

Soul of Christ, sanctify me.  
 Body of Christ, save me.  
 Blood of Christ, inebriate me.  
 Water from the side of Christ, wash me.  
 Passion of Christ, strengthen me.  
 O Good Jesus, hear me.  
 Within your wounds hide me.  
 Permit me not to be separated from You.  
 From the wicked foe defend me.  
 At the hour of my death call me  
 And bid me come to You  
 That with your saints I may praise You  
 For ever and ever.

Amen



...could you not keep watch for one hour?  
 Mark 14:37

...come to me, all who are weary and  
 heavy-laden, and I will give you rest.  
 Matthew 11:28

Come, adore...you will be blessed!

### Eucharistic Adoration

Every Wednesday  
 from 9:30am - 9:30pm

### Divine Mercy Hour

Every Friday  
 at 3:00pm

### Holy Hour

One Sunday every month  
 at 7:00pm, there is an  
 opportunity to spend  
 an hour with Jesus.  
 During this time there is  
 Scripture reflection,  
 beautiful music and time  
 for quiet prayer before  
 our Lord.

**Check the bulletin  
 for the dates & location.**



**St. John the Baptist Church  
 Adoration Chapel**

225 Brock Street  
 Amherstburg, ON  
 519-736-5418



“And behold, I am with you always,  
 to the end of the age.”

Matthew 28:20

**An Invitation  
 to Adoration**

### **What is a Holy Hour?**

A Holy Hour is the adoration of Jesus Christ present in the Holy Eucharist or Consecrated Host - the very presence of Our Lord!

The Eucharist is displayed in a special holder called a monstrance, and people come to pray and worship Jesus during the scheduled times.

You may spend a few minutes or sign up to be an “adorer” which allows you to schedule yourself for one or more hour per week to pray.

### **Value of a Holy Hour**

The value of an hour spent before the Blessed Sacrament is beyond all that we can imagine. This time that you spend with Jesus is more precious than any other time.

### **Quote from Mother Teresa:**

“The best act that we can perform at present, is to spend at least one hour each week before the exposed Blessed Sacrament.”

And she added:

“You cannot be like Jesus unless you spend time with Jesus.

You cannot see Jesus in others unless you see Him in the Sacrament of Love”

### **What do you Actually do during a Holy Hour?**

Recite your favourite prayers, read the bible, give thanks, pray in reparation, pray a rosary or any other type of prayerful devotion before Our Lord.

You can just sit and talk to Jesus about whatever is on your mind...or say nothing, simply keeping Him company, just as you would with a dear friend.



**Please consider spending some time with Jesus each week in the Chapel.**

**To commit to an hour or for more information contact the parish office 519-736-5418**

### **Pope Paul VI declared:**

that there would be no renewal in the Church without fervent Eucharistic adoration.

### **Pope Benedict XVI said:**

“Humanity must rediscover the source of hope in the Eucharist and return to Eucharistic adoration...”

How much need modern humanity has to rediscover the source of its hope in the Sacrament of the Eucharist.

And it is my hope that this practice will become ever more widespread.”

### **St. John Paul II said:**

“The Church and the world have a great need of Eucharist adoration. Jesus awaits us in this sacrament of love.

Let us be generous with our time in going to meet Him in adoration...

May our adoration never cease.”

When we love someone we want to spend as much time with them. Can we say that we love Jesus if we do not have time to visit Him in the Blessed Sacrament? It is by His continual presence there that He shows us how much He loves us.

By being present in His presence, we can show our love for Him.