



OUR LADY *of* MOUNT CARMEL CATHOLIC CHURCH

Perpetual Eucharistic Adoration Chapel



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From the Pastor

Since its dedication, our Adoration Chapel has been a spiritual lifeline for our parishioners. So many pause for an hour or even for a few minutes each week to spend time with Jesus, our Eucharistic King!

The fruits of these quiet moments are helping us be the vibrant and faithful church that we are. In fact, the majority of the sons and daughters of Our Lady of Mount Carmel Church who have been called to the priesthood and religious life heard their call in the silence of our Eucharistic Adoration Chapel. And it isn't always about priestly or religious vocations. If you want to hear God's voice and guidance, our chapel is the place for you! As Jesus said to his disciples after the hardships of life, "Come away by yourselves to a deserted place and rest a while."

For those who are hesitant to stop by or are unsure of what to do, this booklet has resources for you. If you don't think you have the time, you only need 15 minutes to start! I encourage you to find a consistent time during the week to spend with our Lord. You will be glad that you did.

Fr. Richard Doerr



About Adoration

The image of an hour with Jesus has been part of the Catholic tradition since the very beginning. Jesus, in the Garden of Gethsemane, mournfully asked His disciples, "Could you not watch with me one hour?" (Matthew 26:40) A Holy Hour gives us the opportunity to honor our Lord's request and place ourselves before Him. We join our own prayers, works, joys, and sufferings with His and "by the mercies of God, present [our] bodies as a living sacrifice, holy and acceptable to God, which is [our] spiritual worship" (Romans 12:1).

The Holy Hour is given to us by the Church, not as a law or set of rules to keep, but as an opportunity for an open encounter with the living God. There are countless ways to meet with God. What matters is that your encounter with Him be sincere and prayerful, with genuine openness to let God just look at you (all of you) as you look at Him, allowing any distance between you to diminish.

Our Chapel's History

In 1976, famed evangelist Bishop Fulton J. Sheen initiated nocturnal adoration on first Fridays at our parish. Towards the end of the 1990s, our pastor Msgr. John Duncan desired to make adoration perpetual, convinced that it would create an avenue to greater holiness for our parishioners and surrounding community.

In 2002 on the feast of Our Lady of Mount Carmel, July 16, Bishop William Higi dedicated our Adoration Chapel, and we began our adoration of Jesus Christ, present in the Eucharist. Since then, 365 days a year, 24 hours a day, our parishioners have kept vigil with Jesus.



Non-Silent Scheduled Holy Hours

Antioch Holy Hour
Saturdays, 8 p.m.

Lay Missionaries of Charity
Tuesdays, 7 p.m.

Nocturnal Adoration
Fridays, 8 p.m.

Devoción a la Preciosísima Sangre de Jesus
11 p.m. Jueves - 3 a.m. Viernes

Legión de María
Primer Domingo del Mes, 8 p.m.

[Learn more at olmc1.org/special-holy-hours](http://olmc1.org/special-holy-hours)



Adoration Chapel Guidelines

- **Genuflect upon entering, touching the ground with your right knee.**
If unable to genuflect, reverently bow.
- **Be mindful of proper respectful attire.**
Remember you are in the presence of the Lord!
- **Spend your hour in reverent silence.**
Please do not play music, and refrain from unnecessary talking to respect other adorers.
- **Spontaneous, unscheduled events or sermonizing is not allowed.**
- **Never eat, drink, or chew gum in the chapel.** It is a sacred space.
- **Cell phones should be silenced.**
- **Make sure you have all your belongings before exiting the chapel.**
Please do not leave items in the stalls.

If you need to leave the chapel for any reason (*tornado, winter storm, an emergency, etc.*) and no one is remaining there to keep watch:

- A blessed cover is located on the table inside the chapel next to the automatic handicap door. You may cover the Blessed Sacrament before leaving.
- If you arrive and the Blessed Sacrament is covered, remove the cover, return it to the box, and begin your time of adoration.

