



Invitation to Perpetual Adoration

1. Yes, I am willing to spend one hour once a week with Jesus, who is truly present *in the Blessed Sacrament*.

Name: _____

Telephone: _____

Email: _____

2. Please check which time(s) of the day you prefer (select as many as applies):

_____ Morning (6am to noon)

_____ Evening (6pm to midnight)

_____ Noon (12 noon to 6pm)

_____ Night (midnight to 6am)

3. Please check the day(s) of the week that could work for you (select as many as applies):

__ (Monday) __ (Tuesday) __ (Wednesday) __ (Thursday) __ (Friday) __ (Saturday) __ (Sunday)

Note: Please place this completed form in the collection basket at Mass or drop off at the office.

* Attached to this packet is additional information about Perpetual Adoration and how to best benefit from this great opportunity! Feel free to read these short resource articles at your leisure.

Perpetual Eucharistic Adoration

Immaculate Conception Parish

St. Marys, KS

“In the presence of Jesus Christ in the Most Blessed Sacrament, all greatness disappears, all holiness humbles itself and comes to nothing. Jesus Christ is there!” – St. Peter Julian Eymard

Perpetual Adoration is our response to the love of Jesus for us. The first Code of Canon Law urged the “faithful to visit the Most Blessed Sacrament as often as possible.” Since the Eucharist is really, truly and substantially the body and blood together with the Soul and Divinity of Our Lord Jesus Christ, it is extremely profitable to spend time adoring, loving and worshiping the Blessed Sacrament as often as we can. It is the equivalent of touching, seeing, and being in the presence living God just like the apostles were when Jesus walked this Earth and we all know how those who merely touched the hem of his garment received supernatural healing and grace.

Each person spends one QUIET HOUR OF PRAYER in His Eucharistic presence once a week on a regular basis. All hours of the day and night are organized in such a way that each hour is covered by at least one person. The Chapel is open for anyone who may wish to visit.

The discipline required to be present for a promised hour helps ensure that one becomes more faithful to prayer. Parishes around the world have found that Perpetual Adoration strengthens a parish’s spiritual life. Adorers find that the Mass takes on a new meaning because they have meditated on our Lord’s Eucharistic Presence in their time alone with him.

“The best, the surest and the most effective way of establishing everlasting peace on the face of the earth is through the great power of Perpetual Adoration of the Blessed Sacrament.” - **Pope St. John Paul II**

“A friend will visit a friend in the morning to wish him a good day, in the evening, a good night, taking also an opportunity to converse with him during the day. In like manner, make visits to Jesus Christ in the Blessed Sacrament, if your duties permit it. It is especially at the foot of the altar that one prays well. In all your visits to our Savior, frequently offer His precious Blood to the Eternal Father. You will find these visits very conducive to increase in your divine love.” - **St. Margaret Mary** (1647-1680)

“Withdraw yourself from people and spend at least a quarter of an hour, or a half-hour, in some church in the presence of the Blessed Sacrament. Taste and see how sweet is the Lord, and you will learn from your own experience how many graces this will bring you.” – **St. Alphonsus Liguori** (1696-1787)

Dear Family,

Part of my vision for our parish is for each of us to grow in devotion to Eucharistic Adoration, to make it a regular part of our life so that we become intimately familiar with it, and to have a deeper encounter with Jesus through it. Time spent with Jesus in the Eucharist changes everything; it transforms our life. I would like every family in our parish to have this essential devotion to Eucharistic adoration and especially those families that have never had the opportunity to make a formal “holy hour” with Jesus in the Blessed Sacrament. This week, I would like to explain some of the Catholic lingo we use to talk about adoration and holy hours since it can be confusing and sometimes we use words interchangeably.

What is Eucharistic Adoration?

Eucharistic Adoration is the simple act of spending time in prayer before Jesus in the Blessed Sacrament. Eucharistic adoration is prayer before the Blessed Sacrament housed within the tabernacle. The presence of the Body and Blood of Jesus in the tabernacle is noted by a constantly burning sanctuary candle near the tabernacle. This is a sign of the honor which is shown to the Lord. Therefore, whenever we are in the presence of the Blessed Sacrament (whether before or after Mass) it is appropriate to adore Him in silent prayer and meditation.

What is Eucharistic Exposition?

