



Adoration

July

Adaptive Activities for Children



**National Catholic
Partnership on Disability**

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Introduction

Welcome and thank you for your ministry that serves the liturgical formation of children for their participation in the Eucharist, the “source and summit of the Christian life.” This resource is provided by the Committee on Intellectual and Developmental Disabilities of the National Catholic Partnership on Disability (NCPD). It aims to offer an adaptive catechetical opportunity for all who have a heart for disability ministry to reflect on the liturgical year. We welcome you to this virtual community and hope you find this resource beneficial.

Here you will find reflections to guide children with intellectual and developmental disabilities, or diverse learners, through the current liturgical season with adaptive catechesis to help them to participate fully. Each offering includes prayer, Scripture, activities and more that incorporate the senses and take into consideration the needs of all learners. We invite you to gather children around the table of the home or the table of the classroom as preparation for their participation at the sacred table of the Eucharist.

Each monthly edition incorporates the following:

- 1. Prayer**
- 2. Sacred Scripture**
- 3. Reflection**
- 4. Faith in Action**
- 5. Activities**
- 6. Saint**
- 7. Resources/Bibliography**

Prayer

Adoration is a wonderful gift from God that allows us to sit in his presence and visit like we would with a relative. We can talk to God and sit to listen for his response. We can use this time to think about a Bible verse or words we hear in a homily or prayer. Below is an adapted prayer to pray during Adoration. Have persons gathered in the group repeat each line after the leader.



Image by Matea Gregg from Unsplash

Sign of the Cross.

My Lord, Jesus Christ,
I believe that you are really here in this Sacrament.
Night and day, you remain here, kind and loving.
You call, you wait for, you welcome everyone who comes to visit you.
I thank you Jesus, Son of God, for coming upon the earth for us.
I thank you for creating the Sacrament of the Most Holy Eucharist
to remain with us until the end of the world.
I thank you for hiding beneath the Eucharist
your infinite brilliance and beauty, which your angels delight to understand,
so that I might have the courage to come to the throne of your mercy.
I thank you, dear Jesus, for having become the Spotless Lamb,
to merit for me the fullness of heavenly favors.
Awaken in me such confidence in you
that their completeness may fall ever more abundantly upon my soul.
I thank you for offering yourself in thanksgiving to God
for all his benefits, spiritual and physical, which he has given to me.
Grant me grace and determination in your faithful service.
Amen.

Source: Ascension Press. (n.d.) "Adoration Prayer." <https://ascensionpress.com/pages/adoration-prayer> (Revised).

Reading of Sacred Scripture

Matthew 2:1-12

A Reading from the Gospel of Matthew.

In the time of King Herod, after Jesus was born in Bethlehem of Judea, wise men from the East came to Jerusalem, asking, “Where is the child who has been born King of the Jews? For we observed his star at its rising and have come to pay him homage.” When King Herod heard this, he was frightened, and all Jerusalem with him; and calling together all the chief priests and scribes of the people, he inquired of them where the Messiah was to be born. They told him, “In Bethlehem of Judea; for so it has been written by the prophet:

‘And you, Bethlehem, in the land of Judah,
are by no means least among the rulers of Judah;
for from you shall come a ruler
who is to shepherd my people, Israel.’”

Then Herod secretly called for the wise men and learned from them the exact time when the star had appeared. Then he sent them to Bethlehem, saying, “Go and search diligently for the child; and when you have found him, bring me word so that I may also go and pay him **homage**.” When they had heard the king, they set out; and there, ahead of them, went the star that they had seen at its rising, until it stopped over the place where the child was. When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they left for their own country by another road.

The Word of the Lord.

Thanks be to God.



Image by WikimediaImages from Pixabay

Gospel Reflection

The Gospel story we just read tells us about the birth of Jesus. The Magi, also called the Wise Men, came from the East while following a special star. They were looking for the Messiah, the Savior that God had promised. When they found Jesus, they showed him homage, which means honor and respect. They also gave him gifts of gold, frankincense, and myrrh. Then they knelt down and adored him. Maybe this is one reason they are called “Wise Men!” This act of **venerating** or showing deep respect for the Lord, is called **Adoration**.

Adoration means showing God love, honor, and respect with both our prayers and our bodies. Many people kneel during Adoration, just as the Wise Men knelt before Jesus. However, not everyone is able to kneel. If someone cannot kneel, they can sit quietly and kneel in their heart. Adoration can be experienced alone or with others when we are in the presence of Jesus in the Eucharist.



