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NAME: _____

BIENVENIDO

Queridos Amigos,

¿Alguna vez has deseado poder estar allí, hace dos mil años? ¡Cómo habría sido vivir en Israel cuando Jesucristo estaba vivo! ¡Qué increíble hubiera sido estar en Belén cuando nació, o en Galilea cuando enseñó a las multitudes, o en Jerusalén después de que resucitó de entre los muertos!

Pero para aquellos que vivían cuando nuestro Señor caminó por la tierra, el tiempo de Cristo era un tiempo ordinario. Jesús caminó entre ellos donde vivían, donde trabajaban, donde jugaban. Estuvo presente en medio de sus vidas cotidianas. Y ahí es donde él hizo milagros.

Mira a tu alrededor. No estás en un enorme centro de conferencias, nadando a través de un mar de gente. No estás actuando en un escenario o paseando por las oficinas de los patrocinadores. No viajaste a ninguna ciudad grande y emocionante para ser parte de este evento. Estás participando en SEEK en medio de tu vida ordinaria en este momento - en el centro de tu campus, en tu sala, o en tu salón parroquial.

Pero quizás eso es lo que hace que el evento de este año sea aún más extraordinario. Jesús no necesita una sala de conferencias o un gran escenario para tocarnos, sanarnos o hablar a nuestros corazones. En medio de tu vida ordinaria, Cristo viene a ti. El exceso ha sido eliminado, y solo una cosa importa: encontrarlo aquí mismo, como tú estás. Estos cuatro días de SEEK son simplemente una oportunidad para dejar de lado las distracciones, quitar la venda de los ojos y encontrarlo. Ahora es el momento de explorar con otras personas de tu comunidad - en el campus - en la parroquia o en casa - cómo buscarlo en este preciso momento y descubrir quién te está llamando a ser.

Al embarcarnos en este viaje juntos, permítanme compartir una nota final de gratitud. Gracias a todos los misioneros y miembros del personal que, con servicio y dedicación ejemplar, han ofrecido con alegría su tiempo, sus habilidades y sus muchos sacrificios para hacer de SEEK21 un evento que todos puedan recordar. Gracias a todos los oradores y patrocinadores quienes nos acompañaron en las buenas y en las malas. Y finalmente, un agradecimiento especial a ustedes por acompañarnos en este momento tan importante. Oro para que nuestro tiempo juntos los inspire, los anime y los ayude a dar el siguiente paso para venir, ver, oír y encontrar a nuestro Señor nuevamente.

Sinceramente en Cristo,



Curtis A. Martin
Fundador de FOCUS



WELCOME

Dear Friends,

Have you ever wished you could have been there, two thousand years ago? What it would have been like to be living in Israel when Jesus Christ was alive! How incredible would it have been to be in Bethlehem when He was born, in Galilee when He taught the multitudes, or in Jerusalem after He rose from the dead!

But to those who were living when our Lord walked the earth, the time of Christ was an *ordinary* time. Jesus walked among them where they lived, where they worked, where they played. He was present in the midst of their regular, everyday life. And that is where He worked miracles.

Look around you. You're not in a huge conference center, swimming through a sea of people. You aren't swarming a stage or strolling along sponsor booths. You didn't travel to any large, exciting city to be a part of this event. You're participating in SEEK in the midst of your ordinary life right now — in your campus center, or your living room, or your parish hall.

But perhaps that's what makes this year's event all the more extraordinary. Jesus doesn't need a huge conference hall or grand stage to touch us, heal us, or speak to our hearts. In the midst of your ordinary life, Christ is coming to you. The excess has been stripped away, and only one thing matters: meeting Him right here, as you are. These four days of SEEK are simply an opportunity to put aside the distractions, pull back the veil and encounter Him. Now's the time to explore with others in your community — on campus, in the parish, or right at home — how to seek Him in this exact moment and discover who He's calling you to be.

As we embark on this journey together, let me share a final note of gratitude. Thank you to all missionaries and staff members who, with exemplary service and dedication, have joyfully offered up their time, their skills and their many sacrifices for the sake of making SEEK21 an event to remember. Thank you to all those speakers and sponsors who partnered with us through thick and thin. And finally, a special thanks to you for joining us in this special moment. I pray that our time together will inspire you, encourage you, and help you take the next step to come, see, hear, and encounter our Lord anew.

