

# **St. Elizabeth Ann Seton Adoration**

## **Handbook for Adorers**

### **Welcome**

Thank you for answering the call from Jesus Christ to adore Him in the Most Blessed Sacrament for one hour a week in adoration! We are grateful for your commitment and your support of our St. Elizabeth Ann Seton adoration ministry.

### **What is Eucharistic Adoration?**

*The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on Earth.*  
(St. Teresa of Calcutta)

Eucharistic Adoration is the simple act of spending time before Jesus in the Blessed Sacrament exposed on the altar. Christ is present in adoration in a Host consecrated at Mass and exposed and visible to all in a special holder called a monstrance (from a Latin word meaning “to show”). Spending time before the Blessed Sacrament in adoration, prayer, and devotion is spending time before the living God.

Eucharistic Adoration is an extension of the adoration of the Blessed Sacrament which occurs in every Mass: “Behold the Lamb of God, behold Him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.” Exposition of the Blessed Sacrament flows from the sacrifice of the Mass and serves to deepen our hunger for communion with Christ and the rest of the Church.

A holy hour is a scheduled time of prayer before the Blessed Sacrament in Eucharistic Adoration. Jesus longs for our company, and this precious time with Him is an answer to His call “Could you not watch with Me one hour?” (Mark 14:37). For such a commitment, the graces and blessings that will be bestowed upon you and your loved ones will be abundant in this life, and beyond measure in the next.

May Jesus bless you and protect you. 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.

## What are the Expectations of Committed Adorers?

- Arrive on time and stay for the whole hour of adoration at your committed time
- Each adorer's holy hour is scheduled on the hour every hour. It is important, therefore, to be prompt or to arrive a little bit early. The person scheduled before you may need to leave exactly when the hour has ended.
- Each time you adore, please **SIGN IN** using the tablet located at the back of the church/chapel. If someone subs for you, tell them to do this also.
- **The Blessed Sacrament is never to be left alone under any circumstances.** Two adorers must be with our Lord at all times. If you are alone and the next set of committed adorers has not arrived, please wait until a scheduled adorer arrives.
- **BEFORE YOU LEAVE**, please make sure a person for the next hour **HAS SIGNED IN**. It is important that we know each hour is being covered.
- Make sure the person who is to replace you in the next hour is there before you leave. If the person does not show up and you choose to be the substitute, sign your name on the sign-in sheet and mark that you are a substitute. **Do not assume that someone else who may be there is scheduled for the next hour. They may have just stopped in for a brief visit.**
- If you are unable to fulfill your commitment on a given day, please make sure that both of the other individuals who have signed up at the same time as you (your "prayer partners") will be present that day. You will need to ensure that two people will be there to adore (see section entitled Procedures for Finding a Substitute). We ask that you plan ahead for your adoration hours and request for substitutions with at least two weeks notice when possible.
- Keep your contact information current on the adoration website. This information is used to keep you informed of adoration updates.
- Invite others to join you as a guest. Encourage others to sign-up for adoration.

If you are alone in adoration and you must leave immediately, please notify the Parish Office (260-432-0268) or your Hour Captain.

## Adoration Etiquette

- Genuflect (on one or two knees) before entering or leaving your seat, if able.
- Maintain a quiet reverence in the presence of the Lord.
- Eating and drinking during adoration is not permitted. Water bottles are fine, if needed.
- Cell phones are to be silenced. Talking on cell phones is not permitted. For emergency calls, please leave the room.
- Babies and small children are welcome. Use the same prudence you would at Mass for knowing when it might be best to step out for a moment to maintain a quiet environment for others.
- No electronic toys or games are permitted. If you have spiritual reading, a Rosary application, Liturgy of the Hours, or other devotions on a hand-held digital device, please use earbuds or ensure that the sound is off.
- No materials (books, pamphlets, statues, etc.) are to be left or distributed in the church or chapel without expressed permission from the parish office.
- Only clergy should go up to the altar. Do not go up and touch the altar or the monstrance. Please venerate our Lord from a short distance.

