

ADORATION OF THE BLESSED SACRAMENT

When can I go to Eucharistic Adoration? At St. John's, we have perpetual adoration. The adoration chapel is open 24 hours a day from Sunday at 11:00 AM until Saturday at 5:00 PM. Adoration is not available during scheduled daily Mass times (Tuesday from 5:30–6:00 pm; Wednesday, Thursday, and Saturday from 8:00–8:30 am, and Friday from 9:00–9:30 am).

Where is the Adoration chapel? The adoration chapel is across the hallway from the Confessional & Library, and next to the Sacristy.

What will I see? When you enter the Adoration chapel you will see a gold liturgical vessel called a Monstrance. Contained in the center is a consecrated Host. On either side of the monstrance is a statue of an angel, and above is a crucifix. To the left is a Mary statue, and to the right a Joseph statue.

What do I do when I go?

Simply walk in, kneel, and bow to Jesus who is present. Then, either kneel on a kneeler or sit in one of the chairs. You could pray with scripture, say a prayer in the green First Communion book, pray a decade of the rosary, read a spiritual book, or sit in silence.

An Act of Spiritual Communion

My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.

Amen.