



Perpetual Eucharistic Adoration

St. Paul Catholic Parish – Fort McMurray

Every Friday 2:00 pm – 8:00 pm

What is Eucharistic Adoration?

Eucharistic Adoration is the practice of worship/praying before Jesus Christ in the Blessed Sacrament exposed in a monstrance on an altar. Many parishes around the Diocese already have times of Eucharistic Adoration. In the gospel, Jesus asked his disciples to spend one hour with him.

What is Perpetual Eucharistic Adoration?

Perpetual Adoration is where Jesus, in the Blessed Sacrament, is exposed in a monstrance, on an altar, in a particular Church or chapel. This practice of Perpetual Adoration has developed greatly over the last century.

What is a Holy Hour and why should I make one in the presence of the Blessed Sacrament?

A holy hour is simply spending time with God—talking to Him, but also listening to Him. Time before Jesus in the Blessed Sacrament truly does just that. Although a holy hour can be made any place where you can bring yourself before the presence of God, here are some reasons for recommending that the holy hour be made in the presence of the Blessed Sacrament.

- It is normally a place without distractions.
- The Holy Hour is an extension of the Eucharist in which Christ gives Himself as our Living Bread for our spiritual life.
- In Holy Communion your soul is permeated with God — like wax melted into wax. There can be no deeper presence of God here on earth than the one brought to us in the Blessed Sacrament. This is why it is called the "Real Presence."

What do I do during a Holy Hour?

A holy hour is an exercise of love, not a project to be accomplished. You can say the Rosary, read a spiritual book, read some prayers, or you can just do nothing and simply rest with the Lord. "I look at him and he looks at me" – A person's answer to St John Vianney when he asked him why he went to the church to pray every day before the tabernacle for hours.

Why spend one hour?

Any amount of time spent before the Most Blessed Sacrament is valuable and beneficial. But here are some reasons for spending a full hour:

- for rendering God adoration which is His due as our Creator
- for making reparation for our sins and the sins of all in our family, friends/Parish/ Community
- for petitioning the good God for the constant help we need.

What is the commitment and how do I sign up?

We simply ask those who want to make a commitment to sign up for 1 hour per day as an **Adorer**. Please sign-up the form posted at the Notice Board by the church entrance to ensure that no slots are vacant. Individuals and/or Parish Groups welcome to sign up.

2:00 pm to 3:00 pm

4:00 pm to 5:00 pm

3:00 pm to 4:00 pm

5:00 pm to 6:00 pm

6:00 pm to 6:30 pm – Rosary

7:00 pm to 8:00 pm – Holy Mass and Adoration