Sincerely in Christ,



Curtis A. Martin
FOCUS Founder





“OUR GOAL MUST BE THE INFINITE, NOT THE FINITE. THE INFINITE IS OUR HOMELAND. HEAVEN HAS BEEN WAITING FOR US FOREVER.”

— Blessed Carlo Acutis

BLESSED CARLO ACUTIS

Patron of SEEK21

Carlo Acutis was your typical 90s kid. He enjoyed programming computers, playing video games, and collecting Pokémon. He liked soccer and the outdoors, and he'd regularly wear jeans and Nikes. At a glance, he probably wouldn't stick out much against other kids his age.

But what made Carlo stand out was his special love for God. Though his parents weren't particularly devout, from an early age Carlo showed, according to his mother, a “natural predisposition for the sacred.” From age three, Carlo would ask his parents to visit churches in Milan, where they lived. He loved praying the rosary and he went to confession weekly. After receiving his first Holy Communion, Carlo attended Mass as often as possible, and he often dragged his parents along with him. His love for Jesus and the sacraments helped spark a deep conversion in his family.

Carlo was diagnosed with leukemia as a teenager. He offered up his pain for Pope Benedict XVI, the Church, and all others who suffered illness. Before his death, Carlo put his computer skills to use by designing a website featuring Eucharistic miracles, helping people around the world encounter Christ, the Gospel, and the beautiful reality of the True Presence in the Eucharist.

Carlo passed away on October 12, 2006, at the age of 15. He was named a Servant of God in 2013 and Venerable in 2018. And in October 2020, Carlo Acutis was the first member of the millennial generation to be beatified in the Catholic Church.

Blessed Carlo Acutis has already been dubbed the “patron saint of the internet,” because he used the digital space of the internet to promote the faith. We've chosen Carlo as SEEK21's patron because he wasn't content with just having his own close relationship with God; he led so many others in his life to have a profound conversion of faith. If Blessed Carlo teaches us anything, it's that a life of virtue, holiness and trust in God is not only possible in this day and age, but it's also the only way to find true peace and happiness. May we who are attending SEEK21 be inspired and encouraged by his example.

Blessed Carlo Acutis, pray for us!

LET'S BE SOCIAL AT #SEEK21

We'd love to hear from you throughout the conference,
so tell us about your experience using #SEEK21.
We're going to be showing SEEK21 posts, photos and tweets
throughout the conference, so be sure to smile!



INSTAGRAM
@focuscatholic



FACEBOOK
Like us on Facebook!



TWITTER
@focuscatholic

SCHEDULE

You can build your own schedule on page 10.

The SEEK21 schedule is flexible and customizable to fit the needs of your group. Each time zone has a National Live Schedule to help guide your schedule-building process. We encourage you to incorporate these live elements into your group schedule as the framework for how we will all participate in SEEK together throughout the day.

Day 1: Thursday, February 4

PST	MST	CST	EST	SESSION
4:00 PM	5:00 PM	6:00 PM	7:00 PM	Mass/Prayer
5:15 PM	6:15 PM	7:15 PM	8:15 PM	Keynote
6:30 PM	7:30 PM	8:30 PM	9:30 PM	Small Group Discussion
7:00 PM	8:00 PM	9:00 PM	10:00 PM	Entertainment Options

Day 2: Friday, February 5

PST	MST	CST	EST	SESSION
4:00 PM	5:00 PM	6:00 PM	7:00 PM	Mass/Prayer
5:15 PM	6:15 PM	7:15 PM	8:15 PM	Keynote
6:30 PM	7:30 PM	8:30 PM	9:30 PM	Small Group Discussion
7:15 PM	8:15 PM	9:15 PM	10:15 PM	Entertainment Options

