

Here are some of the graces being graciously poured out upon you as you spend time with Jesus in the Most Blessed Sacrament:

RESTORATION: "Come to me all you who labor and are heavy-burdened, and I will give you rest." (Matthew 11:28)

SANCTIFICATION: "I am the vine and you are the branches. Whoever remains in me and I remain in him will bear much fruit, because without me you can do nothing." (John 15:5)

TRANSFORMATION: "All of us gazing upon the Lord are being transformed from glory to glory and being made into His image and likeness." (2 Cor 3:18) "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2)

REPARATION: "Neither do I condemn you. Go and sin no more." (John 8:11)

SALVATION: "I came that they may have life and have it abundantly." (John 10:10)

CHILDREN

Children, accompanied by their parents, are always welcome in the Adoration Chapel.

- ♥Talk to them about how Jesus is truly present in the Host, our Hidden God.
- ♥Talk about how much He loves us and wants to be loved by us.
- ♥Teach them to adore Him because he is God.
- ♥Tell them to just look at Jesus and Jesus is looking at them.
- ♥Tell them to close their eyes and tell Jesus from their hearts, "I love you Jesus!" and to throw HIM kisses!
- ♥Let them know that whenever they need something or feel troubled to come to HIM here present in every Catholic Church or Adoration Chapel.
- ♥Let them know that Mary, the Mother of Jesus, is always here adoring Jesus with us and ask her to help us to pray.
- ♥Lead them in a short prayer. "My God! My God! I love you in the Most Blessed Sacrament!"
- 7 ♥Sing a song to Jesus. Children love to sing and Jesus loves to hear them!

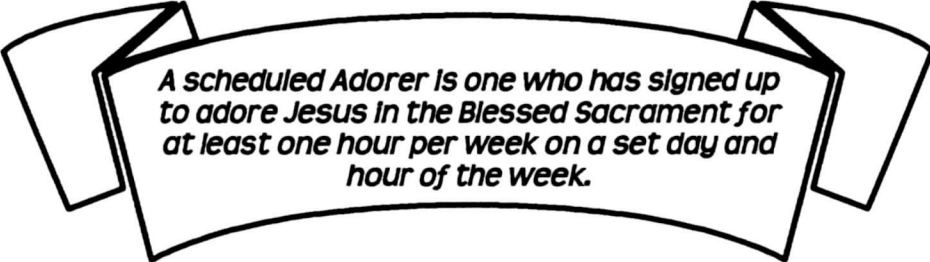
ADORER'S HANDBOOK



for Perpetual Eucharistic Adoration

THANK YOU!

Thank you for making a commitment to spending time adoring Jesus in the Most Blessed Sacrament. Your desire to spend time with Christ is itself a blessing from the Lord. During your time as an adorer, you become a Guardian of the Eucharist -- keeping watch with Jesus.



A scheduled Adorer is one who has signed up to adore Jesus in the Blessed Sacrament for at least one hour per week on a set day and hour of the week.

CONTACTS Chain-of-Command

1. Your primary contact and source of information is your HOURLY CAPTAIN. Please call your Hourly Captain with questions, concerns, changes in your schedule or if you absolutely cannot find a substitute. If you have to miss your scheduled hour of adoration, please see the "5 Ways to Find a Substitute" on page 4.
2. If you are not able to contact your Hourly Captain, your next point of contact is the HEAD COORDINATOR.

Hourly Captains - if you do not know your Hourly Captain, check the main schedule on the Sign-In table or call the Head Coordinator

Head Coordinator - Brenda Grayson 940-642-2480

XXX Please do NOT contact the Parish Office or our Parish Priest with questions regarding substitutions or general information pertaining to Perpetual Adoration. It should be only after careful discernment and great need that you contact our Parish Priest with a concern about Perpetual Eucharistic Adoration.

Always look for an occasion to share with others the joy of spending time with Jesus in the Adoration Chapel and invite them to visit as well.

