



## **Perpetual Eucharistic Adoration Handbook**

*Come to me all who labor and are burdened  
and I will give you rest.  
Matthew 11:28*



**Adoring Our Lord in the Most Blessed Sacrament since November 1, 1998.**

Welcome and thank you for joining us here at St. Thomas Aquinas Parish for perpetual adoration of the Most Blessed Sacrament in the St. Julienne of Liege Chapel.

Outside of Mass, the Holy Hour in the presence of the Eucharist is undoubtedly the best time we can spend on earth since as Catholics we believe that Jesus is truly present - Body, Blood, Soul, and Divinity.

In this Chapel, vocations have been discerned to the priesthood, religious life, and holy marriages. Please continue to pray to receive the understanding and strength you need to live your vocation as well as asking Christ to send more vocations to the priesthood.

Jesus is there waiting to speak to us, to bless us, to comfort us, to encourage us, to inspire us, to listen to us with compassion and love as no other friend on earth can do. The Holy Hour is Jesus' answer to our prayer: "Stay with us Lord" and it is our answer to His call: *"Could you not keep watch with me for one hour? Watch and pray that you may not undergo the test"* (Mark 14: 37b-38a).

We may even spend the whole hour just looking at Him silently and be blessed. *"Indeed this is the will of my heavenly Father that everyone who looks upon the Son and believes in Him shall have eternal life. Him shall I raise up on the last day"* (John 6:40).

With every holy hour we pray, the following graces being poured out graciously upon us: restoration, sanctification, transformation, reparation, and salvation.

Let us make St. Thomas Aquinas' prayer of Spiritual Communion our own:

Almighty and everlasting God,\* behold, I come to the sacrament of Your only-begotten Son, our Lord Jesus Christ. I come as one infirm to the physician of life, as one unclean to the fountain of mercy, as one blind to the light of everlasting brightness, as one poor and needy to the Lord of heaven and earth. Therefore, I implore the abundance of your measureless bounty to heal my infirmity, wash my uncleanness, enlighten my blindness, enrich my poverty, and clothe my nakedness, that I may receive the Bread of angels, the King of kings, the Lord of lords, with such reverence and humility, with such contrition and devotion, with such purity and faith, with such purpose and intention as may be profitable to my soul's salvation.

Grant me, I pray, the grace of receiving not only the sacrament of our Lord's Body and Blood, but also the grace and power of the sacrament. O most gracious God, grant me to so receive the Body of Your only begotten Son, our Lord Jesus Christ, which He took from the Virgin Mary, as to merit to be incorporated into His Mystical Body, and to be numbered among His members. O most loving Father, give me grace to behold forever Your beloved Son with unveiled face, Whom I now propose to receive veiled in this way. Amen.

Yours in Christ,  
Fr. Albert Laforet



## **Adorer's Guidelines**

- **Please arrive at your hour on time.** Five minutes before your hour starts is ideal! Remember to sign-in for your hour of adoration at the beginning of your assigned hour.
- **Go toward the designated kneeler.** There are designated kneelers for you toward the front. Walk down the center aisle, genuflect at the kneeler. Quietly indicate to the adorer being relieved that you have arrived for your hour. The adorer being replaced will move to the center of the pew so the new adorer can occupy the kneeler.
- **Prayerfully spend your hour with Jesus.** Helpful hints are found on page 7.
- **Check the sign-in sheet located in the Narthex before you leave the chapel** to make sure you did indeed remember to sign in and the next Adorer has signed in after you. If you are a substitute, please write "substitute" after your name. If the person before or after you has not signed-in but is present, please remind them to sign-in.
- **Please do not leave Jesus alone.** If your replacement does not show up, stay if you can. If you need to leave, follow the directions found on page 4: These directions are also located in the back of the sign-in log. There is no telephone in the chapel for emergency use so please bring your cellphone in case there is an emergency.
- **Always report any concerns or issues to the Adoration Coordinators:**