Day 3: Saturday, February 6

PST	MST	CST	EST	SESSION
6:00 AM	7:00 AM	8:00 AM	9:00 AM	Mass/Prayer
7:15 AM	8:15 AM	9:15 AM	10:15 AM	Group Orientation
7:30 AM	8:30 AM	9:30 AM	10:30 AM	Keynote – Men’s and Women’s Sessions
8:15 AM	9:15 AM	10:15 AM	11:15 AM	Small Group Discussion
9:00 AM – 6:00 PM	10:00 AM - 7:00 PM	11:00 AM - 8:00 PM	12:00 PM - 9:00 PM	Impact Sessions & Small Group Time*
6:15 PM	7:15 PM	8:15 PM	9:15 PM	Keynotes
7:30 PM	8:30 PM	9:30 PM	10:30 PM	Prayer Vigil

*Additional Mass times and meal breaks included — see recommended time zone schedule on pg. 8.

Day 4: Sunday, February 7

PST	MST	CST	EST	SESSION
7:00 AM	8:00 AM	9:00 AM	10:00 AM	Closing Mass
8:30 AM	9:30 AM	10:30 AM	11:30 AM	Breakfast & Small Group Bible Study
9:30 AM	10:30 AM	11:30 AM	12:30 PM	Keynote

* Sunday keynote content will be available on demand for flexibility around Mass times and should follow the Small Group Bible Study. We recommend you finish your group time together on Sunday with the final keynote session.

Keynotes & Impact Sessions:

To see the full list of speakers and topics, visit Mission Way at **SEEK21.live**.

- Keynotes will be streamed live per the National Live Schedule. For additional flexibility, talks will be available for on-demand viewing 20 minutes following the end of the live broadcast.
- Impact sessions will be delivered both on demand and live. We recommend that you and your group plan to watch 4–5 impact sessions on Saturday.

IMPACT SCHEDULE

Day 3: Saturday, February 6

Pacific Standard Time

9:00 AM	*Impact (Live or Choose Your Own)
9:30 AM	Small Group Discussion
10:00 AM	Break
10:15 AM	*Impact (Live or Choose Your Own)
10:45 AM	Small Group Discussion
11:15 AM	Break
11:30 AM	Impact (Choose Your Own)
12:00 PM	Small Group Discussion
12:45 PM	Lunch
2:15 PM	*Impact (Live or Choose Your Own)
2:45 PM	Small Group Discussion
3:15 PM	Break
3:30 PM	*Impact (Live or Choose Your Own)
4:00 PM	Small Group Discussion
4:30 PM	Dinner

Mountain Standard Time

10:00 AM	*Impact (Live or Choose Your Own)
10:30 AM	Small Group Discussion
11:00 AM	Break
11:15 AM	*Impact (Live or Choose Your Own)
11:45 AM	Small Group Discussion
12:30 PM	Lunch
2:00 PM	Impact (Choose Your Own)
2:30 PM	Small Group Discussion
3:00 PM	Break
3:15 PM	*Impact (Live or Choose Your Own)
3:45 PM	Small Group Discussion
4:15 PM	Break
4:30 PM	*Impact (Live or Choose Your Own)
5:00 PM	Small Group Discussion
5:30 PM	Dinner

Don't forget to schedule time to visit Mission Way to connect with sponsors, attend special events and engage with speakers. We recommend doing this during your meal breaks.

Central Standard Time

11:00 AM	*Impact (Live or Choose Your Own)
11:30 AM	Small Group Discussion
12:00 PM	Break
12:15 PM	*Impact (Live or Choose Your Own)
12:45 AM	Small Group Discussion
1:30 PM	Lunch
3:00 PM	Impact (Choose Your Own)
3:30 PM	Small Group Discussion
4:00 PM	Break
4:15 PM	*Impact (Live or Choose Your Own)
4:45 PM	Small Group Discussion
5:15 PM	Break
5:30 PM	*Impact (Live or Choose Your Own)
6:00 PM	Small Group Discussion
6:30 PM	Dinner

Eastern Standard Time

11:45 AM	Lunch
1:15 PM	*Impact (Live or Choose Your Own)
1:45 PM	Small Group Discussion
2:15 PM	Break
2:30 PM	Impact (Choose Your Own)
3:00 PM	Small Group Discussion
3:30 PM	Break
3:45 PM	Impact (Choose Your Own)
4:15 PM	Small Group Discussion
4:45 PM	Dinner
6:30 PM	*Impact (Live or Choose Your Own)
7:00 PM	Small Group Discussion
7:30 PM	Break
7:45 PM	Impact (Choose Your Own)
8:15 PM	Small Group Discussion

Don't forget to schedule time to visit Mission Way to connect with sponsors, attend special events and engage with speakers. We recommend doing this during your meal breaks.

