

Come spend time in the presence of Jesus

Adoration of the Most Blessed Sacrament Mondays and Tuesdays from 6:00 AM to 11:00 PM in the Church



What is Adoration?

Eucharistic Adoration is adoring or honoring the Eucharistic Presence of Jesus. During times of Adoration, the Blessed Sacrament is exposed in a sacred vessel called a Monstrance, which is placed in the center of the main altar in the church, and we “watch and wait,” we remain silent in His Presence and open ourselves to His Graces, which flow from the Eucharist. By adoring the Most Blessed Sacrament, we become what God wants us to be. Like a magnet, the Lord draws us to Himself and gently transforms



A Monstrance

us. In its fullest essence, Eucharistic Adoration is “God and man reaching out for each other at the same time.”

After all, Jesus himself is truly present in the Sacred Host, consecrated at Mass. He is the true treasure that is always waiting for us to come to him. Only by adoring this Presence can we learn the reverence needed to receive the Eucharist properly.

Most people adore or pray privately before the Blessed Sacrament in one hour periods, called Holy Hours. During a Holy Hour, many Catholics pray the Rosary and Chaplet of Divine Mercy, but you are always welcome to silently pray whatever prayers you want. In fact, you don’t even have to be “saying” anything at all when you are with Jesus; you can just meditate in the silence.

How can I participate in Adoration?

Here at Our Lady of Sorrows, Adoration of the Blessed Sacrament is offered every Monday and Tuesday in the church from 6:00 AM to 11:00 PM. The church’s side entrance has a keypad on it. Simply type in the code 1553*, remembering to press the “star” key after the numbers, and when you hear the door click, pull it open and come in. The door will close itself behind you, and you will hear the locking mechanism click once again.

In the church’s side entryway, you will see a sign-in book on a stand, and a cart with various books and religious materials on it. We ask that you please write your name in the sign-in book along with the time you enter and leave the church. Then you are welcome to take any of the books or materials from the cart with you into the church to help focus your prayers and meditations

during your Holy Hour. In fact, if there is a particular book you really like, you can even keep it and take it home with you. We don't mind at all.



The Veiled Monstrance

When you enter the church, if you see that the Monstrance is covered with a veil, feel free to reverently walk up to the altar, remove the veil, and place it off to the side of the Monstrance. Then you can go to your pew, and enjoy your hour with Jesus.



Veil Next to the Monstrance

When your Holy Hour is finished, if no one else has come into the church, reverently go back up to the altar, and cover the Monstrance with the veil. You can then exit the church through the side door, which will close and "click" behind you.

That's all there is to it.

Jesus Christ waits for us in the Sacrament of Love, the Holy Eucharist.

In fact, one day before her Holy Hour, a lady named Dina Belanger had a vision, shared with her by Jesus himself, of a multitude of souls on the precipice of Hell. After her Holy Hour before the Blessed Sacrament, Jesus showed her those same souls, but they were now in the hands of God. Jesus also told her that, through Holy Hours of prayer, a multitude of souls go to Heaven who otherwise would have gone to Hell; as one person can make up for what is lacking in the lives of others by winning precious graces for their salvation.

Please consider coming, and making a Holy Hour of your own before the Most Blessed Sacrament. Jesus is waiting for you.