Eucharistic exposition is the ritual by which the Blessed Sacrament is displayed outside of the tabernacle in a monstrance for the purpose of public veneration by the faithful. It is this communal celebration of the glory of God in the Blessed Sacrament that enables us, the faithful, to perceive more clearly the relationship between the “reserved” Sacrament and the sacrifice of the Mass which is the origin of the purpose of our worship outside of Mass. Eucharistic exposition can provide a greater feeling of intimacy with Jesus as he allows himself to be “exposed” to our eyes so that we can gaze at His “face” even as he looks at us.

What is a Holy Hour?

In Matthew 26:36 Jesus asks his disciples to stay awake with him and pray right before he enters into his passion. His disciples can’t even stay awake one hour and Jesus gently chides them for their lack of fortitude and love. Traditionally, a Holy Hour refers to spending an hour of time in prayer with Jesus in answer to his call to stay awake. More specifically, *it most often refers to spending one hour of prayer with Jesus in Eucharistic Adoration*, although a Holy Hour of prayer could be done at home or anywhere.

What is Perpetual Adoration?

Some chapels offer what is called perpetual adoration. Immaculate Conception church has offered this devotion for a number of years and in fact we are just finishing up our new perpetual adoration chapel where this will occur. This means that, with the exceptions of times for Mass, the Eucharist is exposed in the monstrance on the altar 24 hours a day, seven days a week and at least one person is present continuously to adore Christ.

Dear family, this week we continue with the second part in this series on Eucharistic adoration, which will focus on why making time for adoration above and beyond Sunday Mass is so beneficial for every Catholic. This can mean signing up for an hour of adoration in our new chapel (at IC) and doing this each week or it can mean dropping in for a little visit to Jesus in our church, maybe even just 5 or 10 minutes. Time in adoration is all about “wasting” time with Jesus, allowing ourselves to sit at his feet like Mary (the sister of Martha) did. Jesus praised Mary for simply sitting beside him, listening to him, looking at him, and loving him. It also entails learning to sit and be comfortable with silence, which is so hard for us at times! Why is this so important? Because this is what we will be doing in heaven for all eternity! Adoration is a sort of rehearsal for heaven, practice for what we will be doing for eternity! Cardinal Sarah in his book, *The Power of Silence: Against the Dictatorship of Noise,* describes the necessity of sitting in silence at the Lord’s feet:

We must uproot ourselves from the world, from the crowd and from all activity, even charitable works, in order to remain for long moments in the intimacy of God... We all run the danger of being preoccupied with worldly business and concerns if we neglect the interior life, prayer, the daily face-to-face encounter with God... For silence is where God dwells. He drapes Himself in silence.

With this background, here is a list of powerful reasons for wanting to spending time with Jesus in the Blessed Sacrament (borrowed from [Catholic News Agency](#)):

1. This is a personal invitation to you from Jesus.
"Jesus waits for us in this sacrament of love." (Pope John Paul II, *Dominicae Canae*)
2. Your hour with Jesus in the Blessed Sacrament will repair the evils of the world and bring about peace on earth.
3. Day and night Jesus dwells in the Blessed Sacrament because of his Infinite love for you!
"Behold I will be with you always even to the end of the world." (Mt 28:20)
4. The best time you spend on earth is with Jesus, your Best Friend, in the Blessed Sacrament!
"How great is the value of conversation with Christ in the Blessed Sacrament, for there is nothing more consoling on earth, nothing more efficacious for advancing along the road of holiness!" (Pope Paul VI, *Mysterium Fidei*)
5. When you look upon the Sacred Host, you look upon Jesus, the Son of God.
6. Each moment that you spend in His Eucharistic Presence will increase his divine life within you and deepen your personal relationship and friendship with him.
"I have come that you may have life, and have it more abundantly." (John 10:10)
7. Each hour you spend with Jesus will deepen his divine peace in your heart.
"Come to me all of you who are weary and find life burdensome and I will refresh you..."
"Cast all of your anxieties upon the one who cares for you..." (Mt 11:28; Pt 5:7)
8. If the Pope himself would give you a special invitation to visit him in the Vatican, this honor would be nothing in comparison to the honor and dignity that Jesus himself bestows upon you with the invitation of spending one hour with him in the Blessed Sacrament.
9. Just as you can't be exposed to the sun without receiving its rays, neither can you come to Jesus exposed in the Blessed Sacrament without receiving the divine rays of his grace, his love, his peace.
10. Because your pastor (Fr. Justin) is begging you to make this a part of your life!

Dear Family,

Last week we examined 10 reasons to make a Holy Hour and this week we focus on “how to make a Holy Hour”, the 3rd part in this series on Eucharist adoration. There are many ways to pray a Holy Hour! You might read Scripture, journal, or you might simply sit and talk with God, Or you can pray with a combination of all the above. However, we don’t want to attempt a holy hour without some structure because we can easily become bored, begin to fidget, and end up feeling defeated. So what is one good way to make a holy hour?