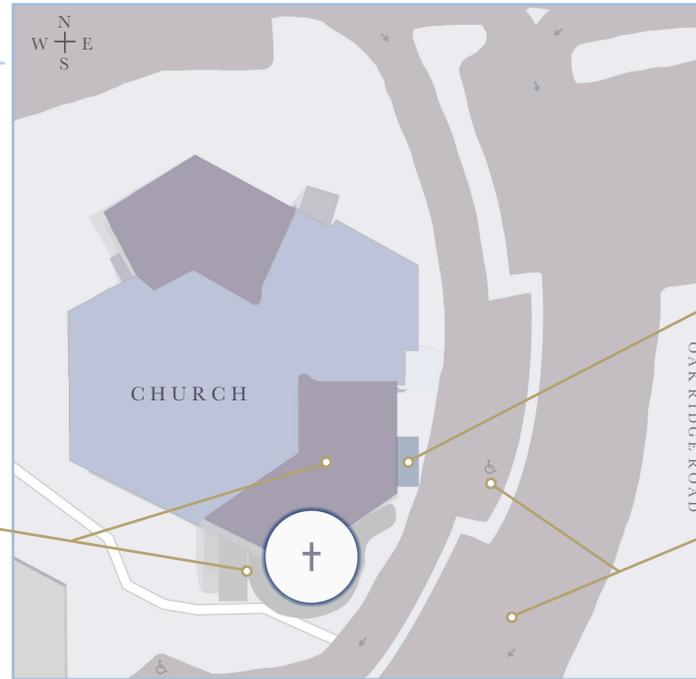
Location

All are welcome.

Our Adoration Chapel is located just outside the main sanctuary, south end. It is a round building with a small cross on top.

There are stairs and a ramp leading up to the doors, and interior access is through the double doors from the narthex marked "Silence".

The interior access is only available during building hours and is locked beginning at 10 p.m. Chapel access at night is only through the south entrance.



The elevator from the parking lot leading to the narthex is available for access to the chapel from 6 a.m. - 10 p.m.

Parking spaces for easy access are directly across from the chapel on the east side. Handicap spaces are also available nearest to the elevator and steps.

Coming for Your Holy Hour

When you arrive for your hour, be sure to sign in at the table before entering the chapel.

Those who wish to adore between 10 p.m. - 6 a.m. must first get a key card from the Parish Office (church's lower level).

Spending an Hour

There are several ways to have a fruitful Holy Hour. If you are beginning an hour for the first time or looking for ideas, here is an example minute breakdown as a starting place.

5 minutes: Begin

Pray to the Holy Spirit for guidance; for more faith, hope, and love. Bring all that is causing anxiety or distraction to Christ.

10 minutes: Adore God

Remember He is great and we are small.

5 - 10 minutes: Contrition

Offer reparation for your wrongdoing.

15 - 20 minutes: Meditation & Listening

5 - 10 minutes: Thanksgiving

He has done great things for us! Be specific in your gratitude.

5 - 10 minutes: Petitions

Ask God for what you and others need.

5 minutes: Resolution & Conclusion

Resolve to live out what was brought to light during your hour. Pray to the Holy Spirit, or to our Blessed Mother or another saint, for continued guidance and intercession.



Meditate with Scripture

Pay special attention to what speaks to you. Ask God what He wishes for you to draw from the passage, word, or phrase.

Pray the Psalms or Liturgy of the Hours

Read a Religious Book or Devotional

Reading material is offered in the stalls, or you may bring your own.

Pray a Rosary

Recite the prayers slowly and focus on what you are saying. Ask Mary to join you as you gaze on Christ in the Eucharist.

Journal

Be

"I look at Him and he looks at me." - St. John Vianney

Sign up for an hour of adoration or to be a substitute at olmc.weadorehim.com

Questions? Email olmcadorationchapel@olmc1.org



Chapel Symbolism — Biblical

It is the hope of the Our Lady of Mount Carmel parish family that these symbols will assist those who come to this Adoration Chapel for quiet prayer and reflection in Jesus' presence. As our Jewish ancestors carried the Ark through the desert, may our quiet prayer in Jesus' Eucharistic presence transform us into vessels like Mary, the Ark of the New Covenant, and prepare us to take Christ into the world.

The Ancient Ark of the Covenant

In the Biblical book of Exodus, God commanded Moses to lead the people, newly freed from Egyptian slavery, into the quiet of the desert. There amid the multiple hardships of desert life, the people were gradually weaned away from material comforts to a spiritual union with God. God further ordered Moses to build a **Tent of Meeting**, in which Moses would go to God and speak to Him and then carry God's messages back to the people. The Tent of Meeting symbolized the spiritual intimacy and communication between God and His people. Our chapel recalls this ancient Tent of Meeting: We meet Him in this room.

The Tent of Meeting held the **Ark of the Covenant**. Exodus also notes the detailed instructions that God gave Moses as to the structure of this chest, which contained the two stones with the Ten Commandments (our code of moral conduct), Aaron's rod, and manna. In between the two cherubim angels bowed in adoration, one on each end, God would appear and be with his people. This was considered to be the throne of God or His footstool. The Hebrew term, *Shekinah*, was used to refer to this holy place. The Israelites carried the ark with them as they wandered the desert to the Promised Land.

The Old Testament Presence of God over the Ark foreshadows the New Testament Presence of Jesus in the Eucharist. He is present Body, Blood, Soul and Divinity. Many of our chapel symbols manifest the continuity of the Old Testament in the New Testament.

