

WHAT IS EUCHARISTIC ADORATION?

This is a quiet time of private conversation and prayer spent in church before Our Blessed Lord Jesus exposed in a consecrated host in a gold Monstrance on the Main Altar.

WHAT DO YOU DO AT ADORATION?

It is not an hour of you praying. God already knows your needs and desires. Give Him a chance to speak to you. This requires silence of mind and surroundings available in Adoration.

Here are tips from our weekly “Regulars”

- ❖ Just close your eyes and let all your troubles roll off your shoulders and into the lap of Our Lord.
- ❖ “Be still, and know that I AM.” No one understands me like Our Lord.
- ❖ It’s like going to the spa – pure relaxation and peace – but better.
- ❖ Read the Bible or bring a spiritual book. Options are provided at the “Sign-in” table near the door. Please sign in!
- ❖ Say a Rosary with a special intention for each bead or decade.
- ❖ Thank God for your specific blessings: priests, family and friends, opportunities.
- ❖ Prayer is Active and Passive.
- ❖ Bring a letter to be written or homework to be done and converse with Our Lord.
- ❖ Bring your young children for 5-10 minutes.
- ❖ Better than Margaritaville after work!
- ❖ As long as you are respectful of others, there’s no wrong way to adore Christ.
- ❖ Adoration for me is like sitting in the sun. I soak up the Divine Rays which heal me from inside out.
- ❖ These precious minutes spent with Our Lord become treasures for eternity.
- ❖ I came to Adoration the first time loaded with books, rosaries and prayers. But it ended up I never touched them. God had other plans for me and lots to tell me.

WHAT IF I CAN’T COME FOR A FULL HOUR?

Our Lord appreciates any time you make the effort to show Him love. Stay for only 1/2hr if you must, but be prepared for that time to go quickly!

WHAT IF I WANT TO SCHEDULE A REGULAR WEEKLY HOUR?

Contact Maureen McCaffrey to join the ranks of Faithful Regular Adorers. You can request a convenient hour and be provided with the Substitute List for the times you can’t make it.

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