SUGGESTIONS FOR ADORATION

These prayer suggestions are provided as ideas for you to use or draw on if you are occasionally at a loss as to what to discuss with God.

1. Slowly read scripture until something hits you. Then listen.
2. Pray a Divine Mercy Chaplet for all those who will die this day that they may surrender to Jesus.
3. Look at God and let God look at you.
4. Tell God something that made you happy. Then listen.
5. Tell God what you are afraid of. Then listen.
6. Tell God what angers you. Then listen.
7. Speak about your loved ones.
8. Pray for an enemy.
9. Talk with God about work.
10. Sing a song for God in your heart or aloud if you are alone.
11. Promise to trust Him.
12. Imagine Mary sitting next to you & praying with you.
13. Renew your loyalty to His Church.
14. Lean on Him. Tell Him you love Him.
15. Thank Him for the Sacraments.
16. Tell Him your failures. Ask for help. Then listen.
17. Pray for our Pope, Bishops and priests.
18. Slowly recite the Beatitudes.
19. Pray one Our Father slowly.
20. Pray the Creed slowly.
21. Pray for vocations.
22. Ask Him what He wants from you & be brave!
23. Look at yourself. Count your gifts. Then thank Him.
24. Pray for the world & our leaders.
25. Enjoy just being in His presence.
26. Fall madly in love with Him.
27. Write Him love letters in a prayer journal.
28. Bring your children with you & teach them how to love and adore Jesus.

CHAPEL ETIQUETTE



- † Genuflect upon entering the presence of the Lord.
- † Be mindful of proper, respectful attire. Please remove your hat.
- † No talking. Maintain an austere reverence in the presence of our Lord.
- † If you need to talk to someone, leave the chapel and hold your conversation outside. **HOWEVER**, make sure not to leave Jesus alone.
- † No spontaneous unscheduled events or sermonizing is allowed. Group prayer is to be approved by the Head Coordinator or Parish Office.
- † Adoration is a peaceful, private time of prayer for each adorer.
- † Never eat or drink in the chapel, including chewing gum or candy.
- † No cell phones are to be used in the chapel. Please silence your cell phone and limit its use to emergencies only.
- † Do not put anything on the altar.
- † The Monstrance holding our Lord should not be touched.
- † Do not leave any devotional items or literature in the chapel without first getting approval from the Head Coordinator or Parish Office. All unapproved items will be discarded.
- † Should your child get anxious, please take him/her out so as not to disturb the other adorers.
- † You must be at least 18 years old to adore in the Chapel on your own.
CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

MISCELLANEOUS INFO

Restrooms: If you need to use the restroom during your visit to the Chapel, you may go to the church office. If after office hours, you may use the restroom in the Stripes Convenience Store (across from the church office) on the corner of 10th Street & Holliday St, which is open 24 hours a day, 7 days a week.

Update Info: Please notify your Hourly Captain or Head Coordinator either by phone, text or email if you encounter any phone numbers, emails or addresses that are no longer valid so they can be corrected. Also, update changes to your own contact info. as needed.

Roster: It is very helpful to keep a copy of the Adoration Roster in your car, home, wallet and/or purse so you will have quick access to other adorers' phone numbers.

Time Changes: will occur at 2 am on the second Sunday in March and the first Sunday in November. Those affected by the change will be notified of proper procedures to take.

SIGN-IN PROCEDURES

*Jesus in the Blessed Sacrament when exposed in the monstrance must **NEVER** be left alone. The exposition in the monstrance leaves Christ vulnerable and must be properly attended at ALL times. Just as a Marine would never leave behind the body of a fallen Marine, faithful Catholics would never leave Christ's Body unattended.*

EACH TIME YOU COME FOR YOUR SCHEDULED HOUR:

1. **Immediately sign in** under your assigned hour of adoration on the Sign-In sheet. Scheduled Adorers just initial next to their name and log in your arrival time. That way the Adorer before you will know that you are in the chapel and they are now free to leave.
2. **Before you leave**, log out your departure time and check the Sign-In sheet to **make sure** the Adorer scheduled for the next hour has initialed next to their name and they are in the chapel.

