

PASTOR OR HIS DELEGATE(S) AND PARISH SECRETARY'S

PREPARATION KIT

FOR PARISH EUCHARISTIC ADORATION SIGN-UP WEEKEND



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COMMITMENT TO PERPETUAL EUCHARISTIC ADORATION

Each adorer commits to being a vital link in an unbroken chain of love offered to Jesus in the Blessed Sacrament whereby the parish enthrones Him King by giving Him the honour and glory due to His name through perpetual Eucharistic adoration.

By means of perpetual adoration the community gives great honour and glory to the Lord because, “Worthy is the Lamb that was slain to receive power, riches, wisdom, strength, honour, glory and blessing (Rev. 5:12) and to be incessantly adored for all that he has done for our salvation” (cf. Rev. 5:9).

Each adorer is individually called to take part in perpetual Eucharistic adoration, freely responding to the first commandment, “The Lord your God is the one to whom you must adore, him alone you must serve” (Mt. 4:10). Besides, for each adorer, “The act of adoration outside of Mass prolongs and intensifies all that takes place during the liturgical celebration itself” (Pope Benedict XVI, *Sacramentum Caritatis*, #66).

Thus, the chapel of perpetual adoration becomes an oasis of peace where people go to gain new strength according to the call, “Come to me all you who labour and are overburdened and I will give you rest” (Mt. 11:28), and to open a temporary gap in the daily hustle and bustle of life to be in the Lord’s Divine Presence. “Be still and know that I am God” (Psalm 46:11).

“I would like to recall the priority of prayer over action since it is on prayer that the effectiveness of action depends. The Church’s mission largely depends on each person’s personal relationship with the Lord Jesus and must, therefore, be nourished by prayer: “It is time to reaffirm the importance of prayer in the face of the activism and the growing secularism” (Pope Benedict XVI, *Deus Caritatis Est*, n. 37).

Therefore, the commitment to perpetual adoration is to grow in our personal relationship with Jesus and contribute to the Church’s mission to bring Christ to the world and the world to Christ.

PERPETUAL EUCHARISTIC ADORATION ORGANIZATIONAL CHART

Pastor

1. The Pastor oversees and encourages all activity associated with the Adoration of Jesus and prepares the chapel.
2. Sets target start-up date of four-six weeks after the Sign-Up Weekend. Presides over opening Mass and Procession.
3. Evangelizes and catechizes by continuing to preach on and encourage Perpetual Eucharistic Adoration on a regular basis.

Head Coordinator(s)

1. The Head Coordinator oversees the adoration program and is responsible to the pastor to ensure all aspects are correctly observed according to Canon Law and to the wishes of the pastor.
2. Works with a volunteer Database Manager to provide adorers with an up to date Master Adoration Schedule and current daily Adoration Sign-in binder to be placed at chapel entrance for Adorers.
3. For each hour, the Head Coordinator must have at least one, and strives for two or more, adorers scheduled.
4. Before initiation of perpetual Eucharistic adoration, the Head Coordinator conducts the organizational meetings.
5. Maintains flow of communication and disseminates information to Division Leaders, Hourly Captains, and adorers so that the adoration program runs smoothly. Conducts meetings with Division Leaders and Hourly Captains every three to four months.
6. Designates a liaison to the parish office for contacting new parishioners about the perpetual Eucharistic adoration program.
7. Coordinates printing weekly Eucharistic quotes in parish bulletins and an Annual Adoration Invitation to recruit new adorers.
8. Assigns an adorer to keep chapel in order. Prepares forms, lists and signs for chapel: i.e., Silence Please.
9. Works with team to implement ways to attract new and retain existing adorers (i.e. regular bulletin notice at nearby parishes etc.)

Division Leader Night 12 AM - 6 a.m.	Division Leader Morning 6 a.m. - 12 Noon	Division Leader Afternoon 12 p.m.- 6 p.m.	Division Leader Evening 6 p.m. - 12 Midnight
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1. Responsible for initial scheduling process.
2. Oversees their time division/zone and schedules adorers.
3. Assists and reports to Head Coordinator as needed.
4. Oversees and maintains contact with Hourly Captains in their time zone.
5. Gives adorer's name, phone, email to Database Mgr., Head Coord. & Hourly Captains.
6. Gives new Adorer's Welcome Packet.

Hourly Captains (6 for Night time division)	Hourly Captains (6 for Morning time division)	Hourly Captains (6 for Afternoon time division)	Hourly Captains (6 for Evening time division)
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1. Acts as contact person responsible for one of the 24 hours in the day.
2. Agrees to prayerfully support adorers in their hour and prays for their commitment.
3. Makes sure that at least one adorer will be present in the hour he/she is in charge of for the 7 days of the week.
4. Checks the sign-in book each week to ensure that the hour he/she is responsible for is being filled throughout the whole week.
5. Calls adorers whenever they do not sign in at scheduled time. Reinforce importance of signing-in and getting a substitute.
6. Ensures each adorer has a clear understanding of the proper and effective method of finding substitutes if they are unable to keep their holy hour in a given week (adorer asks family member, friend, adorer with same hour, adorer before or after their hour).
7. If the adorer is unable to get a substitute, it is up to the Hourly Captain to get a substitute or cover the hour.
8. Contacts Head Coordinator when there is a need to permanently replace an adorer or when an adorer needs to change their hour.
9. Calls the gathering of their adorers before perpetual adoration begins, so all can get to know each other.
10. Each Captain assures their adorers that they can go to each other to find replacements by switching days or hours.

