

## SELECT MULTIPLE HIGHEST GOALS FOR ADORATION AT YOUR PARISH!

**You can select perpetual adoration, have a sign-up, see the response and whether it is possible.**

- Ideally each parishioner making a weekly holy hour (maximize # of scheduled & unscheduled adorers)
- Gold standard of round the clock perpetual Eucharistic adoration 24/7
- Perpetual Eucharistic adoration (as many days and hours as we can cover)
- Schedule two or more people per hour (at least one person must be present)
- Partial perpetual adoration (excluding overnight shift hours)
- Daily or weekly shifts of Eucharistic adoration such as from the early hours of morning until evening
- An hour of Adoration before or after all or most or as many Masses as possible (or even 1/2 hour)
- Daily adoration during specific hours when parishioners can attend
- Increase and maximize the number of daily or frequent Mass attendees and communicants
- Holy Hour for children or teachers to bring students to adoration or clergy to bring adoration to school
- Adoration for youth and young adults to encounter Christ
- Assemblies in school or church with adoration and confession
- Holy hours in care-centres for seniors or shut-ins or prisoners
- Themed holy hours for healing or reparation or families or respect for life or vocations
- Eucharistic Processions for Corpus Christi and other occasions
- Exposition of the Blessed Sacrament for one day a week around the clock
- Daily or weekly hours of exposition with Morning Prayer (Lauds)
- Daily or weekly hours of exposition with Evening Prayer (Vespers)
- Weekly Encounter praise and worship holy hour with music and rosary
- Youth group gathering with adoration and social and fun and refreshments
- Daily or weekly hours of exposition with Night Prayer (Compline)
- Some other option not mentioned here
- Frequent preaching and promotion of adoration
- An hour before or after Sunday obligation Mass since more people will be at church
- Start a diocesan Eucharistic Adoration committee to increase Adoration in diocesan parishes
- Reviving / renewing our current perpetual adoration

Parish name and city/town \_\_\_\_\_ Actual hours scheduled will be based on the sign-up results and parish priest's final decision. Upon completing this page, you can text a photo of it to 416-527-0839 or email to [perpetualadoration@outlook.com](mailto:perpetualadoration@outlook.com).