

## CALM – CHILDREN’S ADORATION LEARNING MOMENTS



Jesus has said “Let the children come to me, and do not hinder them, for to such belong the kingdom of Heaven.” (Matt 19:14).

As an organization promoting and helping parishes to expand Eucharistic and perpetual adoration, we were delighted to discover Children’s Adoration Learning Moments (CALM) - a program developed by a parish’s Eucharistic Discipleship Ministry

to foster Eucharistic Adoration for their elementary school children. This program guides school children in the practice of devout Eucharistic Adoration on one or more days of the week in a parish church.

Everyone likes receiving a gift, we must help our students to realize what an amazing gift the Eucharist truly is.

As these children learn and experience the graces of Eucharistic Adoration it is hoped that the experience will enrich theirs as well as their family’s spiritual life. Each class is divided into two segments. 1.) The experience of Eucharistic Adoration, what is it all about, what you can do to



make the most of your Adoration time. And 2.) The Real Presence, Eucharistic miracles stories and discussion.

### **BROAD CONTENT**

Incorporating Eucharistic content into the students’ day is advised by the Eucharistic Task Force of The Cardinal Newman Society. In the classroom, this begins with the teachers. Fostering a belief in the Real Presence can be touched on in many courses, namely: Science, Music and Literature, to name a few. The more the Eucharist can be connected to a student’s life,

the better. Further, Religion classes should not be cut from the day's roster ... it sends the wrong message. The Public Address system can be used to help students through a daily examen and, if not already provided, a prayer space in the classroom or nearby is something to consider.

Developing an age-appropriate program that can be implemented for brief periods of Eucharistic Adoration with the students is another important step to be taken. While resources are widely available, here are a few:

- [www.guidedchildrensadoration.com](http://www.guidedchildrensadoration.com)
- [www.looktohimandberadiant.com](http://www.looktohimandberadiant.com)
- [www.eucharisticeducation.org](http://www.eucharisticeducation.org) (*The Cardinal Newman Society*)
- [www.childrenoftheeucharist.org](http://www.childrenoftheeucharist.org)
- [www.adorationforchildren.org](http://www.adorationforchildren.org) (*Children of Hope*)
- <https://perpetualeucharisticadoration.com/adoration-for-children-youth-young-adults/>



Ideally, collaboration with religious education staff will enhance lesson plan development and implementation.

The moderators of this program pull together short sessions about developing a relationship with Jesus. The resources are guides, but they also periodically brainstorm to discuss something relevant with the class. For example, a classmate had cancer which caused sadness and confusion as it relates to God's love for us etc. and the teacher requested help to comfort and guide the children in prayer. The above resources will inspire anyone interested in doing this in their parish.

Two ladies piloted this project at St. Thomas the Apostle parish in Pennsylvania. Since children are part of the vulnerable sector, parishes or schools may require a copy of a clean police-check to screen volunteers to work with children.

All of the teachers at local schools can be introduced to the program in September. The leaders then meet with the teachers who are interested or assigned to participate, for a planning session.

Then CALM - children's adoration learning moments is provided for their classes, for four or more weeks, on one day of the week. The CALM sessions started in the parish hall or another meeting room, with a brief teaching and end with Eucharistic Adoration time in the church.

They start by teaching the basics such as how to act and what to do (e.g., genuflect, kneel, show reverence, be prayerful and attentive to God) and progress to ways to use one's time (e.g., adore, ask, say you're sorry, and give thanks.) By session three, they gave the children very inexpensively made journals/folders to use during or after Adoration.



The organizers are hoping that, as time goes on, and as these students move on, CALM will become more readily received in schools. Staff acceptance and willingness to schedule this into their day is a challenge. As you can imagine, emails may not get answered.

In the summer they slid it into the parish's day camp program and taught six classes to summer camp children about the Real Presence and took them to Adoration.

For help starting, expanding or reviving Eucharistic or perpetual adoration in your parish, you can contact:

Staff of EUCHARISTIC ADORATION - <https://perpetualeucharisticadoration.com> – 1 (800) 784-9550