



PERPETUAL EUCHARISTIC ADORATION

Adoring Our Lord in the Most Blessed Sacrament

“Come to me all who labor and are burdened, and I will give you rest” Matthew 11:28. The devotion of Eucharistic Adoration is a response to the Lord’s invitation to adore His Real Presence in the Eucharist. Here we strive to cover every hour so that Jesus is never left alone, to console his heart by spending time with him, and to open ourselves up to the graces he is ready to bestow. He is waiting for us. O come, let us adore Him.

Ss. Simon and Jude Cathedral is pleased to offer Perpetual Eucharistic Adoration to its parishioners, the faithful of the Diocese of Phoenix, and visiting guests. Perpetual adoration is the practice of the continuous exposition and adoration of the Eucharist, twenty-four hours a day, seven days a week. Our Adoration Chapel is open to everyone at any time the church is open. Those hours are listed on our website at simonjude.org. During the hours the church is closed, only adorers registered on our WeAdoreHim website who have scheduled visits, or their scheduled substitutes, are allowed in the Chapel.

Procedures

Sign up - To become a registered adorer, please sign up on our website, simonjude.weadorehim.com. Registered adorers can make weekly commitments or sign up for an hour-long visit at a time convenient for them.

Parking / Entrance - Adorers will park in the main parking lot. Enter the church from the courtyard and walk to the back to the adoration chapel. For worshipers visiting during the hours the church is closed, access codes are provided for them to use to enter the parking lot gate and the church.

Chapel Check-in / Check-out – When visiting, you will see an electronic tablet/kiosk located outside of the Adoration chapel. You will use it to Check-In and Check-out for your visit. This helps us to better manage and schedule Adorer visits so that we can achieve our goal of always having someone worshipping the Blessed Sacrament. If you are signed up for the hour that you arrive, find your name on the kiosk and tap it to Check-in. If you are making an unscheduled visit, or are a guest visitor, tap the “guest” button on the tablet and enter the information requested. When you finish your holy hour, please remember to tap your name again to Check-out.

Finding a Substitute - If you are a registered adorer and know you can't make your scheduled commitment date/time, please make every effort to find a substitute by trying one of these options:

- **Website**, on your WeAdoreHim website My Dashboard page, press the "Request Substitute" button next to the date of the scheduled visit you need a substitute for.
- **Text** the word, "SUB" to our WeAdoreHim phone number, (623) 292-5988.
- **Call** our WeAdoreHim number at (623) 292-5988, and follow the prompts to request a substitute or to speak to one of our adoration coordinators.
- **On your own**, ask fellow Adorers, relatives, or friends to fill in for you. If you have a scheduled commitment during the hours the church is closed, you will need to find another registered Adorer to fill in for you.
- **Email** the Adoration Team at adoration@simonjude.org to request assistance.

Please note: If your adoration commitment starts within 4 hours of your committed or scheduled time, you cannot request a substitute through the WeAdoreHim website.

No Show - If the next scheduled adorer does not show up after your committed time ends, and you have the ability to stay longer, we would appreciate it if you would. However, if you cannot stay beyond your committed time, we don't expect you to stay longer so feel free to leave even though the chapel may be empty when you do.

Need assistance -If you have any issues or need any assistance during your visit to the chapel, please call our WeAdoreHim phone number at (623) 292-5988. Follow the prompts to speak to one of our adoration coordinators. You may also send a text message to that number but be aware that there may be a delay in us receiving it and being able to respond. If you are still unable to reach anyone, please email us at adoration@simonjude.org.

Emergencies - If you ever feel unsafe or threatened while in the chapel, immediately call 911 from your mobile phone or press the Emergency Response (AKA Panic) Button, located on a box mounted on the wall at the back of the chapel. To activate it, press the RED button on the top of the box. This will automatically call the police. This button should only be used in instances where police intervention is required. Further information and instructions are posted on a sign located above the Emergency Response Button box. To the extent possible, you should also find a safe place to go until the threatening situation has been resolved. When it is safe to do so, please call us at (602) 633-3304 or through the WeAdoreHim phone number at (623) 292-5988 to let us know what has happened and if any additional assistance is required.

Chapel Conduct and Expectations

- Genuflect or bow when you enter and leave.
- Be mindful of proper and respectful attire.
- Maintain reverence: no talking, eating, drinking, or chewing gum, and please silence your phones. Water is allowed.
- Phones or tablets are allowed for devotional use. Please step outside the chapel if you need to use your phone for other reasons.
- Nothing is to be placed on the Altar of Exposition. Please, no flowers in the chapel.
- The access codes for the parking lot gates and church doors are only provided to registered adorers who have scheduled visits during the hours the church is closed and **should not be shared with others.**
- Adorers visiting during the hours the church is closed are only allowed in the adoration chapel and are not to stay in the church itself.
- Bathrooms are located on the north side of the narthex and are available for your use.

"Let the children come to me." Mark 10:14

Families with young children are welcome to adore Jesus in Eucharistic Adoration.

