

PRESENTATION OF THE BLESSED VIRGIN MARY DIVINE MERCY CHAPEL

What is Eucharistic Adoration?

Eucharistic Adoration is adoring or honoring the Eucharistic Presence of Christ. In a deeper sense, it involves "the contemplation of the Mystery of Christ truly present before us". During Eucharistic Adoration, we "watch and wait", we remain "silent" in His Presence and open ourselves to His Graces which flow from the Eucharist ... By worshipping the Eucharistic Jesus, we become what God wants us to be! Like a magnet, The Lord draws us to Himself and gently transforms us.

In its fullest essence ... Eucharistic Adoration is "God and Adorer reaching out for each other, at the same time!"

Benefits of Eucharistic Adoration & Why Should I Go

To deepen your personal relationship with Jesus and grow in faith, hope, and love.

Benefits of Eucharistic Adoration include recovery from illnesses, healing, wisdom, conversion of family members returning to church, new found happiness, peace and purpose, family life, and vocations to religious life.

Testimonials from Adorers

"I love my time with the Lord. I feel at peace and look forward growing in my faith and getting closer to Jesus. You will feel the difference and look forward to your Adoration hour. I am so happy that we have Eucharistic Adoration because the Lord is waiting any time you need to spend time with him."

"Adoration is part of my routine. I would be lost without it. A closeness to Jesus. Makes my daily life easier."

"The thing I would encourage adorers would be to experience a personal relationship with Jesus. For me, I have been in adoration for many years and I can't imagine my life without it. It's hard to explain that to anyone, but continuing adoration will, in time, give you that experience. Mass will mean more, as well as the other sacraments. It's a win win for anyone who is willing to say "yes" to Jesus."

"I feel a sense of calmness and excitement spending quiet time with Jesus and Mary! I enjoy being an Adorer!"

“I have been going to Adoration for many years. In the beginning I thought about it and I decided it really was only one hour out of the whole week. At first I did have a hard time sitting still for an hour. Gradually I was looking forward in coming to Adoration and I still do. My time now quickly passes away in prayer, silence and to remember to thank God for His continuous blessings of love and mercy. “Draw close to God, and God will draw close to you” - James 4:8. If you like you may sit in silence the whole time.”

“I absolutely am finding adoration to be a wonderful experience. It's amazing how an hour of meditation can really have an impact on your daily life the way it has. I feel myself more at peace with stresses of life and better equipped to react to all situations that arise in my daily life. I find myself driving to and from work in the peaceful silence of my car in prayer, meditation and just listening more and more.”

“It is a wonderful way to start my Thursdays. It has brought more peace to my everyday activities and I am more mindful of my actions and words after having spent this time every week I'm close communication with our Lord. It has brought me closer to my faith.”

How to Spend an Hour in Eucharistic Adoration

There is no single “right” way to begin a Holy Hour, but here are some suggestions. Start with body-language, making some gesture of profound adoration, such as genuflecting or bowing to the Lord as a reverent acknowledgement of His Real Presence. Then, ask the Holy Spirit to fill you with His gift of praise. Unite your heart with the Heart of Mary, so that you can praise the Lord with the Heart of His mother. Call upon the angels and saints to help you to unite with their heavenly praise and worship. Let your heart be aglow with the Lord’s radiant presence and then follow the longing of your heart. Love Him, thank Him and praise Him, who is present and loves you. As He tells us through one of the psalms,

“Be still and know that I am God” (Ps 46).

The most important thing to realize about making a Holy Hour is that you don’t have to do anything. You don’t have to say any particular prayers, read, or sing, or anything else. *All you have to do is be present to the One who is present to you.* Many times, we need to be silently present – not analyzing, thinking, or saying prayers with our lips.

If, after an initial period of silent adoration, you feel a desire to pray, or read, or write, or sing, then you simply allow yourself to move naturally into whatever activity you feel led to do at each moment. Reading the Scriptures, pamphlets, or books is always appropriate, and many people also like to pray the Rosary or make the Stations of the Cross.

What about Distractions?

Anytime you come into the Eucharistic presence of the Lord and find that you are distracted and anxious about situations in your life, you can begin your prayer time with a litany of mercy as a way of letting go of all these thoughts. Simply begin by asking the Holy Spirit to pray in

you, and then respond to each of the distractions and anxieties – from whatever source – with short prayers such as: “Jesus, mercy” or “Jesus, I trust in You!”

How Do You End a Holy Hour?

A good way to end a Holy Hour is to thank the Lord. Thank Him for His presence, for His Love, for all that He has done and will do in your life. You can call to mind and thank Him for the specific graces or resolutions you received during the hour.



Invitation of Eucharistic 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 of Day You Prefer:

_____ Morning (9 am to noon) _____ Evening (6 pm to midnight)

_____ Morning (12 noon to 6 pm) _____ Night (midnight to 9 am) *

* Beginning Sunday at Midnight)

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

Contact Barb Kleiter at 651-774-1172 or email timkandbarbk@comcast.net