Minutes 0-10 (Enter into prayer): Your mind will be full of “stuff” and “noise” from the day that will initially distract you. Collect yourself by praying “Come, Holy Spirit”, an Our Father, and by making the Sign of the Cross. Next, I find it helpful to simply write down or tell Jesus the things that are racing through my mind and to surrender these things to him.

Minutes 10-20 (Adoration): In the words of St. John Vianney, it is a time when “I look at Him and he looks at me.” We lean on Jesus’ breast, like John did at the last supper, and allow his heart to speak to ours. Just lovingly gaze at the Blessed Sacrament and let God love you.

Minutes 20-25 (Contrition): Spend a few minutes asking the Holy Spirit to reveal where you have fallen short and where you might need to ask for God’s mercy. Resolve to go to Confession as soon as you’re able.

Minutes 25-40 (meditation/conversation): This is the heart of it. I advise you to never go to a holy hour without something to meditate on! Do not read the whole time (and miss the loving gaze of Jesus), but don’t go empty handed. It is helpful to read a little (say, 5-10 verses from the Gospels), and then to put your book down and speak to Jesus. I would recommend a Bible, “The Imitation of Christ by Thomas à Kempis”, or some other spiritual book. We begin to grow in our “interior knowledge of the Lord” as we contemplate his words, his life, and his real presence before us. It is also a time when we listen to him and allow him to speak to us. This is also a time when we can tell him everything about how we are and how we feel. It is also a time to tell him about our day and to ask his help in ways in which we need it. Make sure to listen!

Minutes 40-45 (Thanksgiving): Spend some time thanking God for the gifts in your life. This might be something big, such as a new friendship or job, or it might be something small, like your coffee in the morning or the nice walk you took yesterday afternoon.

Minutes 45-55 (Intercession): Pray for the people in your life and entrust your concerns and needs to God.

Minutes 55-60 (resolution): How is God calling you to change? What did he put on your heart during this Holy Hour?

- 1. Pray the Psalms or the Liturgy of the Hours**

Whether you are praising, giving thanks, asking for forgiveness or seeking an answer, you'll find an appropriate psalm. The ancient prayer of the Church called the Liturgy of the Hours presents an excellent way to pray through the Book of Psalms throughout the year.
- 2. Recite the "Jesus Prayer"**

Say "Lord Jesus, have mercy on me, a sinner", repeatedly as you quiet your heart and mind.
- 3. Meditate using Scripture**

Choose a passage from the Bible. read the words and ask God to let the passage speak to you. Pay special attention to anything that strikes you and ask God what He wishes for you to draw from that message. Practice the four Rs: Read. Reflect on the passage you read. Relate the passage to your life. Resolve - make a resolution to change.
- 4. Read the life of a saint and pray with him or her**

Most holy men and women have had a great devotion to Our Lord in the Eucharist. Therese of Lisieux, Catherine of Siena, Francis of Assisi, Thomas Aquinas, Peter Julian Eymard, Dorothy Day. Mother Teresa of Calcutta and Baroness Catherine de Hueck are just a few. Read about them and pray their prayers before the Blessed Sacrament.
- 5. Pour out your heart to Christ and adore Him**

Speak to Jesus, aware that you are in His presence, and tell Him all that comes to your mind. Listen for His response. Pray the prayer that St. Francis instructed his brothers to pray whenever they were before the Blessed Sacrament: "I adore You, O Christ, present here and in all the churches of the world, for by Your holy cross You have redeemed the world."
- 6. Ask for forgiveness and intercede for others**

Think of those who have hurt you and request a special blessing for them. Ask God to forgive you for all the times you have neglected or hurt someone else. Bring before the Blessed Sacrament all those who have asked you to pray for them. Ask the Lord to address their concerns.
- 7. Pray the Rosary**

Pope John Paul II reminds us, "...is not the enraptured gaze of Mary as she contemplated the face of the newborn Christ and cradled him in her arms that unparalleled model of love which should inspire us every time we receive Eucharistic communion?" (The Church and the Eucharist, 55) Ask Mary to join you as you gaze on Christ in the Eucharist and as you pray the Rosary.
- 8. Sit quietly and just "be" in the presence of God**

Think of a visit to the Blessed Sacrament as coming to see your best friend. Sit quietly and enjoy being in each other's company. Instead of talking to the Lord, try listening to what He wants to tell you.