

Guidelines

RITE OF EUCHARISTIC EXPOSITION AND BENEDICTION

Exposition of the Holy Eucharist, either in a ciborium or in a monstrance, leads us to acknowledge Christ's marvelous presence in the sacrament and invites us to the spiritual union with him that culminates in sacramental communion. In such exposition care must therefore be taken that everything brings out the meaning of eucharistic worship in correlation with the Mass. (*Holy Communion and Worship of the Eucharist Outside Mass*, no. 82)

PREPARATION

I. For exposition of the Blessed Sacrament with a monstrance the following are to be prepared:

- A. a monstrance
- B. an altar cloth
- C. four or six candles
- D. censer and incense boat
- E. humeral veil
- F. chair and kneeler
- G. vesture for a presbyter or deacon: alb and stole (cope, optional)
- H. vesture for other ministers: albs, or approved vesture
- I. *Holy Communion and Worship of the Eucharist Outside Mass*

II. For exposition of the Blessed Sacrament with the ciborium the following are to be prepared:

- A. an altar cloth
- B. at least two candles
- C. censer and incense boat, if incense will be used
- D. humeral veil
- E. chair and kneeler
- F. vesture for a presbyter or deacon: alb and stole (cope, optional)
- G. vesture for other ministers: albs, or other approved vesture
- H. *Holy Communion and Worship of the Eucharist Outside Mass*

MINISTER OF EXPOSITION

The ordinary minister for exposition of the Eucharist is a priest or deacon. In the absence of a priest or deacon, a special minister of Communion or another person appointed by the pastor may publicly expose the Eucharist for the adoration of the faithful and later repose it. Such ministers may open the tabernacle and either place the ciborium on the altar or place the Host in the monstrance. At the end of the period of adoration, they replace the Blessed Sacrament in the tabernacle. It is not lawful for them to give the blessing with the sacrament, nor do they incense it.

EXPOSITION

I. Exposition following Mass

In the case of more solemn and lengthy exposition, the Host should be consecrated in the Mass which immediately precedes the exposition and after Communion should be placed in the monstrance upon the altar. The Mass ends with the prayer after Communion and the concluding rites are omitted. Before the priest leaves, he incenses the Blessed Sacrament. The censer bearer, holding the incense boat, goes to him. The priest puts incense into the censer. Kneeling before the Blessed Sacrament, he takes the censer and incenses the Blessed Sacrament. After a period of silent prayer, the priest rises, genuflects and departs. Genuflection in the presence of the Blessed Sacrament exposed for public adoration is on one knee.

II. Exposition outside of Mass

After the people have assembled, a song may be sung while the presider comes to the altar. The presider or another ordained minister puts on a humeral veil and brings the Blessed Sacrament from the place of reservation. He may be accompanied by altar servers or the faithful with lighted candles. The ciborium or monstrance is placed on the table of the altar which is covered with a cloth. (When the altar of exposition is also the place of eucharistic reservation, the minister opens the tabernacle and genuflects before removing the Blessed Sacrament.) For exposition in the monstrance, incense is used. For exposition in the ciborium, incense may be used. When incense is used, the censer bearer, holding the incense boat, goes to the presider. The presider puts incense into the censer. Kneeling before the Blessed Sacrament, he takes the censer and incenses the Blessed Sacrament. After a period of silent prayer, he rises, genuflects and departs.

ADORATION

During the exposition there should be prayers, songs and readings to direct the attention of the faithful to the worship of Christ the Lord. To encourage a prayerful spirit, there should be readings from Sacred Scripture with a homily or brief exhortations to develop a better understanding of the eucharistic mystery. It is also desirable for the people to respond to the word of God by singing and to spend some periods of time in sacred silence.

BENEDICTION

Toward the end of the exposition the presider goes to the altar, genuflects and kneels. Then a hymn or other eucharistic song is sung. Meanwhile the presider places incense into the censer and while kneeling, incenses the Blessed Sacrament. Then the presider rises and sings or says one of the required prayers (Cf. attached page). After the prayer the presider puts on the humeral veil, goes to the Blessed Sacrament, genuflects, and takes the monstrance or ciborium with both hands covered by the veil. Facing the people he makes the sign of the cross over them with the monstrance or ciborium, in silence.

REPOSITION (the return of the Blessed Sacrament to the tabernacle)

After the blessing, the presider may replace the Blessed Sacrament in the tabernacle, genuflect and remove the humeral veil; or he may place the monstrance or ciborium back on the altar, genuflect and remove the humeral veil either to have another minister replace the Blessed Sacrament in the tabernacle or to pray the Divine Praises (optional) after which the presider himself or another minister replaces the Blessed Sacrament in the tabernacle. The people may sing a concluding song as the presider leaves.

PRAYERS FOR BENEDICTION

After he incenses the Blessed Sacrament, the presider rises and sings or says one of the following or other prayers given in *Holy Communion and Worship of the Eucharist Outside Mass*.

Let us Pray.

**Lord Jesus Christ,
you gave us the Eucharist
as the memorial of your suffering and death.
May our worship of this sacrament of your body and blood
help us to experience the salvation you won for us
and the peace of the kingdom
where you live with the Father and the Holy Spirit,
one God, for ever and ever.**

or

**Lord our God,
in this great sacrament
we come into the presence of Jesus Christ, your Son
born of the Virgin Mary
and crucified for our salvation.
May we who declare our faith in this fountain of love and mercy
drink from it the water of everlasting life.
We ask this through Christ our Lord.**

All respond: **Amen**