Coordinators: Sarah Schwind 817-739-7767  
Joe Seago 512-577-6926



## **When the next adorer does not show:**

If the next adorer has not shown and you are unable to stay, please call one of the following in the given order if possible:

1. **Attempt to call the person that should be there.**  
The Adorer's List with phone numbers is in the back of the sign-in book.
2. **Call the adorer for the next hour** and ask if they can come earlier.
3. **Attempt to contact your hourly captain or division leader.**  
A list of their numbers is in the back of the sign-in log.
4. **If it is during church office hours, Monday- Friday 8:30am-4:30pm,** please call the Liturgy Coordinator at 979-485-8147, the receptionist at 979-693-6994 or the Pastoral Associate at 979-485-8145.
5. **Attempt to contact the coordinator:**  
Please call Sarah Schwind at 817-739-7767 or Joe Seago at 512-577-6926.
6. **Try to locate a substitute.**  
The Substitute List is available in the back of the sign-in book.
7. **If all the above fail,** please contact the priest at 693-6994 ext. 110.

**Please remember, the Blessed Sacrament, when exposed,  
must not be left unattended!**

**Thank you for your commitment to helping maintain  
Perpetual Eucharistic Adoration in our Parish!**

## **What to Do If You Need a Substitute**

When you know in advance that you will not be available for your regularly scheduled hour, please make every effort to find a substitute by following these steps:

1. **Find a substitute from the Substitute List** which is posted at [www.stabcs.org/adoration](http://www.stabcs.org/adoration) and in the back of the Adoration sign-in log. *(Please notify the coordinator by e-mail if you encounter any phone numbers that are no longer valid so they can be corrected.)*
2. **Trading hours with an adorer who has a similar hour** on a different day or someone with an earlier or later hour on the same day is also an option, depending on your need. The Adorer Lists, both chronological and alphabetical are found at [www.Stabcs.org/adoration](http://www.Stabcs.org/adoration) and in the back of the Adoration sign-in log.
3. **Ask the adorer before or after you** if they can take your hour in addition to their regular hour.
4. **Ask a trusted relative** (husband, wife, son, daughter or other) or a friend, who is a Catholic to cover your hour. Make sure they know to sign-in when they arrive and to wait until the next Adorer signs-in before leaving.
5. **Check with your co-adorers.** If you cannot find a substitute, then simply call other adorers that come with you to make sure that at least two will be there or if they have a friend or family member who can join them.
6. **Post on the parish go2gals or go2guys facebook group** to see if a substitute can be found.
7. **After an honest but fruitless attempt to find a substitute,** seek assistance from the coordinator.

Once you have a substitute, call the Adorers for the hour before you to let them know who your substitute will be.

**If it is a last-minute emergency,** CALL the coordinator.

If there is a problem on a regular basis, we want to know and help if we can!





## **Chapel Etiquette**

### **Respect for Our Lord is displayed in the following ways:**

- Genuflect upon entering the presence of the Lord.
- Be mindful of proper, respectful modest attire.
- No food or beverages in the chapel.
- Let us maintain an austere and reverent silence in the presence of Our Lord. If you need to speak to someone briefly, please use a soft voice or go outside.
- If you need to step outside the Chapel briefly, make sure that someone is in adoration.
- Let us make effective use of our time in Adoration by keeping our eyes fixed on Jesus and keeping the fact of His Real Presence in our minds and hearts while we are there. We encourage you to use this time to truly focus on your relationship with Jesus. Devotional materials, such as Bibles or other books that aid meditation are in the narthex. If you use them, please return these items to the Chapel bookcase so that they may be available to others as well.
- Adoration is a time of prayer and contemplation. Please limit use of electronic devices to prayer and emergency use only. Remember to silence your cell phone.
- Silent prayer during adoration is encouraged. Group prayer needs to be approved by Pastor or Parish Staff and placed on the parish schedule. The group must also notify the adorer for that hour.
- Before you leave, please say goodbye to Jesus by genuflecting.