- Visit for the amount of time that works for your family.
- Be mindful of others in the chapel. If your little ones get too noisy, squirmy, fidgety, or just need a break, please take them out of the chapel until they are ready to return.

Some ideas on how to spend your Holy Hour

- Adore or just "be" in the presence of God. It's ok to just sit silently and look at Jesus and let Him see you there.
- Read Scripture or perform Lectio Divina, a traditional Christian practice that involves reading Scripture, meditating, and praying.
- Pray the Rosary, Chaplet of Divine Mercy, Liturgy of the Hours, or various Litanies and other prayers of the Church.
- Read about the lives of the Saints or other inspirational Catholic stories or materials.
- Journal about your time in adoration and the thoughts and feelings you experience while you are there.
- Talk to God in the silence of your mind and pour out your heart.
- Follow the ACTS prayer model: Adoration, Confession, Thanksgiving, Supplication.
- There are other resources available online, including apps such as:



Scheduling and Communications

Website—We use our WeAdoreHim website to help us manage adoration visits, commitments, reminders, substitute requests, contacts, and communications with our Adorers. You can access the website at: simonjude.weadorehim.com.

Phone—You can also call our WeAdoreHim phone number at (623) 292-5988 to manage your visits and contact information and to request assistance from us when necessary. With your permission, the system can also send you reminders before your scheduled visits and requests for substitutes made by other adorers.

Save this number to your phone's contact list as "WeAdoreHim" so that you don't miss any calls and can quickly identify messages coming from us.

Adorer Account - To visit the chapel, please sign up on the website and you will be able to schedule a one-time or recurring Holy Hour, request a substitute, update your contact and notification preferences, and view the church and parking lot gate codes if you are scheduled to visit when the church is closed. When you sign up, you will be emailed with more instructions regarding your We Adore Him account. If you have questions or need assistance you may email us at adoration@simonjude.org.

Adoration Commitments - Adoration commitments are typically one-hour long but start every 30 minutes so, ideally, there are always two adorers present in the chapel. Organizing the schedule in this way helps cover any gaps between commitments.

However, you do have some options for when you start and how long you plan to visit. Once you select a start time, you have the option to vary that time within a 30 minute window and schedule your arrival at 5 minutes intervals. For example, if you select 8:30 as the start time on the schedule, you could schedule your actual arrival time anywhere between 8:15 and 8:45, like, for example, at 8:20, if that works better for you. You can then select to stay anywhere between 15 minutes and 2 hours in duration.

On the Schedule page of the website, click on an hour to sign up!

Notification Preferences - How would you like to be contacted? By email, text message, or phone call? You can update your preference by logging into your account or contacting the Adoration Team at adoration@simonjude.org.

Commitment Reminders - WeAdoreHim will send you a reminder before your committed hour if you enable reminder notifications.

Substitute Finder- When an adorer requests a substitute, invitations go out to adorers who have agreed to receive substitute requests. The requests are only sent to those individuals depending on the days/hours they have selected to be substitutes for. To

accept an invitation to be a substitute, follow the instructions in the message you receive to accept or decline the request. If you accept a substitute request, you will Check-In at the kiosk under your name, if listed, or by using the "Guest or Substitute" button for the arrival time you are substituting for. Follow the prompts to Check-in.

Text Messages—You can automate some communications with the WeAdoreHim system by texting key words to the WeAdoreHim number. Following are common key words you may use:

- text "SUB" or "SUBSTITUTE" when you need a substitute.
- text "YES" or "NO" to claim or decline an invitation to be a substitute.
- text "CODE" if you need the church or parking lot gate access codes.
- text your email address and the system will add or update your email address on your adorer account.
- text "STOP" or "START" to opt out or back in to receiving text messages.
- text "HELP" for information on WeAdoreHim.
- You may text to communicate with us. You will receive a message that says, "Sorry, we did not understand your message. This is an automated phone number." We do receive your message and will respond as soon as we are able.

General Communications—While Adorers can specify, by account setting, the preferred method of communications (i.e., email, text messages, or phone calls), they would like to receive from the WeAdoreHim website, the Adoration Team will only send ordinary updates and general news to them by email. The use of text messages will be limited to things like critical Ministry notifications, substitute requests, scheduling reminders, and responding to Adorer specific communications.

Other notifications, such as reminders about upcoming Holy Hours and Parish events, like the 40 Days for Life, Lenten Soup Supper, Ministry Fair notifications, and so on, will only be sent by email. We hope this will help us to provide more and better information about things not specifically related to adoration visits, cut down on the number of text messages Adorers receive that are generated through our WeAdoreHim website, and also help the Ministry to save money, as it is charged for every text messages sent through the website.

Most Adorers have email addresses listed on their WeAdoreHim user accounts, but for those that don't have one listed, or don't have a current one listed, they can always add and update theirs by texting, from the phone number registered on their WeAdoreHim account, just their email address to the WeAdoreHim number. The website will automatically update that information on their account. The Team, as it feels is warranted, will also consider posting some of these notices to the parish website and sending Adorers with no email address a link to those notices so they will be able to read them.