Dieric Bouts, Public domain, via Wikimedia Commons

We pray in Adoration because the Bible teaches us to worship God. Psalm 95:6 says, “O come, let us worship and bow down; let us kneel before the Lord, our Maker!” We also spend time in Adoration so we can listen to God and be open to what he wants to show us. When the Wise Men visited Jesus, the world received an **epiphany**. In religion, an epiphany means that God is being revealed or made known. The Magi were Gentiles, which means they were not Jewish. Even though they did not grow up waiting for the Jewish Messiah, they still recognized that Jesus was King. Their visit helped show the world that Jesus is God and that he came for all people.

The story also gives us hints about God’s plan for salvation. The Jewish scribes and chief priests knew that the Messiah would be born in Bethlehem because the prophet Micah had said this would happen (Micah 5:2). The name Bethlehem means “house of bread.” This is important because Catholics believe that Jesus is truly present in the Eucharist in his body, blood, soul, and divinity. In John 6, Jesus says, “I am the bread of life” four times. This helps us understand

why we honor Jesus by going to Mass and spending time in Adoration. When we see the **tabernacle**, the special cabinet that holds the Eucharist, we should genuflect, bow, or show reverence in our hearts. We also bow before receiving Communion. These actions show Jesus that we love him and believe he is truly with us.

Time is one of the greatest gifts. How we spend our time shows what matters to us most. What do you adore? How will you spend your time today? Can you make time to be with Jesus? He is inviting you to visit him in Adoration.



Image by Josh Applegate from Unsplash

Vocabulary

- **Homage:** respect or reverence paid or rendered
- **Venerating:** to regard or treat with reverence; revere
- **Adoration:** the act of paying honor, as to a divine being; worship
- **Epiphany:** an appearance or manifestation, especially of a deity; a Christian festival, observed on January 6, commemorating the manifestation of Christ to the gentiles in the persons of the Magi
- **Tabernacle:** an ornamental receptacle for the reserved Eucharist, now generally found on the altar

Source: Dictionary.com

Faith in Action

Venerable Archbishop Fulton Sheen said, “The greatest love story of all time is contained in a tiny white host.” As Catholics, we believe that the consecrated host, the Eucharist, contains the real presence of Jesus. We know that we receive Jesus in the Eucharist each time we go to Mass. We can also spend time praying with Jesus whenever we attend Eucharistic Adoration. Preparing children for what to expect before visiting an Adoration chapel to pray can help them enter into the experience more fully. Familiarizing children with what they might see and/or hear will bring them a better understanding about what is happening and what that means to them.

Why do we go to Adoration? Going into church to see Jesus in the Blessed Sacrament is like going to visit a friend. We get the chance to get to know Jesus better by spending time with him. The picture book “Finding You” by the Sisters of Life is a beautiful story about how a girl named Ella discovers a great treasure waiting for her in the monstrance in church. Ella finds out about a special someone who already knows her heart and who she can talk to about anything. Read this or another book about Eucharistic Adoration together and answer any questions that may come up.

What will we see there? Show your child photos of a monstrance. The word monstrance comes from the Latin word meaning “to show,” because it is a special container to display the Eucharist while people are praying. It is shaped like a sun to remind us that Jesus is the light of the world. The beauty of the monstrance keeps our eyes focused on Jesus in the consecrated host.



Image by Josh Applegate from unsplash

What might we hear? If we are present at Adoration when the priest or deacon begins exposition of the Blessed Sacrament, or during Benediction, when the Blessed Sacrament is returned to the tabernacle, we may hear some traditional hymns sung or chanted. Find these hymns wherever you stream music and listen with children during quiet time or prayer time to familiarize them with the songs.

- **Exposition:** O Salutaris Hostia
- **Benediction:** Tantum Ergo
- **Closing Hymn:** Holy God, We Praise Your Name

A guide to Exposition and Benediction, including the English translation for the Latin hymns, can be found here: [Rite of Eucharistic Exposition and Benediction](#)



Image by Matea Gregg from unsplash

What should I do in Adoration? St. John Vianney, the patron saint of parish priests, spent several hours every day praying in front of the tabernacle. He noticed that one of his parishioners stopped often both before and after work to adore the Lord in the Blessed Sacrament. When St. John asked the man what he said while he was praying, the man replied, "I say nothing to him, I look at him and he looks at me!" Sometimes no words are needed when we are in the presence of Jesus. However, persons who benefit from a bit more structure may choose to write or draw some pictures in advance of prayers they can offer to the Lord during Adoration. Katie Bogner offers a free resource on her site "Look to Him and be Radiant:" [My Adoration Booklet](#)

Spending some extra time preparing children for Adoration will provide them with a greater understanding about what is happening when they meet Jesus in the Blessed Sacrament. Jesus desires to encounter each of us when we gather in his presence. We only need to show up, and he will do the rest!