## What do I do During Adoration?

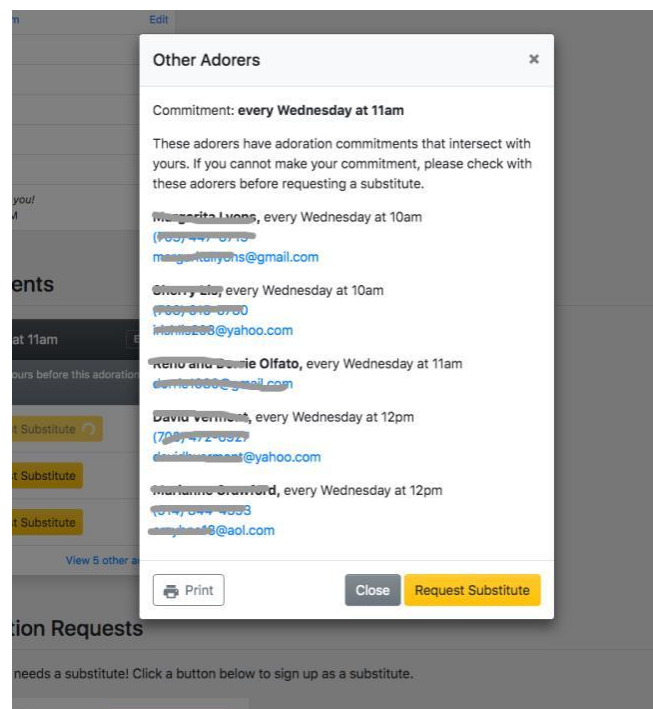
- You really don't have to "do" anything during adoration. You can just sit and be with Jesus.
- Pray the Rosary
- Read the Bible or spiritual reading materials
- Write in a prayer journal
- Pray with ACTS:
  - Adoration (praise God for His goodness)
  - Contrition (seek forgiveness for sins)
  - Thanksgiving (thank Him for His many gifts to you)
  - Supplication (lift up your cares and concerns to Him)

Don't be surprised if you get lost in your thoughts or even get bored. Do not be discouraged. God loves you and wants to spend time with you no matter what it looks like or what it feels like. The more you go, the more you begin to see the gift we have in Eucharistic Adoration.

## Procedures for Finding a Substitute

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:

1. Your “prayer partners” are the other scheduled adorers for your hour. Contact them first to see if they will be there to cover the hour when you will be gone (please do not assume they will be). Two people need to be there with the Blessed Sacrament at all times, so as long as two of your prayer partners will be there, you do not need to find a replacement.
  - a. Their names, phone numbers, and email addresses can be found by going to the scheduling website, We Adore Him (<https://seasfw.weadorehim.com>) and clicking on the button ‘**REQUEST SUBSTITUTE.**’ By clicking the button, their information will pop up (see image).



2. Find a family member or friend to sub for you.
3. Contact the adorers that are committed the hour **before or after** your scheduled hour. If there are at least three adorers in these hours, often one will be willing to switch temporarily.
4. Request a sub on the “We Adore Him” website.
5. If you are unable to find a sub after the above steps, contact your Hour Captain.

## **First and Last Adorer Expectations**

If you are the first or last scheduled adorer of the day, you will be asked to assist in the exposition and the reposition of the Blessed Sacrament should Father not be available to do so. Training will be required to prepare you for this responsibility.

## **Parking**

During the school year, scheduled adorers between the hours of 1:00-3:00pm should consider parking in the green parking spots to avoid being stuck in the dismissal of school traffic.

## **Bathrooms**

Bathrooms are located inside the church vestibule.

## **Safety Procedures**

The safety of all who visit the Blessed Sacrament is of great importance. Please observe these rules during your time of adoration:

- Verna Schneider (317-468-8589) is the current Safety Coordinator.
- In the event of a direct threat to personal safety, call 911.
- In the event of general concern for safety (not an emergency) or suspicious activity, if during daytime when the parish office is open, please notify staff right away. After hours, please contact the police (if appropriate), and notify the Safety Coordinator of details afterwards.
- Persons who do not appear to be there specifically for reasons of adoration should be kindly invited to leave. The church/chapel is for adoration only. If sleeping or non-adoration uses are noted, please notify the Safety Coordinator.
- Please remove any out of the ordinary or inappropriate material that others might have left in the church/chapel and notify the Safety Coordinator.

## **Inclement Weather Policy**

- In the event of weather-related closings, the church will use Flocknote to let everyone know of parish-wide closings, which would include adoration.

## **Emergency Procedures**

- If you should have any problems during your hour of adoration, such as illness or sensing something out of the ordinary is going on; please use your cell phone to obtain assistance.
- In the event of fire, serious illness, or physical threat to safety, call the Emergency 911 Number.
- If you become aware of suspicious or criminal activity, call 911 and notify the Safety Coordinator of details afterwards.