

5 Commonly Asked Questions about Perpetual Adoration

1. What is Perpetual Eucharistic Adoration?

Perpetual Eucharistic Adoration is the practice of the continuous exposition of the Blessed Sacrament for the purposes of uninterrupted vigil and adoration on the part of the faithful. The Eucharist is exposed in a special holder called a monstrance, and people come to pray and worship Jesus continually throughout the day and night - 24 hours a day, 7 days a week. Perpetual Adoration in a parish is not just for a day, a week, a month, or a year. Rather, it is for always. It is not temporary, but ongoing, lasting, permanent.



2. What is the importance of having a specific hour?

In order to have a constant vigil of prayer before the Blessed Sacrament, we must make sure that each hour is covered. Therefore, it is necessary for each person to commit himself or herself to a specific hour once a week, for example, Tuesday from 4pm-5pm. In this way, we can organize all of the 168 hours of the week in such a way that someone is with Jesus all the time

Is Jesus important enough to you to set aside one special hour each week to be with Him? Just one hour, once a week, is all that He is asking. This is a simple matter of putting first things first. *In everything you do, put God first, and He will direct you and crown your efforts with success.* (Prov. 3:6) Your willingness to choose an assigned hour is a precious expression of your faith that Jesus in the Blessed Sacrament is welcomed, loved and adored by you.

3. What happens if I cannot make my specific hour?

Don't be afraid to take a fixed hour for fear that there may be times that you can't make it. We will have a substitute system to take care of emergencies.

4. What do I do during my holy hour?

This hour Jesus wants you to spend with Him is spent any way you want. You may bring your own prayer books, use the books in the chapel, read the Bible, pray the Rosary, or just sit, relax and enjoy the sweet peace that comes from simply being in the Presence of God. Every holy hour should have some period of silence, for Jesus speaks to us in the silence of our hearts. You grow spiritually with each moment you spend with Jesus. And don't worry if you feel you can't pray well. Don't let that discourage you. The mere fact that you take time out at a specific time each week to spend an hour with Jesus in the Blessed Sacrament pleases Him very much, and is in itself a prayer of great faith.

5. How do I sign up?

If you would like to sign up to be an adorer with a specific hour, please fill out one of the Perpetual Adoration invitations in the narthex of the church and return to the church office.

TAKE HEART; RISE, HE IS CALLING YOU! (Mk 10:49)