BUILD YOUR OWN SCHEDULE

Here are the building blocks for you to use as you create your own SEEK where you are schedule. Visit **SEEK21.live** to see the full list of Keynote and Impact Session topics and speakers. Remember we encourage you and your groups to attend the Sacraments in person if possible, see page 42 for more details.

Reference the National Live Schedule on page 6 for times to join in for the live elements. Don't forget to set aside time for prayer and the sacraments, visiting sponsors, participating in special sessions and engaging with speakers in Mission Way.

Write in the time and location you will attend each of the types of events below:

Thursday, Feb 4

Friday, Feb 5

Saturday, Feb 6

Sunday, Feb 7

MASS				
PRAYER (Adoration/ Confession)				
KEYNOTE SESSIONS*				
SMALL GROUP & FELLOWSHIP TIME				
Other**				

**There are live keynotes in the morning and evening on Saturday.*

***Schedule time to visit Mission Way to interact with sponsors or attend special events or any additional activities your group will do during SEEK. Don't forget to note what your group is doing for meal breaks on Saturday and Sunday!*

Saturday Breakout Sessions

Write in the talk and time you will attend.

IMPACT SESSION #1:
IMPACT SESSION #2:
IMPACT SESSION #3:
IMPACT SESSION #4:
IMPACT SESSION #5:
<i>We recommend taking time after each talk for a short discussion.</i>

If helpful, note when and where you'll be attending SEEK sessions/events in the schedule below:

Thursday, February 4

TIME	WHAT	WHERE

GENERAL INFORMATION

A Polite Reminder

As you SEEK *where you are*, please show your host and fellow attendees Christian witness by following local regulations through the lens of charity and obedience. We thank you for being a representative of the Church and of hope during these times. If you have any questions, please feel free to reach out to events@focus.org or visit the information booth.

Remember your registration provides you access to Mission Way - where you will access all SEEK content. When registering a group, you will be able to register up to 10 people for access to Mission Way. There are protections behind the scenes to prevent account-sharing, which may disrupt your experience if you share your log-in credentials to someone else.

Mission Way — Access & Login

Mission Way remains the central place of activity for SEEK21. Through Mission Way, your group will access the main sessions and have opportunities to engage with our sponsoring organizations and religious orders, visit the FOCUS Store and experience all the ways to get involved with FOCUS. Plus, you won't want to miss the additional events, podcasts and entertainment!

To access Mission Way, use your email and confirmation number to log in to the secure portal during SEEK21. Quick access to Mission Way can be found at **SEEK21.live**. Create your profile and then you'll have immediate access and the ability to save your favorite sessions to rewatch after SEEK21, join in the live chats during SEEK programming and more.

We are excited for you to share your SEEK *where you are* experience with all the groups participating in SEEK21 across the globe.

Information Booth & Technical Support

Have a question that needs answered?

Need additional tech support to access Mission Way? Contact our customer service team at **SEEK21.live** by clicking on the chat box. We look forward to helping you get the most out of your SEEK21 experience.

Mass

Mass will be livestreamed daily according to the schedule so that all attendees can participate. We will offer secondary options to accommodate time zones. We know nothing compares to being able to attend the Holy Sacrifice in person and recommend you and your group arrange or attend a local Mass near you. See page 42 for more information.

Confession

We encourage you and your group to find time to receive the sacrament of confession during conference. See the recommended time zone schedules for when it would be best to schedule time for confessions into your day. See page 42 for more information.

Eucharistic Adoration

We encourage you and your group to find time to pray in front of the Blessed Sacrament during the conference. See the recommended time zone schedules for when it would be best to schedule prayer into your day. We invite all those participating in the conference to join us for the Prayer Vigil on Saturday night. If you don't have access to a chapel, be sure to set up a prayerful space for your group in your gathering space. See page 42 for more information.