Adorers (6 hourly prayer teams total)	Adorers (6 teams total)	Adorers (6 teams total)	Adorers (6 teams total)
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1. Consists of adorers assigned to the same hour of the day, e.g. 5-6 p.m. Sunday through Saturday.
2. Each fulfills their own weekly holy hour or finds a substitute when necessary. Arrives on time and signs in for their holy hour.

Chapel Librarian

Database Manager

INSTRUCTIONS TO PREPARE FOR SIGN-UP WEEKEND

PLEASE DO, OR DELEGATE THE FOLLOWING TO BE DONE, PRIOR TO YOUR SIGN-UP WEEKEND.

CONFIRMATION CHECKLIST:

- **SCHEDULE SIGN-UP WEEKEND:** Confirm weekend date of a visiting (or parish) clergy or lay person to speak on perpetual adoration and give Sign-Up Instructions at all Masses.
- **CONFIRM WHO WILL DELIVER THE ADORATION SIGN-UP SERMON OR LAY APPEAL:** Our apostolate will consult with you to confirm the individual who will give Sign-Up appeal/testimony with accompanying Instructions at all weekend Masses. Our organization sends a proven to be successful sample sign-up sermon with sign-up instructions for your parish clergy to deliver (or a lay appeal that your parish laity could deliver). Otherwise, we send a missionary to the parish for the weekend to deliver everything. Please contact us to confirm your preference.
- **CONFIRM DATE, TIME AND LOCATION OF ORGANIZATIONAL COORDINATING TEAM MEETING:** The meeting will cover the document *“Perpetual Eucharistic Adoration Organizational Guidelines – Coordinators Kit*. The meeting is usually led by our missionary (either in person, via the Internet, speaker phone) or someone from your parish, on the Sunday or Monday night (or any other day if we are helping remotely) at 7pm, or another convenient time, immediately following the sign-up weekend.
- **ADORATION COORDINATING TEAM:** Please do your best to select a confirmed or potential Head Coordinator (1-2 persons) and core adoration coordinating team members (i.e. 4-5 enthusiastic people to be 4 Division Leaders and a Database Manager) and invite them to the meeting. If this is impossible, they will need to be selected on the weekend in consultation with you.
- **ADVANCE BULLETIN AND PULPIT ANNOUNCEMENT:** For two weeks in a row prior to the scheduled Sign-Up weekend, print this notice in parish bulletin and have it announced at all weekend Masses. A separate page with the following announcement is included in this Kit. *(If coronavirus laws ban paper, use text, email or website etc. and adapt this message with details on how to sign-up)*

BULLETIN/PULPIT ANNOUNCEMENT:

[You can substitute or add the word Perpetual] EUCHARISTIC ADORATION SIGN-UP WEEKEND & COORDINATING TEAM MEETING

Eucharistic adoration is our response to Jesus’ love for us. God loves you and when you adore the Lord, He grants many special blessings of His goodness, grace, love and mercy. We would like to expand and revive Eucharistic adoration at our parish. At least one adorer needs to be scheduled and present for every hour. An Adoration Invitation Sign-Up will take place at all the weekend Masses on [ADD DATE i.e. SEPTEMBER 23/24]. Please sign-up for a weekly holy hour with Jesus. We need volunteers to help coordinate our adoration program - Head Coordinator(s), 2-3 Division leaders, a Database Manager and Hourly Captains. An organizational meeting will take place on [ADD DATE i.e. SUNDAY, SEPT. 29 AT 7PM IN THE LOCATION i.e. PARISH HALL MEETING ROOM] for those interested in helping to coordinate adoration. Please consider attending the meeting, so that our parish may have the wonderful blessing of adoring Our Lord, as He deserves. “Come to Me and I will refresh you!”

- **DO TWO-FOUR WEEKS OF PRE-EVANGELIZATION & CATECHESIS:**

Parish Bulletin Inserts & Promotion (if coronavirus laws ban paper, use email, website, digital):

For 2-4 weeks prior to your Sign-Up weekend to start or increase adoration, please insert copies of Eucharistic literature into parish bulletins, one per week. (These are also excellent for ongoing formation of adorers). It is not absolutely mandatory, but will help to maximize your success!

Print and insert copies of the following, included on other pages of this Kit or at these links (note – you could use two of any of these samples and make a double-sided insert):

- [*What is the Eucharist & What is Eucharistic Adoration?*](#)
- [*Perpetual Adoration - A Call to Holiness & a Personal Relationship with Jesus*](#)
- [*How to Make a Holy Hour*](#)
- [*Prayer of Consecration to Our Lady of the Blessed Sacrament*](#) (pray as a parish before weekend) or [Prayer for PEA](#)
- Good insert for an adoration booster/renewal weekend: [*The Value of Sacrifice*](#)

Or/and you may wish to order the following high quality Eucharistic pamphlets/bulletin inserts through the Order Centre on our website at this link:

- <https://perpetualeucharisticadoration.com/product/eucharistic-adoration-packs-of-100-pamphlets/> You will need to allow at least 1-2 weeks from order date for delivery:
- [*Eucharistic Adoration*](#) (tri-fold colour glossy pamphlet)

