



Synod update: Archbishop Vigneron offers window into post-synod discernment | 3



Mass effect: Eucharistic celebration unites heaven, earth and purgatory, priest says | 5

Pool table evangelization: Michigan Catholic reporter reflects on sharing Christ in real life | 16



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Spend time with the Lord this Lent



Photos by Dan Meloy | The Michigan Catholic
Men and women pray before the Blessed Sacrament at Old St. Mary's Parish in downtown Detroit's Greektown district during the first Friday of Lent, March 3. Across the Archdiocese of Detroit, Catholics have ample opportunities to make Eucharistic adoration a part of their Lenten prayer exercise, with several parishes offering 24/7 access.



Parishes across archdiocese offer plenty of opportunities for Eucharistic adoration

DAN MELOY
The Michigan Catholic

DETROIT — With Lent under way, many Catholics begin the season of penance and reflection by setting tangible goals of what they can do to commemorate Jesus' sacrifice.

Traditionally, people give up a food item or try to break a nasty habit. But for others, it's less about giving something up and more about adding something — specifically, adding a little more time with the Lord.

Across the Archdiocese of Detroit, numerous parishes offer chances for Eucharistic adoration, particularly exposed adoration, where people can take the time to tune out the outside world and tune in with the Lord.

Veronica Berryman of Our Lady of the Scapular Parish in Wyandotte said she has gone to Eucharistic adoration almost every day since 2003, looking for a way to feel closer to the Lord.

"I just feel that closeness when I'm with the Blessed Sacrament, a calling that He's there," Berryman said. "I've gone so much that I feel it is part of my life now. With that closeness, I feel I've had miracles

Live Your Best Lent

#LiveYourBestLent: Prayer

This is the first of three articles about the three pillars of Lent: prayer, fasting and almsgiving. For more *LiveYourBestLent* content, visit www.themichigancatholic.org/lent.

happen to me."

Our Lady of the Scapular Parish has a Eucharistic chapel open 24/7, with a person needing a code supplied by the parish to access the chapel. Berryman said the Eucharist is not always exposed, but those interested can ask the parish office when the sacrament will be exposed.

For those living in Macomb County, St. Peter Parish in Mt.

Clemens was an early adopter of Eucharistic adoration, according to parishioner Gertrude Schweder.

Schweder started going to Eucharistic adoration when she had a job and worked overtime, fearing she couldn't always commit to a select time week to week.

"I first thought, I don't want to volunteer to something I couldn't fulfill," Schweder said. "So I just stopped in when I was driving home from work. It got to the point I was doing it once a week, and now, I'm committed."

For those worried they don't have time for Eucharistic adoration or can't make it part of their Lenten routine, Schweder advised trying to go for 10 or 15 minutes sometime in the week.

"I started out a little slow, just to try it out, so to speak," Schweder said. "I find you get more out of it than you are putting in. Spending time with Christ, present in the Eucharist, gives you a feeling of confidence."

Times and access to adoration varies from parish to parish, so those interested in Eucharistic adoration are advised to call their parish and ask what's offered and what time slots are available. Some

40 Ways to Lent

Looking for ideas to incorporate into your Lenten journey? Try these, courtesy of the Archdiocese of Detroit's social media team. Visit Facebook.com/ArchdioceseofDetroit for more ideas as Lent rolls along, or check back in the next issue of The Michigan Catholic.

- Go to Mass and be marked as a disciple of Christ.
- Pray for Archbishop Vigneron, our leader of the Church in Detroit.
- Find something uplifting on social media and share it or retweet it with your friends.
- Fast from comparing yourself to others. Thank God for the gifts He has given you freely.
- Text someone and tell them you love them and appreciate their love. Bonus: Reach out to the person it's hard to text.
- When the conversation is getting negative, turn it toward Christ.
- Pick one of the corporal works of mercy. Put it into practice today.
- As Venerable Solanus Casey said, "Thank God ahead of time. Give thanks for blessings received, and give thanks for those yet to be received."
- Spend 10 minutes somewhere in silence and just let Jesus be with you.
- Pick a saint you don't know much about. Google them and learn about their life. (Bonus: Check out The Michigan Catholic's "Know Your Saints" section on page 14!)

parishes have organized groups with allotted times for devotees, while other parishes have more "open door" adoration sessions. Old St. Mary's Parish in Grosse

Please see Adoration | 4