

Eucharistic Adoration – An Invitation

New Regular Hours for Exposition and Adoration of the Blessed Sacrament Beginning with Lent 2020:

Monday, Tuesday, Wednesday, Thursday: 9 AM to 9 PM, except during 7 PM Weds. Mass.
Friday, Saturday: 9 AM to 2 PM.

We especially need New Adorers for Monday and Thursday evenings!!!

For questions, please contact Maria Upperman at maria.upperman@gmail.com

To sign up – go to the Good Shepherd website:
<http://gsc.net/ministries/eucharistic-adoration/>

How to make a Holy Hour:

- ❖ Upon entering the Chapel, **reverently genuflect or bow to Jesus** personally present in the Most Blessed Sacrament.
- ❖ Speak to Jesus as you would speak to your best friend.
- ❖ Spend some time listening to Him with your heart and mind.
- ❖ Read the Bible, or pray the rosary or the Divine Mercy chaplet. There are books outside the chapel to facilitate **prayer - lifting our hearts and minds to God!**
- ❖ Another suggestion for a holy hour is to **divide it into 4 parts** - spend one part **praising God**. Can you imagine? Our Lord truly is here, present to us, along with all the angels and Our Lady, too, because they are present wherever Our Lord is. For the second part, spend time **thanking God**: think of all the blessings of the past week. During the third part: spend time **expressing sorrow** for things you have done wrong or for things you should have done. Lastly, spend time **asking for help** for us, our loved ones, our neighbors, and our world.
- ❖ Lastly, I always like to mention **The Rosary Meditation book by Mother Teresa** in the cabinet below the sign in book outside the chapel. Basically, it contains 3 holy hours. To begin, read the four page meditation on the first Joyful mystery before praying the decade. Then read the four page meditation on the second Joyful mystery before praying the second decade, and so forth. It takes about one hour to pray the Joyful mysteries in this way. Meditations on the Sorrowful mysteries and the Glorious Mysteries make up two more Holy Hours.

Please consider becoming a scheduled adorer. This means committing to spending a particular hour each week in prayer and Adoration of Our Lord. While this commitment is necessary in order to have hours of Exposition of the Blessed Sacrament, it also facilitates the keeping of good intentions. So many blessings come!