

O Sacrament most holy,  
O Sacrament Divine,  
all praise and all thanksgiving  
be every moment thine.

The most current information about the St. Thomas the Apostle Adoration Chapel is on our website.  
<https://blessedsacramentsp.org/adoration>

Committed adorers are added to our Flocknote database to receive updates via email or text.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time.



CHURCH OF THE  
**BLESSED Sacrament**

*Revised November 2021*

*Church of the Blessed Sacrament*  
2119 Stillwater Avenue  
Saint Paul, Minnesota 55119

# ST. THOMAS THE APOSTLE ADORATION CHAPEL HANDBOOK



*“When you look at the Sacred Host,  
You understand how much Jesus loves you now.”*

*Saint Teresa of Calcutta*



CHURCH OF THE  
**BLESSED Sacrament**

## WHAT IS ADORATION?

### What is Eucharistic Adoration?

Eucharistic Adoration is quiet time spent in prayer with Jesus present in the Eucharist. A consecrated host, the Blessed Sacrament, is placed in the center of a monstrance on an altar and there are individuals who commit to a specific weekly or daily prayer hour in the chapel visiting and spending time with the Real Presence of Jesus. It is an expression of love for Jesus, who loves us so much that He never wants to leave us. He says: "Behold I am with you always." Mt 28:20

Pope John Paul II described adoration as "looking upon the face of Christ." When you visit the Eucharistic Adoration Chapel and see the Sacred Host in the monstrance, this is not a symbol of Jesus, but the reality of Jesus himself. The same Jesus who was born in Bethlehem two thousand years ago, the same Jesus who died on the cross for our sins, and the same Jesus who rose again on Easter Sunday is really truly, bodily, personally present in the chapel. To describe this reality, words can be used such as, "Holy Eucharist," "Blessed Sacrament," or "Real Presence." The practice of spending time in prayer with our Lord in this form is called "Eucharistic Adoration" or simply "Adoration."

### What is a Holy Hour?

In the Gospels, Jesus asked apostles Peter, James, and John to accompany him to pray in the garden of Gethsemane. Returning from his prayer, He found them asleep. He admonished them, "So, you had not the strength to stay awake with me for one hour?" (Matthew 26: 36-45). Bearing this in mind, people adopted the devotion of regularly spending a Holy Hour with Jesus in the Blessed Sacrament.

*"The purpose of the Holy Hour is to encourage deep personal encounter with Christ. The holy and glorious God is constantly inviting us to come to Him, to hold conversation with Him, to ask for such things as we need, and to experience what a blessing there is in fellowship with Him."* Archbishop Fulton J. Sheen.

## FREQUENTLY ASKED QUESTIONS

### What is an adorer?

A visitor to the chapel is called an adorer because he/she comes to adore the Lord Jesus in His Body, Blood, Soul and Divinity. Adoration is an intimate experience in which the Lord and the adorer gaze at one another in love.

### What is a committed adorer?

An individual who commits to a specific hour of each week to adore Jesus exposed in the Blessed Sacrament at our adoration chapel.

### What is expected of me if I wish to be a committed adorer?

Arrive at your scheduled time and remain present in the chapel until the next person arrives, one hour later. Find a substitute adorer in the event you are not able to be there.

### Can I adore if I am not a committed adorer?

Yes, all are welcome to spend time with our Lord.

### What is a prayer partner?

A prayer partner is an individual who is a committed adorer who shares the same hour with another committed adorer.

### What is expected of me if I wish to be a prayer partner?

Arrive at your scheduled time and remain present in the chapel until your hour is complete and the next person(s) arrives an hour later. Let your prayer partner know if you cannot make your hour to ensure that someone will be present during your hour. If your prayer partner is also unable to be there then find a substitute adorer.

### What is a substitute adorer?

A substitute adorer is an individual who is able to fill in when a committed adorer is unable to make their regularly scheduled hour.

### What is expected of a substitute adorer?

Arrive at the hour you agreed to sub for and remain present in the chapel until the next adorer arrive one hour later.

## LEVELS OF ADORATION CHAPEL LEADERSHIP

### Hourly Coordinators:

These individuals are the contact person responsible for one certain hour throughout the week. For example, if your Holy Hour is 1:00 pm on Tuesdays, the hourly coordinator can help you find a sub by connecting with other adorers who commit to a 1:00 pm hour on a different day of the week. A trading arrangement may be made for one week when an adorer needs a sub. Hourly Coordinators also help with charting and record-keeping.