Social Media

We encourage the use of social media such as Facebook, Instagram, Twitter, Snapchat, etc. to connect with other attendees across the globe. Tag @focuscatholic and use #SEEK21. Share your SEEK *where you are* experience with us!

Schedules & Time Zones

We are excited to bring you SEEK *where you are*. See page 8 for sample schedules based on your time zone. We hope these will be helpful guides as you and your group plan your SEEK *where you are* experience. This schedule unites groups across the nation and world for live sessions and provides you and your group the flexibility to encounter one another through fellowship and Jesus through the sacraments. Make sure to fill out the schedule on page 10 with the specific times and locations your group may plan for prayer, Mass, confession and keynote and impact sessions. You won't want to miss seeing where speakers show up or ways that you and your group can share and engage with other groups experiencing SEEK21.

Scan the code below
to access Mission Way
at **SEEK21.live**:



Mission Way remains the central place of activity for SEEK21, use it access the sessions, engage with our sponsoring organizations and religious orders and more! We are excited for you to share your SEEK *where you are* experience with all the groups engaging in SEEK21 across the globe.

SECURITY & MEDICAL INFO

While at SEEK21, your health and safety is of the utmost importance to FOCUS.

What to Do in an Emergency Situation

For life-threatening situations or unlawful activity, **call 911 immediately** and provide as many details as possible. Then, if applicable, notify your host of the situation.

If you have any health or safety concerns related to FOCUS, please email safety@focus.org.

Staying Healthy at SEEK21

While participating in SEEK21, stay hydrated by drinking plenty of water, getting enough sleep each night and washing your hands frequently to help prevent the spread of germs. If you are experiencing any flu-like or COVID-19 symptoms, we kindly ask that you refrain from attending any of the sessions in person with your group to promote the health and wellness of all attendees. All registered attendees have access to all content, sessions and resources from wherever they are, so don't let that stop you from experiencing SEEK21!

All restrictions and guidelines related to COVID-19 are specific to your location based upon local and state regulations. Please ask your host about local guidelines. All participants will be expected to follow applicable restrictions/guidelines and regularly review CDC recommendations/local laws for guidance on social distancing and mask use in each area.

Suggested General Health and Safety Guidelines

Please first refer to your local restrictions and guidelines in place and adhere to those.

- 1) Wear masks when around other attendees or in public areas.
- 2) Social distancing: Keep the recommended amount of distance between you and other attendees.
- 3) Frequently clean and disinfect high-touch areas/surfaces.
- 4) Wash hands frequently for 20 seconds or more.
- 5) Take a self-assessment before attending in-person activities each day.

Suggestions for hosts:

- 1) Have sanitizer stations available.
- 2) Have thermometers available for temperature checks.
- 3) Encourage all attendees to take a self-assessment of any symptoms before attending each day.

All SEEK locations must comply with the law. FOCUS is relying on all locations to comply with local laws, restrictions and guidelines. If you or your location cannot comply, please inform us immediately by emailing safety@focus.org.

KEYNOTE SESSION #1



Date:

Talk Topic:

Speakers:

Key Takeaways:

Questions for Talk #1

1. What struck you most from this talk?
2. What do you think we are made for? How might the speaker's message have challenged your view on this?
3. In what ways might you experience temptation to doubt God's goodness and His plan for your life? What is the Lord inviting you to do in moments of doubt?
4. What does your relationship with God look like now? What would you like it to look like?

Questions for Talk #2

1. Over the course of your life, who would you have said Jesus is?
2. Why might people today prefer to think of Jesus as "just a good man" (i.e., a good man, a good prophet, a good teacher)? Why might they be hesitant to say He is God?
3. If Jesus is really who He claimed to be, what impact would that have on our lives?
4. How would your life be different if you really followed Jesus as Lord? If you gave your life even more to Jesus' lordship now, what in your life would change?



NOTES

A large grid of small, light gray dots arranged in a regular pattern, intended for taking notes. The grid covers most of the page area below the header.