Activities with Children

Let's Talk: Talk with your child about Adoration and how Jesus is truly present in the Eucharist. Help them understand that Adoration is a special time to be with Jesus, pray, listen, and spend time with him.

What is Adoration: In the Catholic Church, Adoration is when we spend time with Jesus present in the Blessed Sacrament. The consecrated host is placed in a special vessel called a monstrance so people can see and pray before Jesus. During Adoration, we can talk to Jesus, thank him, ask for help, or simply sit quietly and enjoy being with him.

Why is this important: Adoration helps us grow closer to Jesus. Just as we spend time with our family and friends to strengthen our relationships, spending time with Jesus helps us know and love him more. Adoration teaches us to pray, listen, and trust in God's love.

Discussion Questions:

- Who is present in the Blessed Sacrament?
- What do we do when we visit Jesus in Adoration?
- How can we show respect when we enter an Adoration chapel or church?
- What are some things we can talk to Jesus about?
- How does it feel to sit quietly with Jesus?
- Why do you think spending time with Jesus is important?

Let's Read: This month, read these Scripture passages that remind us of Jesus' presence and invitation to remain close to him.

- John 6:35: "Jesus said to them, 'I am the bread of life.'"
- John 6:51: "I am the living bread that came down from heaven."
- Matthew 28:20: "And behold, I am with you always, until the end of the age."
- Psalm 46:10: "Be still and know that I am God."
- Luke 22:19: "Do this in memory of me."



Image by kaboompics from Pexels

Let's Pray: This month, focus on spending quiet time with Jesus and thanking him for being present with us in the Eucharist.

This month our prayer will focus on thanking God for loving us and staying with us every day!

Dear Jesus, thank you for loving us so much that you remain with us in the Blessed Sacrament. Help us to spend time with you, listen to your voice, and grow closer to you each day. Teach us to love you more and to share your love with others. Amen.



Image by Tricia Borah, used with permission

Let's Make It: Eucharistic Monstrance Craft

Supplies:

- Yellow or gold construction paper
- White cardstock
- Scissors
- Glue stick
- Markers or crayons
- Popsicle stick (optional)
- Stickers or jewels (optional)

Instructions:

- Cut a large circle from yellow or gold paper.
- Draw and cut rays extending from the circle to represent the monstrance.
- Cut a smaller white circle to represent the host.
- Glue the white circle in the center.
- Decorate the rays with stickers, glitter, or drawings.
- Write "Jesus is with us" on the back.
- Attach to a popsicle stick for display if desired.

Your Eucharistic Monstrance Craft is ready to remind you that Jesus is always with us!

Let's Cook: Eucharistic Snack Mix: This simple snack can help children remember that Jesus is the Bread of Life.

Ingredients:

- Round crackers
- Mini pretzels
- Goldfish crackers
- Mini marshmallows
- Cheerios
- White chocolate chips

Directions:

Mix all ingredients together in a bowl. As you add each item, talk about:

- Round crackers remind us of the Eucharistic host.
- Pretzels remind us of prayer.
- Goldfish remind us of Jesus calling his disciples.
- Marshmallows remind us of God's sweetness and love.
- Cheerios remind us of gathering together as God's family.

While enjoying the snack, discuss ways your family can spend time with Jesus during the month.



Photo by Vu Nghi Thai on Unsplash

Sensory Prayer Experience: Spending Quiet Time with Jesus

Materials:

- Battery-operated candle or flashlight
- Soft blanket or prayer rug
- Small cross or picture of Jesus
- Calm instrumental music (optional)

Steps:

- Create a Prayer Space: Set up a quiet area with the candle, cross, and blanket.
- Focus on Jesus: Turn on the candle and explain that Jesus is the Light of the World.
- Practice Being Still: Invite your child to sit quietly for one minute. Gradually increase the time as they become comfortable.