Preaching and Catechesis:

For 1-4 weeks before the weekend, it is not obligatory or absolutely necessary but it has been found that to be very helpful to motivate people and maximize success of the Sign-Up and whole program, if parish clergy show interest by preaching and teaching on the Eucharist and adoration. Any of the above even if used as bulletin inserts, could also be used as homiletics. Other homiletics included in this kit below or at these links are:

- [*12 Biblical Reasons for Wanting to Spend an Hour a Week with Jesus in the Blessed Sacrament.*](#) This can simply be read by parish clergy or used to build a homily about the entire Bible being a witness or testament to Christ: the same yesterday, today and always; truly, bodily and personally present in the Most Blessed Sacrament.
- [*12 Reasons from Church Teachings for Wanting to Spend an Hour a Week with Jesus in the Blessed Sacrament*](#) This tract can simply be read by pastor or use the reasons to build a homily regarding essential teachings about the Eucharistic Mystery, as found in the *Catechism of the Catholic Church*. This discussion can be put into the framework of the Eucharist being a three-fold Sacrament – Sacrifice, Communion and Presence – and that to truly live the Eucharistic Mystery, which is the essence of the Christian life, requires us to alive all three parts of this inseparable Mystery.
- The above two tracts could also be distributed to enable each parishioner to reflect upon the message in order to better appreciate the importance of his or her participation in the program.
- [*What is Perpetual Adoration?*](#)
- [*Reasons for Perpetual Eucharistic Adoration*](#)
- [*More Reasons for PEA*](#)
- [*Eucharist - Sacrament to be Adored, St. Pope John Paul II*](#)

It is also not obligatory, but some Holy Hours including a reflection could be offered prior to the weekend as part of your pre-evangelization and adorer formation.

CORONAVIRUS ADAPTATIONS: *As outlined in the next four points, paper/pencils are very effective. If their use is banned, adapt your sign-up methods to include text message, website/online, phone, email and at a table.*

- **HAVE ENOUGH COPIES OF INVITATION MADE:** Have a volunteer or parish staff make enough copies of the Invitation as the total average number of communicants at all Masses combined (divide in half as there are two invitations per sheet). Please do not change the Invitation, as it was intentionally designed that way. A good guideline is to make at least as many copies as the number of parish bulletins you usually have printed, plus extras. Since there are two copies of the Invitation on the 8.5” x 11”page, cut each sheet in half to make two Invitations. Have these ready **before** the weekend. If you prefer a more specific Invitation with all of the days and hours listed to get a more specific survey, please contact us.
- **OTHER PHOTOCOPIES TO MAKE BEFORE THE WEEKEND:** If we are sending a missionary for the weekend, we will bring these for the Organizational Meeting. (If not, please contact us one month before the weekend, so that we can make sure you receive these documents to print:
 - *“Perpetual Eucharistic Adoration Organizational Guidelines – Coordinators Kit”* - 30 copies of pages 1-7 (one each for pastor, head coordinator, 4 division leaders, database manager and 24 hourly captains) plus 6 copies of pages 8-14 (for core team only of pastor, head coordinators, 4 div leaders, and database manager)
 - 2 copies of the *4 Division Leaders’ Charts*
 - *Coordinators meeting attendance sign-in page*
 - *Schedule of Adorers database with first adorer list – we prepare this and give to your head coordinator once selected*
- **HAVE ENOUGH GOLF PENCILS READY:** If you invite us to do the Sign-Up weekend in person at a proximate location, we will let you know that we are bringing pencils in plastic bins. Otherwise, small pre-sharpened golf pencils should be purchased in advance for the parishioners to sign-up on the Invitations at Mass. Please ensure that there is one full box of small pre-sharpened golf pencils per usher in shoe box sized plastic bins (dollar stores have these), ready before the weekend. There are only 144 pencils/box, so if you print 1000 bulletins per week you will need 8 boxes of pencils. If you have 2 sections of pews, you will need 8 (2 per side) plastic bins to make the sign-up go quickly unless it is a very small parish.
- **CONTACT HEAD USHER:** Please ask your head usher to inform all ushers prior to your Adoration Sign-Up weekend that before each Mass they should gather 15 minutes before all Masses on the Sign-Up Weekend to await instructions. These instructions will be given by the visiting speaker if we are sending one (or a volunteer or the head usher needs to give them) on how to pass out Invitations and pencils at each Mass. Have two ushers or volunteers for each side of each section of pews, i.e. four people for each section. If we are not sending an adoration speaker, please designate a volunteer or confirm that the Head Usher will deliver the “Ushers/Volunteers Instructions for Adoration Sign-up Weekend” included in this Kit or at this link: [Ushers Instructions for Sign-Up Weekend](#). It is imperative that the pastor’s delegate or secretary purchase, prepare and place the plastic collection bins that have both pencils and copies of the Invitations in them at the back of the church for the ushers 15 minutes before the first Mass (i.e. by Saturday afternoon)!
- **DETERMINE A TARGET START-UP DATE** for adoration – This date is usually four to six weeks after Sign-up Weekend, depending on the number of adorers to be contacted and the possibility of scheduling it on a special feast or saint’s day.
- Before Adoration begins, have your chapel or place for Adoration ready - guidelines are on the next page.
- A back-up photocopy of all *completed* Invitations should be made and given to the head coordinator. If our missionary visits the parish in person for the Coordinators Organizational meeting they will bring the completed Invitations. If not, parish should make a copy to bring to the meeting with the originals.

