



# EUCCHARISTIC ADORATION

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HANDBOOK

CHARLES  
**St**  
The Catholic Community of Highland

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# **WELCOME TO EUCHARISTIC ADORATION**

## **St. Charles Adoration Chapel**

Thank you for answering the call from Jesus Christ to adore Him in His Real Presence in the Eucharist for one hour a week in the St. Charles Adoration Chapel. By saying 'yes' to Him, who invited you, you join the line of people that stretches through centuries, from the stable in Bethlehem in the company of angels, shepherds, and Magi through all of history to this day. This mystical union of ages and adoring souls has sustained the very heart of the Church.

Eucharistic Adoration is the giving of your time to the Lord; it lasts for as long as your love for Jesus lasts. For such a commitment, the graces and blessings that will be bestowed on you and your loved ones will be abundant in this life and beyond measure in the next.

Fellow adorer, we are aware of the busy schedule that you have and the commitments that life places on you. We are grateful that you have chosen to make the Eucharistic Presence of Jesus a priority in your life and have made an oasis for Him in the midst of your chaotic pace of life.

Your commitment to Eucharistic Adoration is to grow in your personal relationship with Jesus and to contribute to the Church's mission to bring Christ to the world.

## **Your Holy Hour...**

- Helps you to meet Christ, know Christ, love Christ, and serve Christ and brings great joy to his Sacred Heart
- Brings everyone in the world closer to Christ
- Helps to “contribute to the radical transformation of the whole world” (John Paul II, L’ Osservatore Romano, June 26, 1996)
- Blesses the Church with vocations through prayer
- Helps fallen away Catholics return to the Church
- Builds a bridge for our separated brethren to have a place of welcome before Jesus
- “Makes reparation for the great faults and crimes of the world” (John Paul II, Dominicae Cenae, Feb. 24, 1980)
- Gives you “peace that surpasses all understanding” (Phil. 4:7, John 14:27, 20:19)
- Provides His grace to sustain you in every moment, even after your time in adoration and especially in moments of temptation

May He who is ever present bless you, protect you, and may Our Most Holy Mother Mary, under Her title of Our Lady of the Blessed Sacrament, draw you ever closer to Her Son in His Real Presence in the Eucharist.

***Thank you, again, for answering His call!***

## Chapel Guidelines

1. Please observe silence in the Adoration Chapel. The chapel is a place to spend time with Jesus, not visit with friends. Children and infants are always welcome in the chapel, so their quiet noises are okay.
2. Upon entering the chapel, please genuflect on one or two knees. If you are physically unable to genuflect, then you may make a profound bow.
3. Please arrive on time for your Holy Hour, and sign in on the iPad located just outside the Adoration Chapel door.
4. As a scheduled adorer, you are responsible for staying with the Blessed Sacrament during your entire hour. Stay until the next scheduled adorer arrives so the Blessed Sacrament is always attended. If unable to stay and thus the Lord will be alone, please cover the Lord with the white covering found on one of the chairs in the front row on the right side of the chapel.
5. Be mindful of proper and respectful attire.
6. Please mute cell phones before entering the chapel.
7. Please refrain from touching the monstrance.
8. Only water is allowed in the chapel. Please leave other snacks and beverages outside.
9. Any items left in the chapel will be taken to the parish office.
10. Due to allergies of other persons, please refrain from wearing heavy perfumes or colognes.

## Finding a Substitute – Procedures and Tips

1. If you are unable to make your hour, it is your responsibility to make sure your hour is covered. Here are the steps/options you can take to cover your hour:

- a. Request a sub on the “We Adore Him” website. Please reference the 'We Adore Him Instructions' document for how to do that if unsure.
- b. Find a family member or friend to sub for you.
- c. Please be sure to ask your sub to sign in on the iPad.
- d. Switch hours with another adorer for that week.
- e. If you are unable to find a sub (e.g., there was a last minute family emergency), contact your Captain.

***Note:*** *For those who lock the doors at night, it is important to make sure there is someone who can lock the doors in your absence.*

2. Please do not come to Adoration if you are sick with a cold or other symptom that could be contagious or distracting. Inform your hourly prayer partner, and find a substitute.

3. Advise your Captain and your prayer partners (those who share your hour) of your schedule and who will be substituting for you.

**4. If no one shows up at the end of your hour:**

- a. Stay until the next scheduled adorer arrives.
- b. Call the next adorer(s) who has not arrived.
- c. Notify your Captain of the absence.

5. **Note:** *Please step out of the chapel before making the above calls.*

## **Adoration Coordinator Responsibilities**

1. Oversees the adoration program and ensures all aspects are correctly observed according to Canon Law and to the wishes of the pastor.
2. Works on a regular basis to keep the Master Adoration Schedule up-to-date.
3. Strives to have at least two or more adorers for each hour.
4. Works with the Daily Captain(s) to find a substitute if an adorer is unable to locate someone.
5. Conducts organizational meetings as the need for them warrants and disseminates the information to others on an as needed basis.
6. Maintains the flow of communication at all times and disseminates information to the Daily Captains and adorers so that the adoration program runs smoothly.
7. Conducts meetings with Daily Captains as needed.
8. Contacts the appropriate Daily Captain to let them know of a new adorer within their Captain hours so that the Captain may reach out to them and introduce themselves.



## **Captain Responsibilities**

1. Contacts person responsible for assigned day/hour.
2. Agrees to prayerfully support adorers in their hour and prays for their commitment.
3. Makes sure that an adorer will be present in the hour scheduled for the assigned day.
4. Each week, check the Adoration schedule in We Adore Him to follow up with scheduled adorers who appear to have missed their schedule hour by not signing in.
5. Calls adorers whenever they do not attend at scheduled time.
6. Ensures that each adorer has a clear understanding of the proper method for finding substitutes when they are unable to attend their holy hour in a given week.
7. Responsible for working with the Coordinator to find a substitute if the adorer is unable to locate someone.
8. Contacts the Coordinator when there is a need to permanently replace an adorer or when an adorer needs to change their hour.
9. Call to introduce yourself to any new recurring adorer who falls within your Captain hours of responsibility.
10. Ensures that adorers know they can contact each other to find replacements by switching days.

## Four Basic Forms of Prayer

1. Prayers of Blessing and Adoration (Praising God)
2. Prayers of Petition (Asking for what we need; including forgiveness)
3. Prayers of Intercession (Asking for what others need)
4. Prayers of Thanksgiving (For what God has already given and done)

## Miscellaneous Information

1. Please record your adoration day and time on your personal calendar.
2. If the chapel closes due to weather and the closing affects your hour, you will be notified by your Day Captain. Please also check the parish website for updates.
3. If the chapel becomes too warm or cold, you should contact your Adoration Captain.
4. Please do not leave reading materials in the chapel.
5. **Please be respectful of our Priests and parish staff members when they adore in the chapel; their prayer time is important to them too.**
6. St. Charles is an active parish, with occasional interruptions to the desired silence in the chapel. Please be understanding as we try to minimize it.