KEYNOTE SESSION #2

Date:

Talk Topic:

Speakers:

Key Takeaways:



Questions for Talk #1

1. What do you think of when you think of the cross? How did this talk affect your understanding of suffering and the cross?
2. Why is it important to view the cross as an act of love rather than an act of divine punishment?
3. What does all this mean for you, personally?

Questions for Talk #2

1. What struck you most from the talk?
2. How has your understanding of suffering and love changed?
3. How do you reconcile suffering and love in relation to God?

NOTES

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KEYNOTE SESSION #3

Date:

Talk Topic:

Speakers:

Key Takeaways:



1. What does the world tell us about masculinity/femininity?
2. What does a Christian vision of the person tell us about masculinity/femininity?
3. What are 1–2 areas in which you place your identity as a man/woman (other than in God)?



NOTES

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KEYNOTE SESSION #4



Date:

Talk Topic:

Speakers:

Key Takeaways:

Questions for Talk #1

1. What struck you most from this talk?
2. Have you ever thought of yourself as being a part of God's family? What impact does this have on the way we view our relationship with God?
3. In the Davidic Kingdom, the Queen Mother was seen as a powerful intercessor. How does this shed light on Mary's role in Christ's Kingdom? What do you think about Mary?

Questions for Talk #2

1. Have you ever felt like the prodigal son?
2. In what ways do you need to turn back to God and receive His mercy? In what ways have you turned away from God, and in what ways is He inviting you to come back and be reconciled?
3. Which of the two sons do you relate to more? Why do you think that is?



NOTES

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KEYNOTE SESSION #5



Date:

Talk Topic:

Speakers:

Key Takeaways:

Questions for Talk #1

1. Do you see yourself as someone who can share your faith with others? Why or why not?
2. Who are some people in your life who need to hear the Gospel?
3. What do you think of the idea that you could play a role in inviting others to know Christ and receive eternal life with Him? What does it mean to you that Christ would entrust you with such a mission?

Questions for Talk #2

1. Do you think it's possible to reach the world in this way? Why do you think it is important for evangelization to occur through relationships and deep, personal investment?
2. What are some action steps you could take to live out this mission after the conference?



NOTES

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IMPACT #1

Date:

Talk Topic:

Speaker:



IMPACT #2

Date:

Talk Topic:

Speaker:

IMPACT #3

Date:

Talk Topic:

Speaker:

IMPACT #4

Date:

Talk Topic:

Speaker:

IMPACT #5

Date:

Talk Topic:

Speaker:

1. What stood out to you from the session?
2. How did the session inspire you to live as a Catholic/Christian in this world?
3. What are some action steps you want to take? Is there anything you are inspired to share with others?



NOTES

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NOTES

A grid of small, light gray dots arranged in a regular pattern, intended for taking notes. The grid covers most of the page area below the header.

Mass & Confession

If possible, we encourage you and your group to arrange or plan to attend Mass and confession at your local parish during your SEEK experience. As part of the Prayer Vigil on Saturday evening, we invite your group to adore the Lord in Eucharistic adoration. If you are unable to attend the sacraments and Eucharistic adoration in person, we recommend building a prayerful atmosphere using candles, religious art or simply setting up a quiet area in the space where you will be attending SEEK. Make sure you leave some time to prepare not only your environment, but also your own heart's disposition to be one of prayer.

Act of Spiritual Communion

When unable to receive Holy Communion sacramentally, we may express our desire to receive Christ into our hearts spiritually. This is done by expressing an ardent desire to be united with Christ and all members of the Church through the unity of each Sacrifice of the Holy Mass. If unable attend Mass in person, you may offer this prayer during the time of Communion during the livestream.

My Jesus, I believe that You are present in the Most Blessed Sacrament.

I love You above all things,
and I desire to receive You into my soul.

Since I cannot now receive you sacramentally,
come at least spiritually into my heart.

I embrace You as if you were already there,
and I unite myself wholly to You.

Never permit me to be separated from You. *(St. Alphonsus Liguori)*

Short Guide to Adoration

What is the importance of Eucharistic adoration?