### Division Leaders:

Currently, our Adoration Chapel is open between the hours of 6:00 am and 11:00 pm. We have three divisions of time, each with a volunteer leader:

Division 1 is 6:00 am to Noon

Division 2 is Noon to 6:00 pm

Division 3 is 6:00 pm to 11:00 pm

A division leader oversees one division and the corresponding Hourly Coordinators for those hours. These leaders also act as a communication liaison between adorers, coordinators, and leadership. The Division Leader informs the Chapel Coordinator about new adorers and updates information about current adorers. Division leaders contact committed adorers in times of closures that are different from the current schedule.

Division leaders are contacted by Adorers when they are unable to reach the Hourly Coordinator and need a substitute. Hourly coordinators may also contact them seeking assistance in findings subs or filling Holy Hours.

Division leaders must have internet access and use email regularly. They should be familiar with the basic operation of the chapel. They attend chapel meetings and events and assist in planning.

### Adoration Chapel Coordinator:

This person(s) provides organization and general oversight of the Adoration Chapel. They are in direct communication with the Pastor and staff in caring for all needs related to the chapel. They support Division Leaders, Hourly Coordinators, and adorers as needed.

## WELCOME TO OUR ADORATION CHAPEL

The St. Thomas the Apostle Adoration Chapel is located at 2119 Stillwater Avenue East, St. Paul, adjacent to the Church of the Blessed Sacrament. Our chapel is a prayer haven for parishioners of multiple local churches.



Please look for the sign and enter the building from the sidewalk through the exterior door.

Please note that the exterior door automatically locks and unlocks at the times the chapel is opened or closed.

Please sign in at the table just to the left as you enter the building. You may also write down your prayer requests. Rosaries and hand sanitizer are available.



Down the short hall you will also see a restroom and shelves with books to borrow while you are in the chapel.

When you walk through this interior door, you will be in our Adoration Chapel, in the presence of Jesus.

## SUGGESTIONS FOR YOUR TIME IN ADORATION



Once in the chapel, reverently greet our Lord. As you are able, please “double genuflect,” kneel, or deeply bow. If the tabernacle is closed when you arrive, reverently approach the altar, open the tabernacle doors, genuflect or bow, and take your place in a pew or at a kneeler.

### **What do I do in Adoration?**

Talk to Jesus; Listen to Jesus. Lift your soul to Him. Share what is on your heart and allow time to be silently present with Our Lord.

Some ideas include:

- Prayers of thanksgiving or petition
- Pray the Rosary or a Chaplet
- Pray the Stations of the Cross
- Meditate on spiritual things
- Use the Bible or Catholic reading to launch you into prayer
- Simply bask in the presence of God

## RESPONSIBILITIES OF COMMITTED ADORERS

### **Committed Adorers and Prayer Partners:**

These individuals schedule the same hour each week to adore Jesus in the Blessed Sacrament in our Adoration Chapel. It is a commitment to be with Jesus and a beautiful gift to self. Committed adorers commonly speak of their Holy Hour as a highpoint of their week.

If you are the first adorer of the day, you may need to expose the Blessed Sacrament. Reverently approach the altar, genuflect or deeply bow, open the doors, again genuflect or bow, and take your place for adoration. On occasion, you may arrive in the middle of the day and find the Blessed Sacrament reposed; therefore, follow the same procedure.

If you are the last adorer of the day, please reverently repose the Blessed Sacrament. Similar to above, reverently approach the altar, genuflect or deeply bow, close the doors, genuflect or bow, and depart from the chapel. On occasion, the committed adorer that follows you may be late or may not arrive. Feel free to stay until the next person does arrive. Staying for a second Holy Hour is an opportunity for deeper prayer and fuller graces! If you must leave, the Blessed Sacrament must never be left unattended; therefore, follow the above procedure for reposing.

### **Finding a Substitute:**

Committed adorers will have occasional conflicts and are then responsible for finding a substitute. The ideal arrangement is to have a prayer partner, whereby two individuals commit to the same Holy Hour. They share contact information and act as a substitute for one another, assuring that the Blessed Sacrament is not left unattended.

If the committed adorer does not have a prayer partner, they are encouraged to pre-arrange three people who are willing to be their substitute if needed and are willing to respond on short notice. Spouses and close friends are good substitutes. They do not need to be committed adorers but should be familiar with the procedures in this handbook.

If a substitute is needed and those options do not work, the committed adorer contacts their Hourly Coordinator.