

such as Benediction, took hold in the 12th century and were formalized by the 15th. Father John Mason Neale, an Anglican priest and expert on Eastern Orthodoxy, reintroduced Benediction into the Church of England by providing it for his sisterhood, the Society of Saint Margaret. Father Neale was no Romanist, quite the opposite — he offered Benediction because he saw it as the logical devotional outgrowth of the whole Church's doctrine of the Real Presence. Extralitururgical devotion to the Blessed Sacrament is NOT unknown to the Orthodox East — this claim is often asserted and is historically incorrect. The Orthodox Church has a service called the Canon of Supplication to Our Lord Jesus Christ, a prayer service offered to Our Lord in the artophorion, the tabernacle upon the Altar. Eastern Christians, both Orthodox and Uniate, have a form of Benediction which involves the blessing of the people with 'the Lamb,' the consecrated Host.

Eucharistic devotions and adoration are not deep, dank, dark Romanism — They are a legacy and inheritance of the whole Undivided Church and her faith in the

Real Objective Presence of her living Lord in the Holy Eucharist.

Dr. Alexander Roman, a Ukrainian Orthodox scholar, writes: The adoration of Christ in Holy Communion is first of all, something that the Orthodox Church truly DOES participate in, but within the context of the Divine Liturgy itself. We adore Christ Who is truly Present on the Altar following the Epiclesis, the culminating point that completes the Eucharistic Canon during which bread and wine become the Body and Blood of our Lord, God and Saviour, Jesus Christ. We bow down before the Incarnate Word of God and adore Him — absolutely! We prepare zealously for the reception of Him in Holy Communion by fasting and the long prayers of preparation, as you know, and of thanksgiving afterward. Upon receiving our Saviour-God in Holy Communion, we kiss the edge of the Chalice that represents the Wounded Side of Christ from which flowed Blood and Water as we are nourished from that Same Side.

