of the Catholic Church states that “because Christ Himself is present in the sacrament of the altar, He is to be honoured with the worship of adoration”.

Pope Paul VI said people should not “forget about paying a visit” to the Blessed Sacrament, because this is a “very special place of honour” and “proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord”. Stressing the importance of Eucharistic adoration, Pope Francis said: “Only in adoration, only before the Lord can the taste and passion for evangelisation be recovered”.

Importance of the Eucharist

In his message, Archbishop John explains the importance of the Eucharist: “The Eucharist is the source and summit of Christian life. It is the most precious gift the Catholic Church possesses, because within the Eucharist is Christ Himself”.

It is crucial to remember the “beautiful truth that the Lord Jesus is here” with us in the Eucharist, the Archbishop said. This truth, the Archbishop added, is why “we need to become before the Tabernacle and the Monstrance and worship the Lord Jesus”.

Story of Martha and Mary

Archbishop John said “Scripture is the light that guides our path” and it is in Scripture that we can see the Lord Jesus wills people to take part in Eucharistic adoration.

To explain this point, the Archbishop draws on the Gospel of Luke (10:38-42) and the story of Martha and Mary. He said:

“In the Gospel of Luke, we hear the story of Martha and Mary. Jesus was visiting Martha, who kindly welcomed him into her home. Martha busied herself with preparations, serving and welcoming her guest, after all who wouldn’t want to make sure the Son of God was properly cared for.

“But as she was working hard, her sister Mary sat at the Lord’s feet. Silently, patiently listening to his teaching. Martha was shocked and turned to the Lord imploring him to tell Mary to help her.

“As ever, the reply Martha received from the Lord was not the one she expected. The Lord Jesus answered her and said: “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her”.

“Now, the Lord wasn’t being ungrateful here or underplaying Martha’s hospitality. He was making a point to Martha – to all of us – about the importance of spending time in His presence and just being with Him.”

This story, Archbishop John said, shows “what Eucharistic adoration offers. A chance to be with the Lord and hear Him. Adoration is a chance to move away from the busyness of life, the distractions, the preparations and just truly be present with the Lord. Who is present there with us. This is what He wills, this is what He never wants taken away from us”.

Holy Hour

Elsewhere in Scripture, Archbishop John highlighted the Gospel of Matthew (26:40-45) when Jesus, in Gethsemane, asked to the disciples to “remain here, watch with me” but the Lord found them sleeping. The Lord Jesus said to Peter “So, could you not watch with me one hour?”

Archbishop John explains it is this story where we received inspiration for the “Holy Hour” as a form of Eucharistic adoration. This, the Archbishop said, “is because the Lord willed the disciples – and wills us now – to spend time with

him. To watch him. To be with him. The Lord Jesus was speaking to us all when he said, “could you not watch with me one hour”.

Call to action

Concluding his message, Archbishop John Wilson said “we are all Eucharistic disciples and we must all constantly return to Eucharistic adoration. This means reorienting our lives as disciples toward Christ, living for Him and befriending Him in the Blessed Sacrament”.

His challenge, the Archbishop said, to us all and to himself is:

“to turn to the Lord Jesus in Eucharistic adoration. As your heart yearns for the Lord, let it be filled with His love and hope, by entering the presence of Christ who is there with us in Monstrance and in the Tabernacle”.

This document is available on our diocesan website, together with a video of Archbishop John Wilson discussing Eucharistic Adoration, and a link to a directory detailing the times of Adoration in churches throughout the diocese.

The website address is:

<https://rcaos.org.uk/hopeinadoration>