PASTOR'S GUIDELINES FOR ADORATION CHAPEL PREPARATION

What is a Eucharistic Adoration Chapel?

It is a place for *QUIET* worship of the Holy Eucharist in exposition, and a place to listen to the voice of Our Lord.

1. Decide location of the chapel. Keep in mind easy access to restroom facilities, parking and security, especially for the handicapped.
2. According to Canon Law 941, section 2: Exposition of the Blessed Sacrament may not take place while Mass is being celebrated in the same area of the church or oratory.
3. Choose a Monstrance, arrange for seating, kneelers, candleholders, telephone, appropriate lighting, and décor i.e. statues, icons, option of holy water.
4. Work with Head Coordinator or Chapel Librarian to decide what literature to place in chapel on a bookshelf or in pews. See printed materials and books available on our website. Be sure literature is either stamped or labeled with "Please leave this at the Adoration chapel." This makes it easy to discard unsolicited, questionable materials left in the chapel.
5. Advise Head Coordinator to prepare and send Perpetual Adoration Chapel Opening announcements for the parish bulletins and surrounding parishes, local newspapers, and interested Catholic organizations. Encourage everyone to come to the Opening Ceremonies. This will create interest for potential adorers.
6. Before Adoration begins, you will be asked to confirm "Adoration Chapel Particulars" listed below for "Adorer Welcome Kit" given to each Adorer, usually at Kick-Off Meeting right before Adoration begins.
7. There could be a sign such as: Please observe a prayerful SILENCE.

For two weeks in a row prior to the scheduled Sign-Up weekend,
Please have this notice published in the parish bulletin and announced at all weekend Masses.

BULLETIN/PULPIT ANNOUNCEMENT:

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WHAT IS THE EUCHARIST? WHAT IS EUCHARISTIC ADORATION?

What is the Eucharist?

Jesus' Presence in the Eucharist is real and substantial: "I am the living bread that came down from heaven; whoever eats this Bread will live forever ... Whoever eats My Flesh and drinks My Blood has eternal life, and I will raise him on the last day. For My Flesh is true food, and My Blood is true drink" (John 6:51, 54-55).

The Church explains that the Eucharist is the "source and summit of the Christian life" (*Lumen Gentium*, 11). In his very first encyclical, Pope St. John Paul II reminds us that through the Eucharist, "each Christian receives the saving power of redemption" (*Redemptor Hominis*, 20). At the Last Supper, on the night He was betrayed, our Saviour instituted the Eucharistic sacrifice of His Body and Blood (*Sacrosanctum Concilium*, 47). The Eucharist is the sacrament that Jesus established when "He took bread, and when He had given thanks He broke it and gave it to them, saying 'This is My Body, which is given for you, Do this in remembrance of Me.' And likewise the chalice after supper, saying, 'This chalice which is poured out for you is the new covenant in My Blood.'"

At Mass, when a Catholic priest follows this command of Jesus and offers the words of consecration, by these words of Christ and the invocation of the Holy Spirit, the bread and wine are permanently changed and become Jesus: His Body, Blood, Soul, and Divinity (CCC 1333,1373-76,1406). The Eucharist is Jesus' complete and personal gift of Himself to us under the appearances of bread and wine. He is present in this sacrament permanently. His Real Presence abides in the hosts remaining after Communion that are kept in a special place of honour called the tabernacle (CCC 137).

What is Adoration?

"Adoration is the acknowledgement of God as God, creator and saviour, the Lord and Master of everything that exists as infinite and merciful love" (CCC 2096). "Adoration is homage of the spirit to the King of glory, respectful silence in the presence of the ever greater God" (CCC 2628).

The Concise Dictionary of Theology defines Adoration as "the highest reverence to be offered only to God, our creator, redeemer, and sanctifier who alone should be worshiped and glorified." "Adoration is the word used to express those acts of divine worship which are directed to God only, and of which the characteristics are recognition of His perfection and omnipotence and our own complete dependence upon Him" (*A Catholic Dictionary*, Tan, 1997).

St. Elizabeth of Hungary remarked: "Adoration. This is a word from heaven. It seems to me that it could be defined as an ecstasy of love. It is love overwhelmed by the beauty, the strength, the immense grandeur of the Beloved. It falls into sort of a swoon, into a full deep silence, the silence that David spoke of when he cried out 'silence is Thy praise'. And it is the most beautiful of all praise that is sung eternally in the bosom of the unchanging Trinity, and it is also the last effort of the soul as it overflows and can say no more."

What is Eucharistic Adoration and why is it so tremendously important?

Eucharistic adoration is an expression of our love for Jesus, who loves us so much that He never wants to leave us and stays with us day and night in the Blessed Sacrament. He says: "Behold I am with you always," because "I have loved you with an everlasting love, so I am constant in My affection for you" (Mt. 28:20; Jer 31:3). Eucharistic adoration is the respect and worship we give to Jesus, who is truly present to us under the appearance of bread and wine. The Eucharist is a priceless treasure; by not only celebrating it but also by praying before it outside of Mass we are enabled to make contact with the very wellspring of grace. As St. Alphonsus Liguori noted, "of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us" (CCC 1418).