Image by Alfons Landsmann from Pixabay

- Talk with Jesus: Ask your child to silently tell Jesus:
 - Something they are thankful for
 - Someone they want to pray for
 - Something they need help with
- Listen: Spend a few moments quietly listening and resting in God's presence.

You can repeat this activity throughout the month to help your child become comfortable with prayer and quiet time with Jesus.

NEW THIS MONTH

Family Challenge: Visit an Adoration chapel or spend 5–10 minutes in church together before the Blessed Sacrament. Encourage each family member to share one thing they talked to Jesus about during their visit.



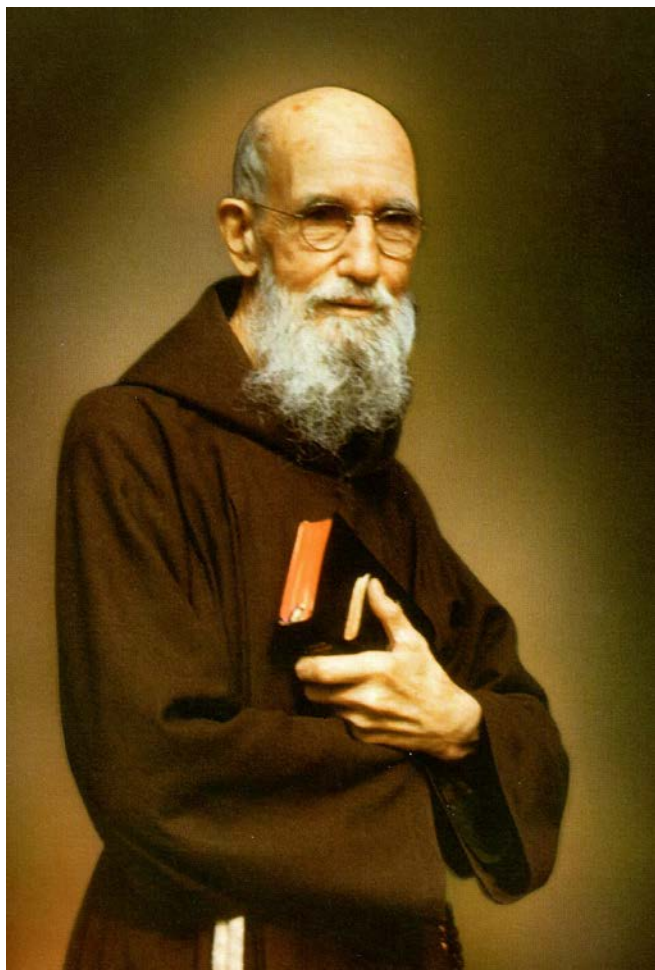
Image by Matea Gregg from Unsplash

Saint for July

Blessed Solanus Casey

**Patron saint of the sick, the poor, and
persons who experience academic struggles, setbacks and failures**

Feast Day: July 30th



Mahatma Gandhi, CC BY-SA 3.0, via Wikimedia Commons

Bernard Francis “Barney” Casey was born in Oak Grove, Wisconsin in 1870. He was one of sixteen children. When he was a boy, Barney contracted diphtheria, which damaged his voice. He would speak with a rasp for the rest of his life. Barney’s family later moved to Wisconsin, and as a young man he had a number of jobs that were ordinary during that time. He worked as a lumberjack, a hospital orderly, a streetcar operator, and a prison guard. While he was working as a guard at the Stillwater Prison, he befriended some very infamous inmates: Cole, Jim, and Bob Younger, who were partners in crime with Jesse James. Barney also fell in love and became engaged, but his fiancée's father broke off the engagement because he did not approve of Barney.

One day while Barney was driving a streetcar, he witnessed an act of violence that led him to his calling of the priesthood. He first entered the seminary to become a diocesan priest, but he had a difficult time learning Latin and completing his studies. He left the seminary

and joined the Franciscan Capuchin Order, moving to their monastery in Detroit, Michigan to continue his formation. There, Barney was given the religious name Solanus, after St. Francis Solanus, with whom he shared a love of the violin. Solanus was ordained to the priesthood, but since he had not performed well in his studies, he was made a “simplex priest.” That meant he could celebrate Mass, but he could not preach homilies or hear confessions. Instead of being discouraged by this setback, Fr. Solanus trusted in God and his plan for his vocation. He was known for saying “Deo Gratias,” which means “Thanks be to God” in Latin and for the phrase

“thank God in advance.” His practice of gratitude despite challenges or struggles inspired many people throughout his life.

