**The Shape of the Rite of Exposition**

*When the* ***Eucharist*** *is being celebrated, the sanctuary is filled with countless angels who adore the divine victim sacrificed on the altar.*

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*St. John Chrysostom*

*This is the usual format for Exposition of the Eucharist outside of Mass. The Blessed Sacrament should be exposed by a Priest or Deacon, but special permission can be given to Extra-Ordinary Ministers of the Eucharist.*

**EXPOSITION**

Begin with an opening Hymn The blessed sacrament is then taken from the place of reservation and usually placed in a monstrance After a brief period of silence there is an opening prayer.

**ADORATION**

During this time you can lead your young people in reflections. These reflections should lead into periods of silence, where appropriate.

Reflections can include:

* A reading from Sacred Scripture
* A reflection from a Saint about the Eucharist
* Reflective music
* Litany prayers are also a very inclusive form of prayer

**BENEDICTION**

When a priest or deacon leads he makes the sign of the cross over the people with the monstrance or ciborium in silence

**REPOSITION**

As the blessed sacrament is replaced in the tabernacle a song is sung

A Final prayer is said.