

# Adoration at Church of St. Peter

## **What is Adoration?**

Eucharistic adoration is a practice in the Catholic Church in which the Blessed Sacrament is exposed and adored by the faithful. The Blessed Sacrament is exposed in a Monstrance.

Adoration is a sign of devotion to and worship of Jesus Christ, who is present Body, Blood, Soul, and Divinity, under the appearance of the consecrated host. As a devotion, Eucharistic adoration, prayer, and meditation are more than merely looking at the Blessed Host, but are believed to be a continuation of what was celebrated in the Eucharist.

## **Where is Adoration in our church?**

Adoration is held in the side Chapel. Enter the church through the main doors and it is at the east end of the Narthex.

## **Do I need to do anything different when the Blessed Sacrament is exposed?**

Many people genuflect with both knees before the Blessed Sacrament as a sign of reverence. Although it is not required after Vatican II, it is still an acceptable tradition, although one knee is sufficient.

## **What do you do during Adoration?**

Many people pray the rosary, Divine Mercy chaplet, or other traditional prayers. You could also read religious books or just adore Jesus in the Blessed Sacrament. Many people take this opportunity to journal prayers to Jesus.

## **How long should I stay at Adoration?**

There is no required amount of time you must spend in Adoration. Some people stop in for a few minutes while other commit to a Holy Hour.

## **What is a Holy Hour?**

In many cases Eucharistic adoration is performed by each person for an uninterrupted hour known as the Holy Hour. The inspiration for the Holy Hour is Matthew 26:40 when in the Garden of Gethsemane the night before his crucifixion, Jesus asks Peter: "So, could you men not keep watch with me for one hour?".