

Parishes offering more opportunities for Eucharistic adoration

By NATASHA MAZEROLLE
Correspondent

SAINT JOHN — Parishes in all regions of the Diocese of Saint John — Fredericton, Miramichi and Saint John — have responded to Bishop Christian Riesbeck, CC's request to offer at least one hour of adoration each week.

During his homily for the Feast of the Transfiguration, August 6, 2020, Bishop Riesbeck said that, "one of the best mountain top transfiguration experiences can occur in current prayer, especially before the Blessed Sacrament and the tabernacle in adoration. God gives us glimpses of his glory to remind us that even now he's alive." It is a privilege to spend time with the true presence of the Lord in the Blessed Sacrament, and by the generous response of pastors and lay faithful this devotion is now available in all regions nearly every day of the week.

Seminarian David Rioux, who said that Our Lady of Good Counsel Parish in Saint John increased their offering of adoration from



SAINT JOHN — Bishop Christian Riesbeck, CC of the Diocese of Saint John preaches at the Cathedral of the Immaculate Conception in Saint John. (Natasha Mazerolle photo)

monthly to weekly, prepared a bulletin announcement about adoration for those parishioners who might not be familiar with this devotion. "In the Holy Hour of Adoration with Benediction, we are united with Christ's presence in a special way. Christ himself blesses

us through his risen body," he said. "The host is exposed for our adoration in presence and prayer.

Life Teen — a ministry of the National Evangelization Team, or NET — offers a beginner's guide to adoration on their website, www.lifeteen.com/blog/a-beginners-guide-to-adoration/. In it they suggest five ways for beginners to be successful in adoration: be patient, bring scripture, pray the rosary, listen to praise and worship music, and be okay with silence. "Go to adoration, even if it's just for 5 minutes," Caitlin Sica writes. "Jesus desires to be with you, to have you gaze upon him, as he so lovingly gazes upon you."

Mother Teresa (St. Teresa of Calcutta) had a deep devotion to Eucharistic adoration and insisted on daily holy hours for her Missionary of Charity Sisters to sustain their missionary outreach. "Unless we have Jesus, we cannot give him; that is why we need the Eucharist," she said. "Spend as much time as possible in front of the Blessed Sacrament and he will fill you with His strength and his power."

In the season of Lent when many people adopt new prayer practices, adoration is the perfect way to slow down and grow in intimacy with the Lord. Bishop Riesbeck says that Jesus reveals himself to us "especially the Eucharist, as he shares his own body and blood with us, and he is present to us manifesting his glory in the midst of our trials."

Adoration of the Blessed Sacrament is currently being offered in many parishes throughout the diocese. Contact individual parishes for details.

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Diocese anticipates move to yellow

By NATASHA MAZEROLLE
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SAINT JOHN — Bishop Christian Riesbeck, CC, bishop of the Diocese of Saint John, had some exciting news for parishioners at the Cathedral of the Immaculate Conception (Immaculate Conception Parish) in Saint John following his mass this past Sunday.

"You've probably heard, those of you who are New Brunswick faithful that we only have a handful of active COVID-19 cases in the whole diocese, so things are opening up a little bit more," Bishop Riesbeck told those assembled, as well as faithful viewing via livestream. "The government has announced that we'll be moving to the yellow phase as of midnight on March 7."

The announcement was made via press release from the Office of the Premier of New Brunswick on Friday, February 26. It stressed that the move to yellow level is dependent upon cases continuing to decline and outlined several changes to the previous yellow level guidelines, including an increase to 15 personal contacts (steady 15), and indoor gatherings to 50% capacity with physical distancing. (The complete list of yellow level guidelines is available at <https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/recovery.html#yellow>).

"As of March 8, we'll be able to open up our churches to 50% capacity for all our regions — Miramichi, Fredericton and Saint John, so that's good news," Bishop Riesbeck said. After more than a month in either the orange or red levels (with caps of 50 and 10 parishioners respectively), this is welcomed news for the faithful of the Diocese of Saint John.

Under yellow level guidelines faith venues can continue to be open as long as two metre of distance is maintained between people outside of their household or Steady 15 at a maximum of 50% of the venue, and everyone is wearing a mask. Parishioners will also be permitted to sing — a practice that was not allowed in the orange or red levels — so long as masks are worn, and two metres of distance are in place. With the solemnity of Easter approaching this is indeed joyous news, as it will allow faithful to enter more deeply into these important masses.

"More guidelines will be issued in the coming days in our diocese to help us implement the next phase," Bishop Riesbeck said. For the latest diocesan protocols visit www.dioceseofsaintjohn.org.

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