Eucharistic adoration is a privileged and prayerful encounter with Jesus Christ, who is truly present to us under the appearance of bread and wine. The consecrated host, blessed and offered during Mass, is shown forth by an apparatus called a monstrance (from the Latin meaning "to show") and presented to us for our worship and adoration. Jesus told His Apostles, "Behold, I am with you always, to the close of the age" (Mt 28:20). We are reminded that He is indeed near to His people, present in all the tabernacles of the world.

What is proper etiquette during Eucharistic adoration?

When we are not taking part in vocal prayers and hymns with other adorers, we should be praying silently. Whenever we pass before the place where the sacred host is reserved, we should genuflect. We should observe the modest dress and decorum that are appropriate to very solemn occasions. We should avoid any actions that might disturb or distract others or draw attention to ourselves rather than Jesus.

How should we pray during Eucharistic adoration?

There are many ways to pray. We may meditate silently by gazing on the sacred host. We may silently speak to Jesus from our mind and heart. We may also rely on devotions and prayers from Catholic tradition, such as the reading of Scripture, recitation of the rosary or praying the litanies. When two or more are gathered before the Blessed Sacrament, they may pray or sing hymns.

Adoration of the Blessed Sacrament

(ENGLISH TRANSLATION)

EXPOSITION

O Salutaris Hostia

O salutaris Hostia,
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.
Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen.

BENEDICTION

Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedit ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et iubilatio,
Salus, honor virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio.
Amen.

Priest: You have given them Bread from heaven

ALL: Having all sweetness within it

Priest: Lord Jesus Christ,...forever and ever.

ALL: Amen.

EXPOSITION

O Saving Victim

*O Saving Victim, opening wide
The gate of heaven to us below!
Our foes press on from every side:
Your aid supply, your strength bestow.
To your great name be endless praise,
Immortal Godhead, One in Three;
O grant us endless length of days
When our true native land we see.
Amen.*

BENEDICTION

*Down in adoration falling,
Lo! the sacred Host we hail;
Lo! o'er ancient forms departing,
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.*

*To the everlasting Father,
And the Son who reigns on high,
With the Holy Spirit proceeding
Forth from each eternally,
Be salvation, honor, blessing,
Might and endless majesty.*

Amen.

THE DIVINE PRAISES:

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God
and true Man.
Blessed be the Name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy
Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God,
Mary most Holy.
Blessed be her Holy and Immaculate Conception.
Blessed be her Glorious Assumption.
Blessed be the Name of Mary,
Virgin and Mother.
Blessed be St. Joseph, her most
chaste spouse.
Blessed be God in His Angels
and in His Saints.

Guide to Confession

The priest will greet the penitent and welcome them to the celebration of the Sacrament of Penance.

Penitent: “In the name of the Father...”

Priest: Amen.

Penitent: “Bless me father for I have sinned. It has been [name time] since my last confession, and these are my sins...”

{In naming the time since one’s last confession, the important thing is to give the confessor a rough indication of the length of time since the previous good confession. It’s not required to mention something like: “It has been 190 hours and 17 minutes since my last good confession!”}

Confessions of Sins

{Here, we should name all our mortal sins of which we are aware after a deep examination of conscience. All mortal sins need to be confessed in kind and in number. For example, if someone has missed Mass on Sundays or Holy days five times through one’s own fault, then one needs to mention that he has missed Mass on Sundays five times rather than saying: “I have missed Mass on Sundays.” It is not necessary to confess venial sins but it is recommended for a more thorough confession. For more information: Cf. Catechism of the Catholic Church nn. 1455-1458.}

The priest may give some brief counsel. He will then give a penance after which he will ask the penitent to make an act of contrition.

Act of Contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.

{This is an example only, but feel free to use it if you desire. Any similar words which express remorse for sin and desire to amend ones’ life are sufficient.}

The priest will pronounce the following words of absolution:

“God the Father of mercies, through the death and resurrection of His Son has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.”

Penitent: **Amen.**

Priest: The Lord has freed you from your sins. Go in peace.

Penitent: **Thanks be to God.**

{There are other forms which may be used.}

The priest bids farewell to the penitent, who then goes to carry out the penance given.