If no one shows up after your scheduled hour:

- Immediately call the Adorers who are scheduled to be there. They may have simply forgotten. An Adorers List is on the sign-in table. - OR -
- You may choose to be the substitute for the next hour. Just sign your name on the Sign-In sheet but on the line as a "Substitute" for the next hour and log your time in and out. This will let the Coordinator know that the hour was covered. - OR -
- Call the Adorers for the hour that follows the absent Adorers. Perhaps they can come early. - OR -
- Call a friend or one of the Adorers on the list of substitutes. - OR -
- Call your Hourly Captain or the Head Coordinator. - OR -
- If you cannot reach anyone and you absolutely have to leave, please close the tabernacle doors using the key which is left in the tabernacle lock. **NEVER** leave Jesus alone while exposed in the monstrance. (see note at top of page)

Age Requirement: You must be 18 years or older to visit the Adoration Chapel without supervision.
Children must be accompanied by an adult.

EMERGENCY & SAFETY PROCEDURES

The Chapel is left open from approximately 6:00 AM to 8:00 PM. After 8:00 PM, the Chapel will automatically lock and will only be accessible to Adorers who have an access code. It is completely up to the discretion and comfort of late night Adorers to admit persons who knock. You should not open the door for strangers. If in doubt, do not open the door.

ACCESS CODE - You will need an access code for the security system keypad on the Adoration Chapel door. Either your HOURLY CAPTAIN or the church office will give you your code. You may use your code for both scheduled and unscheduled visits to the Chapel. NEVER give your code to someone else.

IN CASE OF AN EMERGENCY - FIRST, call 911 immediately if there are any activities or disturbances that appear out of the ordinary. NEXT, if during business hours, contact the church office at 940-723-5288 or if after hours, contact your Hourly Captain or Head Coordinator. You will find their numbers listed on the sign-in table.

INCLEMENT WEATHER - If you are in the chapel during a tornado warning, do NOT leave. It is safer to remain in the Chapel than to go out into the storm. **SNOW & ICE:** If the WISD schools close, the Chapel will be temporarily closed. This is only during an extreme emergency (ice days or severe weather). The Parish office will post closings/openings on the church Perpetual Adoration webpage at www.sacredheartwf.org. No calling is needed unless you don't have internet access, in which case you may then call your Hourly Captain or Head Coordinator. We hope this will minimize confusion.

IN CASE OF FIRE - Close the tabernacle doors and evacuate the Chapel immediately. Call 911 when you are a safe distance away.

FIRST AID - There is a First Aid kit located under the Sign-in table. †



WHAT IF I HAVE TO MISS MY HOUR?

† Immediately call your co-adorer to let them know what day you will not be there and to verify that THEY WILL be there.

† If they WILL be there, then you DO NOT need to find a substitute.

† If they ARE NOT going to be there or you do not have a co-adorer, then you will NEED TO FIND a substitute.

5 WAYS TO FIND A SUBSTITUTE

1. Ask a family member or good friend. Make sure they know the access code, sign-in procedures, never leave Jesus alone, etc. This gives them the gift of a wonderful experience with Jesus and may encourage them to become a regular adorer.
 2. Contact someone on the list of substitutes. The list is located on the sign-in table.
 3. Ask another regular adorer if they will switch hours with you. See the Schedule of Adorers located on the sign-in table.
 4. Contact an adorer before or after your time slot to see if they will cover your hour or if each one will take 30 minutes.
 5. After an honest, but fruitless, attempt to find a substitute, seek assistance first from your Hourly Captain or the Head Coordinator.
- ❖ ❖ If you have a last-minute emergency, call your Hourly Captain or Head Coordinator and they will find a substitute for you. Keep these phone numbers handy!