

EXPOSITION AND ADORATION OF THE BLESSED SACRAMENT

[Please fill out the form below, if you want to be contacted about becoming an Adorer at a regularly-scheduled weekly time]



Name: _____ Phone (s): (H) _____

Email: _____ (C) _____

Parish: _____

CURRENT Hours of Adoration
(List Preferred Days and Hours):

Ist Choice: Day _____ Hour _____

2nd Choice: Day _____ Hour _____

Days: Mon., Tues., Wed., Thurs., Fri.

Hours: 12:30-1:30 pm 4:30-5:30 pm
 1:30-2:30 pm 5:30-6:30 pm
 2:30-3:30 pm 6:30-7:30 pm (Tues. only)
 3:30-4:30 pm 7:30-8:30 pm (Tues. only)

Possible Extended Days/Hours of Adoration
(List Preferences):

Ist Choice: Day _____ / Hour _____

2nd Choice: Day _____ / Hour _____

Day/Hour:

Wed. 6:30-7:30 pm Wed. 7:30-8:30 pm
 Thurs. 6:30-7:30 pm Thurs. 7:30-8:30 pm
 Sat. 10-11am Sat. 11am-noon
 Sat. 12-1 pm Sat. 1-2 pm

OR

I Would Like to be on the Substitute List:

Preferred Month(s) _____ Preferred Day(s) _____ Preferred Hour(s) _____

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MAKE EXPOSITION AND ADORATION OF THE BLESSED SACRAMENT PART OF YOUR LENTEN PRAYER

What is Exposition and Adoration of the Blessed Sacrament? When the Blessed Sacrament—that is, the Eucharist—is publicly presented in a monstrance, a sacred vessel meant to display the Eucharist, we call this Exposition and Adoration of the Blessed Sacrament. As Catholics, this tradition has been carried on through the centuries, and St. Regis continues it to today.

What are the benefits of Exposition and Adoration of the Blessed Sacrament? Our current group of 52 regularly-scheduled Adorers have told us repeatedly that during Adoration they experience the love and mercy of God with blessings pouring down upon them. In the busyness and distraction of life, it is good for us to commit to spending some consistent quiet time with Jesus to pray for ourselves, for others, and for the St. Regis community.

How can I participate in Exposition and Adoration of the Blessed Sacrament? This Lent is a perfect time to add this type of prayer to our lives. What a difference it would make for the parish and for ourselves, if everyone came to Exposition and Adoration at some point this Lent. Whether you stop in for ten minutes while waiting for children to be dismissed from school, for half an hour before a meeting at the parish, on your way home from work, or for a regularly scheduled hour each week, the fruits of spending time with Jesus in the Blessed Sacrament are innumerable.

Sit and pray quietly. Pray the rosary. Bring prayer intentions before the Lord. Gaze on His presence. Meditate on the upcoming Sunday readings (books are in the chapel pews). Bring a book for spiritual reading. Whatever you do, it is a time to be with the risen Jesus in a special way; to experience his merciful presence that calms minds and hearts, heals wounds, and open us to the Spirit.

How do I sign up for a regularly scheduled time? To guarantee Adoration times, we need regularly scheduled Adorers. If you are able to do so, please fill out the form below. On the left are the current hours for adoration. It is always good to have several people committed to a given hour. On the right are hours we would like to have filled so that we can have Exposition and Adoration of the Blessed Sacrament 40 hours a week. These extra hours would also allow the Adoration times to include hours that do not conflict with most work schedules. Return the form to the Parish Office or place it in the collection basket. You will then be contacted by one of us. If you invite your spouse, family members, or friends to sign up with you for the same hour, you can split up your scheduled time among yourselves. Thank you and may the grace of God lead you closer to Jesus.

Kris Huckabay and Jennifer McNulty, Co-Chairs for Adorers of the Eucharist

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