

EUCCHARISTIC ADORATION



FAQs: Sacred Heart Parish Perpetual Adoration

We know that many of our parishioners may have questions about Perpetual Adoration. We've assembled a list of common questions. If you have a question or concern that isn't addressed here, please let us know! For a complete list go to: www.sacredheartnorfolk.com and click on Perpetual Adoration.

What is Eucharistic Adoration?

The Eucharist is the physical Body, Blood, Soul and Divinity of the Lord, Jesus Christ and one of seven sacraments of the Catholic Church. During Eucharistic Adoration, the Eucharist is displayed in a monstrance flanked by candles in which the Blessed Sacrament is exposed and adored by the faithful.

What is Perpetual Adoration?

Perpetual Adoration is Eucharistic devotion whereby members of a parish unite in taking hours of adoration before the Most Blessed Sacrament 24 hours a day. Perpetual Adoration is YOUR personal time with Jesus Christ. It integrates the entire faith community of Sacred Heart Parish into one perpetual prayer, uniting us in our intentions and concerns, increasing our prayer time and devotion.

Many miracles and blessings have been associated with perpetual adoration. Documented blessings include: increased vocations to the priesthood from parishes with perpetual adoration, increased parish-wide goodwill offerings, both monetarily and in volunteerism, healing of troubled marriages, healing of diseases and sickness including some that were medically incurable, increase of morals and return of lost sheep, deeper personal understanding of the mysteries of our faith, and an unshakable inner peace.

How will Perpetual Adoration work at our Parish?

Where will Perpetual Adoration take place?

We will use the Day Chapel and the new St. Joseph Adoration Chapel at St. Mary's Church for Perpetual Adoration.

What about Friday exposition at Sacred Heart?

Friday adorers are asked to do their hour at St. Mary's. We will continue to have exposition at Sacred Heart on Friday's from 4 pm to 5:15 pm before Mass.

What happens during Mass at St. Mary's?

We will not have adorers scheduled between 5 pm and 8:30 pm on Saturday and 9 am to 12:30 pm on Sunday. During funerals, weddings, and school Masses adorers will be scheduled but the Blessed Sacrament will not be exposed. Adorers are asked to pray in the St. Joseph Adoration Chapel during these times.

Is there something in particular to pray for?

Yes! Our communal intention during all hours of adoration is for *vocations to the priesthood for our Archdiocese and for candidates to come from our parish*. A relic of St. John Vianney (patron saint of parish priests) was placed in the tabernacle altar at St. Mary's Church by Archbishop Lucas. Without priests we cannot renew our covenant with Jesus through the Mass. There are many candidates out there but they need our prayers to hear God's voice and face the inevitable obstacles that arise.

What is the time requirement of adoration?

Adorers make a commitment to the Lord to be with him for one hour on the same day each week. Adorers may take more than one shift, but need to commit to that same hour every week. You may choose to have a scheduled hour, be a substitute for a scheduled adorer, or both.

What happens if our schedules change or we go on vacation?

While you should make every effort to spend your hour with the Lord each week, we know your schedule may change. The Captain assigned to your hour will be able to help you switch your times or find a replacement or substitute. Please let your Captain know about scheduled absences at least a week in advance.

What do I do if I can't be there for my hour unexpectedly?

Call your hourly partner to let them know you cannot be there. Please attempt to contact one of the substitutes on your list. If you are unable to secure a substitute and your partner is also unavailable, contact your Team Captain for assistance. If you are sick, please let your Captain know as soon as possible to help schedule a substitute. *Never leave your hour unattended.*

Why is it so important that someone is always present?

The Eucharist is not just an item that reminds us of Christ, but it is the physical body of Christ himself. The exposition in the monstrance leaves Christ vulnerable and must be properly attended at ALL times. Just as a Marine would never leave the body of another fallen Marine behind, faithful Catholics would never leave Christ's Body unattended, EVER.

What would happen if no one shows up to replace my scheduled adoration time?

It is extremely unlikely that this will happen, but there is an extensive contingency plan in place. We have

requested that two adorers be present at all hours, every day of the week. Your team Captain will provide you with the contact information of those who adore before and after you. Should the person following you not show up you should call them. If they cannot be reached please call your captain. They will find a substitute or fill the hour themselves.

Do people no-call/no-show often?

No. People who take the time to adore for one hour a week love Jesus, and do this out of love for him. Substitutes for other parishes reported being called once a year to fill in so it is not something to worry about.

What safety measures are in place? Will everyone have access to the Church?

During the day, everyone will have access to the Church, as they do now. At night, once the doors are locked, the north door of St. Mary's can be accessed with a punch code. This will allow adorers to enter the St Joseph Adoration Chapel, which is secure from the rest of the church. A restroom is available. Adorers are asked to carry a cell phone with them.

The access code will be changed quarterly. A new code will be given to the captains who, in turn, will distribute it to their teammates.

Will adoration ever be cancelled?

During Masses and special events at St. Mary's Church the monstrance will be reposed but you can still come and pray before the tabernacle. You will be notified in the case of inclement weather.

I've never done Perpetual Adoration before! What do I do?

What do I do in Adoration?

You have a lot of choices of how to spend your time with Him. You may pray an informal prayer, sit in silence, read a book, pray the rosary, meditate on the Eucharist, contemplate the saint's lives, just clear your head, listen to a recording of your favorite Catholic speaker quietly through your headphones, etc. The key is general reverence with an emphasis on quiet. As Father John Ricardo says, "Just waste some time with Him."

How do I genuflect during exposition of the Blessed Sacrament?

The Vatican states that proper respect is shown by bending down with our right knee until it touches the ground with a slight pause to show our humility and reverence before God. The attitude that you do it with is more important than the form, and it should never be done for show. If your knees are bad, you should not worry about this at all.

What is the proper attire for Adoration?

Whatever is comfortable, but be conscious of the presence of the Lord.

Can I bring my kids?

Yes, absolutely. Adoration is for kids and whole families too. Just make sure that they are old enough to understand how to be quiet in order to not intrude upon the prayer time of others.