For many years, Fr. Solanus served as the porter, or doorkeeper, at the friaries where he was assigned. He performed this task with great humility, trusting that God would use him to reach others, even though he could not hear confessions or preach at Mass. Fr. Solanus’ obedience in doing this ordinary job allowed God to use him in remarkable ways! Fr. Solanus greeted people at the door and became known as someone who would listen and show compassion when someone was experiencing a difficult time in their life. They shared their physical, mental, and emotional difficulties with him. He was a welcoming face that gave people hope and encouragement and made them feel like they belonged. He spent hours each day, sometimes from the early morning until late in the evening, meeting with people and providing counsel to them. Fr. Solanus’ deep love for the sick continued to attract people to come see him every day to ask for special prayers for their illnesses. Visitors felt that he treated them as if they were the most important person in the world and were willing to wait many hours to see him. Fr. Solanus spent many hours praying for others and began keeping a journal of the prayers and how God answered them.



Statue of Fr. Solanus at Saint Mary Magdalen Church in Brighton, Michigan
Nheyob, CC BY-SA 4.0, via Wikimedia Commons

Fr. Solanus cared deeply for the poor and worked with other friars to establish the Capuchin Soup Kitchen in Detroit during the Great Depression. People who were hungry would knock on the monastery’s back door to ask for bread. Fr. Solanus said, “They are hungry, get them some soup and sandwiches.” The friars started collecting food from farms so they could make soup and bread and serve the hungry in the hall beside the monastery. On some days, over 2,000 people would line up to receive a meal. Fr. Solanus oversaw the operation of the kitchen during this time. The kitchen grew from those humble beginnings and is still in operation today. Read more about it at <https://www.cskdetroit.org/about-us/history/>

One of Fr. Solanus’ other great loves was music and playing the violin, although he wasn’t a very skilled musician. Because he loved playing but didn’t want to disturb his fellow brothers, he sometimes chose to play in the monastery chapel in front of the Blessed Sacrament. Fr. Dan Crosby, OFM Cap described a memory he has of Blessed Solanus in an interview with Detroit Catholic:

“During my first year in the order, it was Christmas night and I made my way to the chapel to make a visit to the Blessed Sacrament,” Fr. Crosby said. “I was in the smaller chapel, but I heard this noise coming from the big chapel. I barely opened the door to the big chapel, and there, all by himself, I see Solanus playing Christmas carols to the Christ Child on his violin. He looked so at peace, spending time with the Lord in devotion.”

(Source: <https://www.detroitcatholic.com/news/capuchins-who-lived-with-fr-solanus-recall-holy-man-terrible-violin-player>)

Fr. Solanus died in 1957 and the cause for his sainthood was officially opened in 1983. In 1995 St. John Paul II declared that Fr. Solanus had lived a life of heroic virtue and declared him Venerable. The first miracle attributed to his intercession was approved in 2017, and Pope Francis beatified him, giving him the new title Blessed Solanus Casey. A second miracle through the intercession of Blessed Solanus is needed for him to become a saint. If he is canonized, he will be the first man born in the US to become a saint.

Ways to celebrate Blessed Solanus Casey's Feast Day:

Start a Family Journal of Prayer Intentions: Blessed Solanus Casey recorded the intentions he was asked to pray for and made updates if he learned how the prayer might have been answered. When people ask for prayers, or you learn of someone in need of prayers, write their name in a notebook. If it is a close friend or loved one, you can include a photo. Even if you don't always remember to pray for each person individually, you can still pray collectively for all of the intentions in your journal.



Image by Vitaly Gariev from Unsplash

Be a Greeter at Mass: Follow Blessed Solanus Casey's example of hospitality and welcome by volunteering to be a greeter at Mass. Sharing a smile and a kind word with people as they arrive at Mass honors the way that Blessed Solanus Casey was a beacon for those who were looking for a place to feel at home.

Make Gratitude Cards: Blessed Solanus Casey was known for using the phrase “thank God ahead of time,” always encouraging the people around him to thank God for his blessings, even before they happened. We can help children recognize ordinary things each day to have gratitude for, such as a delicious meal, a hug from a friend, or a sunny day. Together, draw a picture of something for which you are grateful and bring it with you the next time you go to Mass or Adoration as an offering to God.

Learn more about Blessed Solanus Casey: Spend time watching one of the “Extraordinary Stories for Children” about his life on [formed.org](https://www.formed.org).

July Resources

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