What is Praise and Worship?

We believe the Eucharist is Jesus’ Body Blood, Soul and Divinity, and this is a great mystery and hard to fathom in our logical minds. It is a wonder that the God of the Universe would love us so much, desire so much to be near us – that He would hide Himself under the appearance of simple bread so that we could approach Him without fear.

The truth of the Blessed Sacrament is not something you read about to accept. It’s something that must be experienced and given, by our loving God, in the gift of faith.
Spending time with Jesus, hidden in such a way, is essential to our spiritual growth. Jesus thirsts for our presence, and if offered just an hour of our time, the rewards He has prepared are unimaginable.

In His thirst, Jesus cries out for us and He calls us to adore Him, to thank Him and to lift up our praise, especially in our sufferings. Our Lord is alone on the cross, pouring Himself out for His loved ones and we so often walk away from Him. Praise and Worship is an opportunity to offer ourselves back to Him in song.

Opportunities at St. Anastasia

Held the 2nd Sunday of the month, immediately following the 5 p.m. Mass. Students are asked to attend with their family or sponsor at least once.

October 13
November 10
December 8
January 12
February 9
March 8

Pictured here is the Blessed Sacrament exposed in a monstrance, which comes from the Latin word, monstrare meaning ‘to show’.