

An invitation to take time to join in spirit with many others in  
**Personal Prayer.**

In September we are asked to pray before the Blessed Sacrament.



## St. Thomas Aquinas

### Bl. Oscar Romeo

The saints to accompany us this month span 800 years. St. Thomas was an Italian Dominican friar, a renowned teacher, philosopher and preacher. He died in 1274. His hymns of adoration before the Eucharist are still sung today. Bl. Oscar Romero of El Salvador was martyred celebrating mass in his cathedral in 1980. He will be canonised next month. He drew great strength from the mass which gave him the courage to be active in his opposition to the political and social oppression of his people.

### Prayer

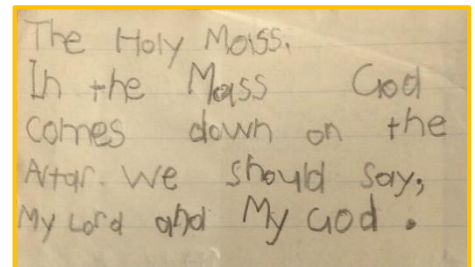
*Godhead here in hiding, whom I do adore,  
 Masked by these bare shadows, shape and nothing more,  
 See, Lord, at thy service low lies here a heart  
 Lost, all lost in wonder at the God thou art.*

**Adoro te devote**

by Thomas Aquinas

Tr. By Gerard  
 Manley Hopkins

There is a very wide range of material available for parishes and individuals on *Being Present, Keeping Silence, Adoring, Wrestling, Waiting, Watching and Resting in the Time before the Blessed Sacrament* leaflets from [www.catholicnews.org.uk/adoremus2018](http://www.catholicnews.org.uk/adoremus2018)



From a child's old exercise book.

This month it is suggested we take time to sit quietly on our own before the Blessed Sacrament in the tabernacle or join our parish at a Eucharistic devotion such as Benediction. You might just sit or kneel in silence and in your heart acknowledge with thanksgiving and adoration the great mystery and gift of the presence of God.

