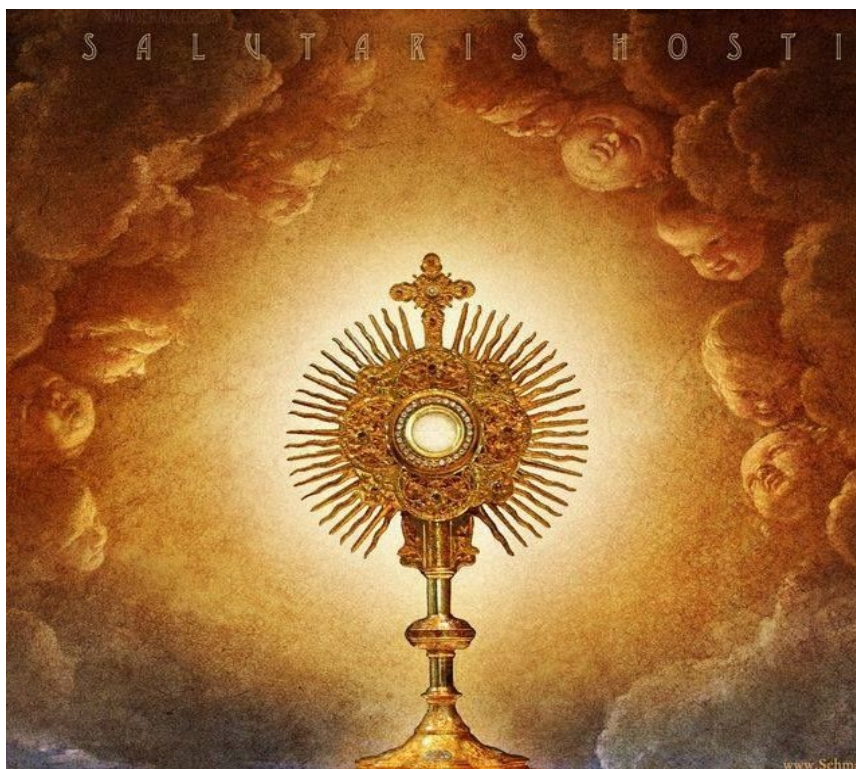


# THE WATCHFUL HOUR



## ***ADOREMUS***

**Pope Francis has reminded us that the Most Holy Eucharist, the Body and Blood of Jesus Christ our Saviour is at the heart of the Church and must be at the centre of our lives.**

During the Season of Advent the church will be open every weekday from 5.00pm until 8.00pm for Exposition of the Blessed Sacrament and to give you all the opportunity to spend time with Our Lord Jesus Christ in quiet prayer and adoration. Just you and Our Lord.

Do try if you can to give a little time to spend with the most beautiful mystery of our Catholic faith: the Real Presence of Jesus in the Blessed Sacrament—He loves us so much that He never wants to leave us. We are his treasure—His Heart burns with infinite love for us in the Blessed Sacrament.

**Give time to Jesus. He has all the time in the world for you.**

**There will also be an opportunity for the Sacrament of Reconciliation on Tuesday and Friday evenings as part of your preparation for Christmas.**