What is the relationship of Eucharistic adoration to the Mass?

The celebration of the Mass is the origin and purpose of the worship shown to the Eucharist outside the Mass. Eucharistic adoration extends Holy Communion in a lasting way even as it prepares the faithful to participate more fully in the celebration of

the Mass. It leads us to acknowledge Christ's marvelous presence in the sacrament and invites us to deeper spiritual union with him in the reception of Holy Communion. St. Pope John Paul II said, "Our communal worship at Mass must be together with our personal worship of Jesus in Eucharistic Adoration in order that our love may be complete".

What is exposition of the Blessed Sacrament?

Exposition is the placement of the sacred host outside the tabernacle for public adoration. This can take many forms. One form is the removal of the sacred vessels from the tabernacle for a more prominent and visible placement. The Church also permits a "full" exposition, when the sacred host is clearly visible in a sacred vessel called a "monstrance."

What is the purpose of exposition of the Blessed Sacrament?

There are three purposes of Eucharistic exposition: (1) to acknowledge Christ's marvelous presence in the sacrament; (2) to lead us to a fuller participation in the celebration of the Eucharist, culminating in Holy Communion; and (3) to foster the worship which is due to Christ in spirit and in truth.

What is Perpetual Eucharistic Adoration?

Perpetual Eucharistic Adoration is our response to Jesus' love for us, whereby each of us is willing to spend a quiet "holy hour" of prayer in His Eucharistic Presence once a week on a regular basis, so that we may have extended exposition of the Blessed Sacrament. Jesus is never left alone, and the chapel is open for anyone to visit Him.

Why do we need Perpetual Eucharistic Adoration and what are the fruits of it?

Jesus wants it! He loves you infinitely. You bring joy to His Sacred Heart when you spend time with Him in the Blessed Sacrament. Jesus said to St. Margaret Mary that He has a burning love to be honoured in the Blessed Sacrament. **He gives us graces through adoration!** He refreshes us in mind, heart and spirit by lavishing on us those graces that encourage, console, strengthen, guide and inspire us to place all our trust in Him, so that the power of His Love may cast our every worry, fear, doubt, and anxiety that we have. **Popes and the Church have asked for perpetual adoration. Everyone can participate. It leads to a truly personal relationship with Jesus. It builds community. It brings peace!**

People who observe Eucharistic adoration experience a deeper devotion to Jesus. This manifests itself in countless ways. The primary fruits are repentance and conversion, which lead to increased charity. The adoration of Jesus in the Eucharist also leads to greater reverence at Mass, a deeper desire for personal holiness, and a stronger sense of union with the parish and Church. This practice leads to an increase in vocations to the priesthood, diaconate and religious life.

How should we pray during Eucharistic adoration?

There are many ways to pray. We may meditate silently by gazing on the sacred host. We may silently speak to Jesus with our mind and heart. We may rely on devotions and prayers from Catholic tradition, such as the reading of Scripture, recitation of the rosary, or the litanies. ACTS: during our holy hour of prayer, we may want to spend 15 minutes on each type of prayer - Adoration, Contrition, Thanksgiving (Praise) and Supplication (intercession). Pray for the salvation and sanctification of souls!

Promote Eucharistic adoration by doing it!

Make frequent visits to Jesus at the tabernacle and in the Monstrance. Invite your spouse, children, neighbours, friends, co-workers and others to join you. "Because Christ Himself is present in the sacrament of the altar, He is to be honoured with the worship of adoration. To visit the Blessed Sacrament is...a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord" (CCC 1418). Please do what you can to help to implement Pope St. John Paul II's great desire that Perpetual Eucharistic Adoration be established in every parish and Christian community.



PERPETUAL EUCHARISTIC ADORATION

A Call to Holiness and an Invitation to a Personal Relationship with Jesus

Jesus said: “Come away by yourselves to a secluded place and rest a while” (Mk. 6:31).

As laity, we have been given the challenge to aspire to be saints in the “universal call to holiness”. The way of sanctity of priests and religious for centuries was opened to us in developing intimacy with Jesus in the Blessed Sacrament through Perpetual Eucharistic adoration.

“I would like to recall the priority of prayer over action since it is on prayer that the effectiveness of action depends. The Church’s mission largely depends on each person’s personal relationship with the Lord Jesus and must therefore be nourished by prayer” (Benedict XVI).

“Ours is a time of continual movement which often leads to restlessness, with the risk of ‘doing for the sake of doing.’ We must resist this temptation by trying ‘to be’ before trying ‘to do.’ In this regard we should recall how Jesus reproved Martha: “You are anxious and troubled about many things, one thing is needful” (*Novo Millennio Ineunte*, #15, St. John Paul II).

An intimate personal relationship with Christ is the “heart of Eucharistic piety” (*God Near Us*, Joseph Cardinal Ratzinger). There is no more personal a relationship with Jesus than where He is in person in the Holy Eucharist, Body, Blood, Soul and Divinity.

How wonderful to experience His Eucharistic Presence fully in order to not take so great a gift for granted. How do we experience Jesus in the Holy Eucharist fully? We offer ourselves with Him to the Father in the Holy Sacrifice of the Mass, by receiving Him in Holy Communion and by adoring Him in the Blessed Sacrament, as He remains with us day and night.

