

How does one Adore?

What Do We Do During Adoration?

- Read and meditate with scripture
- Just sit in silence
- Pray for others' needs
- Pray for your needs
- Pray for forgiveness
- Pray the rosary or Divine Mercy Chaplet (silently)
- Read devotionals or books on prayer, spirituality, saints



Don't get too hung up on what you are doing or saying – just be with Jesus

“Oftentimes, I just stay there, simply seated, receiving food. This calm unconscious repose does me good. I am nourished, my strength returns.” Bl. Edward Poppe

Within the chapel there are certain rules which are observed to maintain the proper prayer of Adoration:

ADORATION ETIQUETTE

- Please respect the presence of our Lord. Turn off your cell phone and refrain from visiting.
- Food is not allowed in the Adoration Chapel.
- Children are welcome; do keep them occupied with books or some quiet activity. Should your child get anxious, please take him/her out so as not to disturb the other adorers. (See additional Adoration tips for children)
- Upon entering the Perpetual Adoration Chapel, please sign the “sign in” book located at the front entrance of the Chapel. (we need to know that Jesus is not alone)
- In the aisle, before entering your pew, kneel on both knees for a moment as a sign of respect for Our Lord.
- After entering your pew, you may kneel or sit. Praise, pray or just be silent with Our Lord.
- Nothing is to be placed on the altar
- **The Monstrance holding our Lord should not be touched.**
- In the aisle, upon exiting your pew, kneel on both knees for a moment as a sign of respect for Our Lord.

To enhance your prayer and meditation time, you will find a variety of spiritual reading material on the bookshelf in the entry of the Chapel. These materials are meant to assist your growth and formation as a Catholic. You will also find various items to enhance your prayer and devotion such as rosaries and prayer cards. Please return items to the bookshelf prior to leaving so other adorers may use during their time in the chapel.

If you would like more information about our Perpetual Adoration Chapel at St. Mark's you may contact Kathy Webster at 853-5888.