Chapel Symbolism

1 The chapel's round shape symbolizes God's eternity, without beginning or end. Its height recalls the prayers of the adorers transcending the earth to God.

2 The sanctuary lamps were purchased in Pittsburgh, Pennsylvania. They are antique and were reconditioned for our chapel.

3 Instead of pews, the Adoration Chapel has choir stalls for thirty-two adorers. The concept of the choir stall was developed in the medieval period for monks and nuns in monasteries to use during the chanting of the Psalms.

4 The monstrance for the Blessed Sacrament is a replica of the Ark of the Covenant. The Ark replica is placed on a rough-hewn altar, reminiscent of makeshift desert altars where the Ark rested during the forty years of Jewish sojourning.

5 The Eucharistic Presence of Jesus is truly unique and significant. Accordingly, the Host is placed in the *Shekinah* or presence portion of our Ark replica.

6 The side panels of the Ark replica display twelve Stars of David, symbols of Judaism. Through His Incarnation, Jesus became present in Mary's womb, the Ark of the New Covenant. Our Faith is the fulfillment of Judaism.

7 The limestone pieces on which our Ark replica rests were quarried in Bedford, Indiana. The stones were originally for the facade of the Empire State Building in New York City, but were rejected by the builders. While representing the sacrificial use of stone in Old Testament altars, they also represent Christ in the New Testament: the stone rejected by the builders has become the cornerstone (1 Peter 2:4-7).

8 The marble hexagon around our altar and Ark replica connotes a holy place where Jesus' Eucharistic presence can be adored.

9 Inside the marble hexagon there is a bed of rocks and sand, a portion of which came from the Holy Land. There is also a broken piece of pottery that was found in a cave 10-12 miles west of Jerusalem that dates to the time of Christ.



Outside the Chapel

Hall of American Saints

In the vestibule outside the Adoration Chapel hang beautiful tapestries of American Saints. Each tapestry is accompanied by a biography and short prayer to each saint.

History of the Tapestries

When the Adoration Chapel was opened, we found an opportunity to honor saints (and those on the official path to sainthood) who lived and worked in the Americas. Thus was born the “Hall of American Saints.” Tapestries were commissioned from Bramante Studios, a highly-respected Canadian liturgical art studio in Kitchener, Ontario. We commissioned Bramante to create banners honoring North American Servants of God, Venerables, Blesseds, and Saints — role models and reminders that we are all called to become saints.

Each tapestry has a brief framed biography of the person beside it. Take a few moments to learn more about these incredible models of our faith.

Reliquary

Between the two confessionals is the OLMC reliquary. The word “relic” comes from the Latin word *relinquo*, which means, “I leave” or “I relinquish.” Relics are part of the body of a saint (first-class); a thing used or owned by a saint (second-class); or an item that has been touched to the grave of a saint (third-class). They are literally things that the person “relinquished” or “left behind” after they died and entered the Communion of Saints in heaven. A relic is deserving of special veneration and honor because of the meritorious and admirable life lived by the person from which it originates.

Relics are considered sacramentals. A sacramental is an object that leads us to receive and respond to God’s grace; they do not impart God’s grace. Relics in and of themselves do not hold any grace or “power;” however, God may choose to impart miracles through these objects.

For more information about the specific saints whose relics are in the reliquary, visit olmc1.org/adoration.

Confessionals

The Sacrament of Reconciliation takes place in the two confessionals located right next to the chapel. Find the current confession days and times in our bulletin.



Thank You

Because of our generous and faith-filled parish family, we are able to provide our community with opportunities to worship our Lord. Our sincere gratitude goes out to all those that helped bring our Adoration Chapel to life!



“What will convert America and save the world? My answer is prayer. What we need is for every parish to come before Jesus in the Blessed Sacrament in Holy Hours of prayer.”
- St. Teresa of Calcutta

“Our Lord in the Blessed Sacrament has His hands full of graces, and He is ready to bestow them on anyone who asks for them.”
- St. Peter of Alcantara

“Come to me, all you who are burdened, and I will give you rest.”
- Matthew 11:28

“In the Mass and in Eucharistic Adoration we meet the merciful love of God that passes through the Heart of Jesus Christ.”
- St. Pope John Paul II

“Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day.”
- St. Alphonsus Liguori

“For God so loved the world that he gave his only Son, who believes in him will not be eternally condemned.”
- John 3:16



OUR LADY *of* MOUNT CARMEL
CATHOLIC CHURCH AND SCHOOL

Grateful no matter what

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Guided by the Holy Spirit and as stewards of God's abundance, Our Lady of Mount Carmel is a united and dynamic parish, grounded in the truth of Jesus Christ.