“In the Eucharist the Son of God comes to meet us and desires to become one with us; Eucharistic adoration is simply the natural consequence of the Eucharistic celebration, which is the Church’s supreme act of adoration” (*Sacramentum Caritatis*). “Communion and adoration are indivisibly one” (*God Near Us*).

Jesus is inviting us to get to know Him better by spending a weekly holy hour with Him in the Blessed Sacrament. In fact, Jesus longs to be loved by us as He told Saint Margaret Mary when she was adoring Him in the convent chapel, “I thirst with an ardent thirst to be loved in this Blessed Sacrament.”

Saint Mother Teresa of Calcutta said, “The best time you will spend on earth is the time you spend with your Best Friend, Jesus in the Blessed Sacrament.”

HOW TO MAKE A HOLY HOUR OF EUCHARISTIC ADORATION



Prayer helps to save and sanctify souls. A Holy Hour is spending an hour in prayer, preferably in the Real Presence of Jesus exposed in the Most Blessed Sacrament at a perpetual Eucharistic adoration chapel. If that is not possible, the hour of prayer may also be made before the Tabernacle or spiritually, at home.

Saints, Popes and the Church recommend the efficacious practice of making a daily or weekly hour of Eucharistic Adoration. There are many ways to pray and there is no set format or order for spending hours in prayer with Jesus in the Blessed Sacrament.

Traditional recommendations include ACTS, remembering the acronym for four 15-minute steps in a spirit of:

Adoration - Recognize and enter into God's Holy Presence with reverence, awe and love. Adore God, Who is Love.

Contrition (Reparation) - Repent, express sorrow and make reparation for your sins and those of the whole world.

Thanksgiving - Worship God. Praise and thank Him.

Supplication (Intercession) - Pray for the salvation and sanctification of souls, for graces, for your own conversion and needs, as well as for those around you and the whole world.

Other Suggestions: St. Mother Teresa of Calcutta recommended spending half the time in adoration in SILENCE. Entering into deeper contemplative prayer can bring one to interior silence. The great mystic and doctor of the Church, St. Theresa of Avila, experienced the “prayer of the quiet”. St. Therese of Lisieux, the “Little Flower”, practised complete trust and confidence in the mercy of God and did little things with great Love.

Speak to God with your mind and heart. Listen to God. Practice loving contemplation - simply gaze on Our Lord and Saviour in the Sacred Host. Offer prayers and rely on devotions from Catholic tradition such as the Divine Office, Rosary, Chaplet of Divine Mercy, Litanies, or Catholic spiritual reading materials such as Sacred Scripture.

Many saints grew stronger in virtue and in their prayer life as they persevered in prayer through consolations and periods of dryness or desolation. Love is a decision, not a feeling. Jesus is 100% divine and 100% man. He still has a human heart and a divine heart. He consoles us and sometimes asks us to comfort and intercede with Him: “Could you not watch one hour with Me?” Jesus revealed Himself to St. Margaret Mary with a crown of thorns piercing His Sacred Heart burning with Love. He thirsts for love and souls.

Venerable Archbishop Fulton J. Sheen called the daily holy hour the “hour of power” that “makes my day”. Invite your friends, family members and others to discover the Real Presence of Christ in Adoration! Ask your pastor to allow Perpetual or extended Eucharistic Adoration to be established in your parish.

Loving Jesus, with all my heart, I love and adore Thee in the Most Holy Eucharist. Amen.



CONSECRATION TO OUR LADY OF THE BLESSED SACRAMENT

Virgin of Fatima, New Eve, and
Spouse of the Holy Spirit,
We consecrate our lives, our families, and our parish
to your Sorrowful and Immaculate Heart.

We ask you to help us to be sparks
that will enkindle in this world a great fire of love
for Jesus in the Eucharist.

May His Innocent Blood continue to
plead for our salvation
in the Most Holy Sacrament of the Altar.

May His Eucharistic Light pierce the
darkness of our minds.

May His Eucharistic Power heal and
transform the lives broken by sin.

May His Eucharistic Love bring
unity and peace to the Church.

Through thy maternal and queenly
intercession, may the Lord Jesus Christ
take up His Eucharistic Reign of holiness
and love in every human heart.

Amen.

Call to Adoration



*If we are willing only to do what is ordinary
then we can only expect God's ordinary blessings.
Only when we are willing to do the extraordinary
are we guaranteed of obtaining God's extraordinary blessings.
Perpetual adoration of the Blessed Sacrament
is absolutely the extraordinary effort
that God is asking for today in order that
He may bestow upon mankind His extraordinary blessings.
When we are willing to do on earth
what is done in heaven, i.e., adore God perpetually,
then God will create a "new heaven" and a "new earth".*

Ricardo J. Cardinal Vidal



OUR PARISH IS PREPARING TO ANSWER THIS CALL TO

PERPETUAL ADORATION



Twelve Biblical Reasons for Wanting to Spend an Hour With Jesus in the Blessed Sacrament