Any literature or other material to be left in the narthex or chapel should have the prior approval of the Pastor or Parish Staff. The only candles to be used in the chapel are those on the Altar, by the tabernacle, and those within the racks by our Blessed Mother and the Divine Mercy image.





## **Perpetual Eucharistic Adoration is...**

## **Heaven on earth!**

How will our time be spent in heaven? Just imagine, praising and glorifying God for all eternity, having the fullness of joy in his presence! Jesus is so good to us, to allow us to enjoy his presence (Heaven) on earth. Though we do not feel that joy or sense that presence as readily here on earth, just by coming to adore Our Lord in the Blessed Sacrament is an acknowledgement of His presence and will help to build-up our faith and love for Him.

The following are *suggestions* of how we might strengthen our belief and deepen our relationship with our Eucharistic Lord:

**Lectio Divina (Sacred Reading)** is a prayerful reading of the Sacred Scriptures to come to know Christ through his Word. It is done in four steps: reading/listening, meditating over what has been read, praying to God about the scripture, then contemplation-listening to God's response. Resources on lectio divina are available on the internet, in our parish bookstore and library.

**(ACTS)** We may divide the hour into quarters of Adoration, Contrition, Thanksgiving and Supplication.

**Divine Office** Pray the prayer of the Church using the psalms and intercessions prescribed by her for your meditation in the Christian Prayer books.

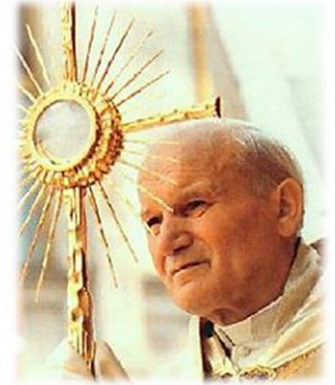
**Simply Be in His presence** and look at Him. Listen.

*"The Eucharist is the heart of the Church. Where Eucharistic life flourishes, there the life of the church will blossom."*

Pope John Paul II

*"When you look at the Crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host you understand how much Jesus loves you now."*

Mother  
Teresa of  
Calcutta



*"Certainly amongst all devotions, after that of receiving the sacraments, that of adoring Jesus in the Blessed Sacrament holds the first place, is the most pleasing to God, and the most useful to ourselves. Do not then, O devout soul, refuse to begin this devotion; and forsaking the conversation of men, dwell each day, from this time forward, for at least half or quarter of an hour, in some church, in the presence of Jesus Christ under the sacramental species. Taste and see how sweet is the Lord."*

St. Alphonsus Ligouri

*"The Christ of Bethlehem is the Christ of Galilee, is the Christ of the Crucifixion, is the Christ of the Resurrection, is the Christ of the Eucharist."*

John Cardinal O'Connor

*"In the Eucharist, this divine Heart governs us and loves us by living and abiding with us, so that we may live and abide in Him, because in this Sacrament... He offers and gives Himself to us as victim, companion, viaticum, and the pledge of future glory."*

Benedict XV

*"The Sacrament of the Body of the Lord puts the demons to flight, defends us against the incentives to vice and to concupiscence, cleanses the soul from sin, quiets the anger of God, enlightens the understanding to know God, inflames the will and the affections with the love of God, fills the memory with spiritual sweetness, confirms the entire man in good, frees us from eternal death, multiplies the merits of a good life, leads us to our everlasting home, and re-animates the body to eternal life."*

St. Thomas Aquinas



### Safety Protocols for Adoration

1. Adorers should carry their phone for emergency purposes.
2. During night-time hours, adorers may lock the doors and should not open unless they feel comfortable. If someone is yelling and banging, call 911.
3. Adorers should call the police - 911 to drive by if they see suspicious activity.
4. Adorers should call 911 if they feel threatened and notify the church office during daytime hours. Please let [facilities@stabcs.org](mailto:facilities@stabcs.org) know of any incidents that occur.
5. Adorers after dark will be given the chapel code to enter by the side door.