

Join us for Adoration

- Weekly during the day: **every Thursday from 8 am–8 pm** with the Chaplet of Divine Mercy sung at 3 pm
- Monthly at night: **nightWATCH every 3rd Friday from 7–8:30 pm** with candlelight and music



What is Adoration?

Adoration is a form of prayer where we come before the Blessed Sacrament, exposed on the altar in a monstrance, which is an ornate vessel used to display a consecrated Eucharistic Host. Because as Catholics we believe Jesus Christ is truly present in the Blessed Sacrament, we “watch and wait,” remaining in silent prayer and adoration, opening our hearts to Him, talking to Him interiorly, and listening for any silent words He gives us.

Why should I go to Adoration?

The world is getting louder and louder; there is little separation between work and home, and screens dominate our lives. Adoration provides a wonderful break from these distractions. It’s peaceful and provides us a time to rest, pray, meditate ... just breathe and talk to Jesus. Not to mention, you are sitting in the presence of Jesus in the Eucharist—that’s the mind-blowing aspect of it. **All are welcome! Come as you are; you will love it!**

What people say about their experience:

Jesus is my best friend, the One who has walked with me since my youth, gently opening my capacity to love. —Carolyn

I find spending an hour with Jesus is when He sends His Holy Spirit to give me His comfort, peace, love, guidance, and inspiration. It relieves my stress and helps me put my priorities in perspective. —Bev

What should I do in Adoration?

Sometimes we can feel intimidated going to Adoration, not sure if we have to sit there the whole time not making a sound, staring at the monstrance containing the Eucharistic Host—or you might have heard you should spend a holy hour in Adoration; but if you have never been, you could start with 10 or 15 minutes. There are various ways we can pray in Adoration:

- Spend intentional time with Jesus (He is truly present in the Eucharist)
- Pour your heart out to Christ; let Him love you
- Be patient and rest in the silence
- Read Scripture (e.g. Gospels or Psalms)
- Pray the Rosary
- Read about a saint and pray with them
- Listen to praise and worship music (part of nightWATCH)

Attending adoration allows me to give thanks for all the gifts I’ve received, identify ways to give back, and be a prayer warrior. —Gerry

We all need love, and in the presence of the Lord, I feel that love. Adoration is God speaking to us more than we speaking to God. —Olga

Come and spend time with Jesus, sit quietly, let Him love you, and carry that love into the world. —Mickey