1. He is really there! "I myself am the living bread come down from heaven." (John 6:35)
2. 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," because "I have loved you with an everlasting love, and constant is my affection for you." (Mt .28:20; Jer. 31:3)
3. The specific way that Jesus asks you to love Him in return is to spend one quiet hour with Him in the Blessed Sacrament. "Where your treasure is, there is your heart...." "Could you not watch one hour with Me?" (Mt. 6:21; 26:40)
4. When you look upon the Sacred Host, you look upon Jesus, the Son of God. "Indeed, this is the will of my Father, that everyone who looks upon the Son and believes in him shall have eternal life. Him I will raise up on the last day." (Jn. 6:40)
5. 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." "I am the vine and you are the branches. Whoever remains in Me and I in him shall bear much fruit because without Me, you can do nothing." (Jn .15:5)
6. 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 you anxieties upon the one who cares for you..." "My Peace is My Gift to you." (Mt 11:28; Pt. 5:7; Jn. 14:17)
7. Jesus will give you all the graces you need to be happy! "The Lamb on the throne will shepherd them. He will lead them to the springs of life-giving water." (Rev. 7:17)
8. Jesus is infinitely deserving of our unceasing thanksgiving and adoration for all He has done for our salvation. "Worthy is the Lamb that was slain to receive honour, glory and praise." (Rev. 5:12)
9. For peace in our country! "When my people humble themselves and seek my presence... I will revive their land." (2Chr. 7:14)
10. Each hour you spend with Jesus on earth will leave your soul everlastingly more beautiful and glorious in heaven! "They who humble themselves shall be exalted..." "All of us, gazing on the Lord's glory with unveiled faces, are being transformed from glory to glory into His very image." (Lk. 18:14; 2Cor. 3:18)
11. Jesus will bless you, your family and the whole world for this hour of faith you spend with Him in the Blessed Sacrament. "Blessed are they who do not see and yet believe..." "Faith can move mountains..." " What is needed is trust... " "Behold I come to make all things new." (Jn. 20:29; Mk. 11:23; Mk. 5:36; Rev. 21:5)
12. Each moment you spend with Jesus in the Blessed Sacrament brings joy, pleasure, and delight to His Sacred Heart! "My joy, my pleasure, my delight is to be with You." (Prov. 8:31)

Twelve Reasons from the Teachings of the Church for Wanting to Spend an Hour with Jesus in the Blessed Sacrament

1. You are greatly needed! "The Church and the world have a great need of eucharistic adoration." (Pope John Paul II, *Dominicae Cenaе*)
2. This is a personal invitation to you from Jesus. "Jesus waits for us in this sacrament of love." (Pope John Paul II, *Dominicae Cenaе*)
3. Jesus is counting on you because the Eucharist is the center of life. "Every member of the Church must be vigilant in seeing that the sacrament of love shall be at the center of the life of the people of God so that through all the manifestations of worship due him shall be given back 'love for love' and truly become the life of our souls." (St. Pope John Paul II, *Redeemer of Man*)
4. Your hour with Jesus in the Blessed Sacrament will repair for evils of the world and bring about peace on earth. "Let us be generous with our time in going to meet Jesus and ready to make reparation for the great evils of the world. Let your adoration never cease." (Pope John Paul II, *Dominicae Cenaе*)
5. Day and night Jesus dwells in the Blessed Sacrament because you are the most important person in the world to him! "Christ is reserved in our churches as the spiritual center of the heart of the community, the universal Church and all humanity, since within the veil of the species, Christ is contained, the invisible heart of the Church, the Redeemer of the world, the center of all hearts, by him all things are and of whom we exist." (Pope Paul IV, *Mysterium Fidei*)
6. Jesus wants you to do more than to go to mass on Sunday. "Our communal worship at mass must go together with our personal worship of Jesus in Eucharistic adoration in order that our love may be complete." (Pope John Paul II, *Redeemer of Man*)
7. You grow spiritually with each moment you spend with Jesus! "Our essential commitment in life is to preserve and advance constantly in Eucharistic life and Eucharistic piety and to grow spiritually in the climate of the Holy Eucharist." (Pope John Paul II, *Redeemer of Man*)
8. 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*)
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. "Christ is truly the Emmanuel, that is, God with us, day and night, He is in our midst. He dwells with us full of grace and truth. He restores morality, nourishes virtue, consoles the afflicted, strengthens the weak." (Pope Paul VI, *Mysterium Fidei*)
10. If Jesus were actually visible in church, everyone would run to welcome him, but he remains hidden in the Sacred Host under the appearance of bread, because he is calling us to faith, that we many come to him in humility. "The Blessed Sacrament is the 'Living Heart' of each of our churches and it is our very sweet duty to honour and adore the Blessed Host, which our eyes see, the Incarnate Word, whom they cannot see." (Pope Paul VI, *Credo of the People of God*)
11. With transforming mercy, Jesus makes our heart one with his. "He proposes his own example to those who come to him, that all may learn to be like himself, gentle and humble of heart, and to seek not their own interest but those of God." (Pope Paul VI, *Mysterium Fidei*)

Source: Catholic News Agency, PEA Kit: Motivation, Church teachings



Invitation to Perpetual Eucharistic Adoration

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

Name: _____

Telephone: _____

Email: _____

Please put a check mark beside the time(s) of the day you prefer:

Morning (6 a.m. – noon)

Evening (6 p.m. – midnight)

Afternoon (12 noon – 6 p.m.)

Night (midnight – 6 a.m.)

If you are willing to be a coordinator to help us to organize Eucharistic Adoration, please put a check mark in this space _____.