Examination of Conscience

FIRST COMMANDMENT: RELATIONSHIP WITH GOD

•Do I put anything before God? (Family, friends, boyfriend, girlfriend, career, sports, my looks, my health, my future, studies, money, music, the opinion others have of me?) •Do I make a strange god out of drugs, alcohol, sex, television, video games, the computer, email, the telephone? •What areas of my life are lacking in trusting God? •Do I doubt God's power to love and forgive me? •Do I pray on a regular basis? •Do I try to keep God first in my life?

SECOND COMMANDMENT: MOUTH

•Do I take God's name in vain? •Do I curse and use foul language? •Have I offended God's name by disrespecting the name and reputation of some of His children? •Do I talk one way in front of one group of people and a different way in front of others? •How do I publicly speak about God? •Do I curse others?

THIRD COMMANDMENT: WORSHIP

•Do I go to Church every Sunday? •Have I missed Mass on any Holy Days of Obligation? •Do I know when they are? •Do I do anything special or extra on Sunday to make it the Lord's day, not mine?

FOURTH COMMANDMENT: PARENTS

•Do I honor and respect my parents, even if I don't always get along with them? •Even if I don't like them, do I still respect and honor them- even if it's "only" for the gift of life that God gave to me through them? •If my parents are divorced, have I sinned due to uncontrollable anger or frustration? •Have I been so attached to my parents that I put them before God? •Do I respect the elderly?

FIFTH COMMANDMENT: ANGER

•Does anger or hate have a grip on me? Why? •Do I have violent thoughts toward others or myself? •Have I ever physically hurt or attempted to hurt someone? •Have I ever thought of killing anybody? •Have I ever thought about or attempted to take my own life? •Did I ever have an abortion or assist someone else in one? •Have I corrected someone without kindness and compassion? •Have I done violence to my body by using drugs, alcohol, eating too much food or the wrong food, reckless driving, or taking foolish and dangerous risks?

SIXTH COMMANDMENT: SEX

•Have I entertained impure thoughts without praying for help? •Have I acted on those thoughts with myself? (masturbation) •Am I sexually active in any kind of way, outside the sacrament of marriage? •Do I engage in premarital sex, fornication? •Do I look at pornography? (magazines, videos, internet, etc.) •Do I engage in lustful looks and thoughts? •Do I engage in passionate kissing and sinful touching? •Do I love myself in a selfish way? •Do I have respect for the same and opposite sex? •Have I been immodest in my dress and choice of entertainment? •Have I been respectful of people who struggle with homosexual feelings and are trying to live a chaste life? •Am I obsessed with my body and not my soul?

SEVENTH COMMANDMENT: STEALING

•Have I taken anything that is not mine? •Have I cheated at school? •Have I stolen from work, including time? •Am I honest with my responsibilities? •Am I generous in sharing with others- my time, talents and possessions? •Have I stolen time from God due to spiritual laziness? •Do I accept that all I have is a gift from God? •Am I grateful?

EIGHTH COMMANDMENT: LYING

•Do I lie? If so, how often? •Do I think that "small" lies are ok? •Do I confess all the lies- big and small? •Do I lie out of convenience? •Am I afraid to tell the truth? •Do I distort the truth to put others down or build myself up? •Do I rashly judge others? •Do I give others the benefit of the doubt? •Do I gossip and talk about others behind their back? •Have I been deceitful or double? •Are there things in my life that I am hiding from others?

NINTH COMMANDMENT: ENVY

•Am I jealous of others' gifts or talents? Relationships? •Am I envious of someone's body, looks, gifts, talents, etc? •Do I appreciate and take care of myself? •Am I grateful for the person God made me? •Do I hate my body and myself? •Do I let my imagination run wild in a sinful way? •Do I believe God is calling me to holiness? •Do I understand the gift God has given me through my Baptism?

TENTH COMMANDMENT: GREED

•Do I dwell too much on material possessions? •Do I value things over people? Spiritual over material? •Do I think money will bring me happiness? •Am I content with what I have? •Do I share generously with others? •Do I desire to go to heaven and see that as my true treasure?

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MY SAINT  MY HERO.



TO ALWAYS BE
CLOSE TO JESUS,
THAT'S MY LIFE PLAN.

—BL. CARLO ACUTIS