Invitation to Perpetual Eucharistic Adoration

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

Name: _____

Telephone: _____

Email: _____

Please put a checkmark beside the time(s) of the day you prefer:

Morning (6 a.m. – noon)

Evening (6 p.m. – midnight)

Noon (12 noon – 6 p.m.)

Night (midnight – 6 a.m.)

If you are willing to be a coordinator to help us to organize Eucharistic Adoration, please put a check mark in this space _____.

USHERS/VOLUNTEERS' INSTRUCTIONS FOR ADORATION SIGN-UP WEEKEND

The Adoration speaker or a parishioner will give these instructions 15 minutes before each Mass to all Ushers:

- 1). Thank you for helping with this vital part of this Eucharistic Adoration Invitation Sign-Up Weekend. We are doing this for the love and glory of Jesus in the Blessed Sacrament!
- 2). Before Mass, you are being provided with an ample supply of Invitations and pre-sharpened golf pencils (i.e. 8 plastic bins, each containing pencils and Invitations).
- 3). You may need to call on additional volunteers to ensure two people per each side of each section of pews. (For example, if it is a traditional center aisle with two side aisles, then eight people if possible are needed to pass out pencils from each side of each aisle working toward the middle). Avoid climbing over people.
- 4). *At the end of the priest's sermon at this Mass* the congregation will be given the sign-up instructions. A verbal cue will given from the pulpit for the ushers to start handing out the invitations and pencils, saying e.g. "We ask the ushers to please hand out the invitations and pencils now."
- 5). At this cue, please come forward ***immediately*** to give an invitation and a pencil to everyone. One usher can start at the front of each pew on each side handing out pencils and invitations, and one usher can start from the back pew of the church on each side of the pew working forward. Please make sure members of choir are given Invitations and pencils.
- 6). Please be expeditious. While you are handing out the invitations and the pencils, the speaker will continue and explain to the people how to fill out the invitations. These instructions will generally finish about the same time as you do.
- 7). The speaker will tell the people to hold on to their invitations until after Communion and that the ushers will come around after Communion to collect the Invitations and pencils using the plastic bins. [If there is normally a second collection at this parish, the people would be asked to hand in their Invitations and pencils in the basket along with their contributions.]
- 8). Usually, ushers collect the invitations and pencils on their own initiative after Communion without any cue. [As a helpful reminder, your pastor may give you a verbal cue to start collecting the invitations and the pencils after he finishes purifying the vessels on the Altar].
- 9). After Mass, please separate the filled-out invitations from the blank ones [and from the money if there was a second collection]. Also the pencils should be collected together and put back in the plastic bins ready for the next Mass.
- 10). After each Mass, please go through every pew and collect any remaining blank invitations and pencils. Please keep an eye out for filled-out invitations since some people may leave them in the pews.
- 11). Please also check the first collection in case some people mistakenly put their filled-out invitations in with their contributions for that collection.
- 12). Please be sure to sign-up yourself! Please give the filled-out invitations to me [the Adoration speaker or designated parishioner] and have the pencils and remaining blank invitations ready for the next Mass.
- 13). We are doing this for the glory of Jesus in the Eucharist and the salvation of souls. Thank you!

ADORATION CHAPEL PARTICULARS

[BEFORE ADORATION STARTS THE PASTOR WILL BE ASKED TO CONFIRM THIS INFORMATION FOR THE HEAD COORDINATOR TO FINALIZE THESE PAGES IN THE ADORER WELCOME KIT. AN EDITABLE VERSION OF THIS DOCUMENT IS ON OUR WEBSITE COORDINATOR RESOURCES:]

[Adoration Chapel Particulars template](#)

<https://perpetualeucharisticadoration.com/wp-content/uploads/2019/01/Adoration-Chapel-Particulars-template.docx>

Each adorer will receive the following information from their Hourly Captain at the Kick-Off meeting prior to the start of adoration. If an adorer cannot attend this meeting, the Hourly Captain should call the adorer to go over these details and another method should be used to provide a printed copy of this Adorer Welcome Kit (leave at back of Adoration chapel in a personalized envelope for pick-up, have available at Masses at back of church).

Starting date of perpetual adoration:

Location of the chapel:

Parking:

Location and use of telephone:

Location of restroom:

Inclement Weather Policy: If the weather is hazardous, a call will be made to the affected scheduled adorers to notify them that the adoration has been suspended until further notice. Once the weather clears up, a call will be made to let adorers know the adoration has been reinstated. The chapel may still be accessible. If the weather is hazardous, please be prudent and don't risk an accident - contact your Hourly Captain if you have an issue.

Annual Chapel Closing Policy – Scheduled exposition will NOT take place on the following holidays:

Easter Triduum:

- Closing: 4 p.m., Holy Thursday
- Reopening again: 12 Noon, Easter Monday

Victoria Day Monday

Canadian Thanksgiving Monday

Christmas:

- Closing: 4 p.m., December 24th
- Reopening: 12 Noon, December 26th

Security arrangements:

[If applicable, coronavirus information]:

Core Adoration Coordinating Team

Name of Pastor:

Important Names and Numbers:

Head Coordinator(s):

Morning Division Leader:

Afternoon Division Leader:

Evening Division Leader:

Night/Early Morning Division Leader:

Hourly Captains: Please see your Hourly Captains Weekly Chart or the List of 24 Hourly Captains. If you would like to volunteer to be part of the team coordinating the adoration, contact one of the above persons or the pastor.