

A guide to

Eucharistic Adoration

**the Adoration Chapel at
St. Thomas the Apostle Church
4536 St. Paul Blvd.
Irondequoit NY**

Monday-Friday 9:00 am-10:00 pm



**Come to me all you who are weary and loaded down with
burdens and I will give you rest. (Mt. 11:28)**

www.skt-lmc.org

What is Adoration?

Catholic Christians have always believed that the consecrated host from Holy Mass is the body, blood, soul, and divinity of Jesus Christ. We use different words to describe this reality: the "**Holy Eucharist**," "**Blessed Sacrament**," or "**Real Presence**." Early in Church history the practice of keeping these consecrated hosts reserved in church tabernacles evolved into the practice of spending time with our Lord in this form. This time of prayer and recollection 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 prayers, he found them asleep. "So, you had not the strength to stay awake with me for one hour?" He admonished. (Matt 26:36-45)

Bearing this in mind, people adopted the devotion of regularly spending a Holy Hour with Jesus in the Blessed Sacrament.

The following guide will help you get the most from your time spent with Our Lord at St. Thomas the Apostle Church.

The St. Thomas the Apostle Adoration Chapel is located on the east side of the parking lot and is connected to the Parish Center. Look for the sign.

Enter the outer Chapel door and you will be in the foyer. Put your initials in the sign-in book. Silence your phone.

"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 converse with Him, to ask for such things as we need, and to experience what a blessing there is in fellowship with Him."

**- Abp. Fulton J. Sheen,
*A Treasure in Clay***





There are bulletin boards with prayer requests in this foyer. Take a moment to see who needs your

prayers, and add your own prayer intentions if you'd like.

Enter the Chapel through the beautiful cut-glass door. You will walk down a short hallway.

Once in the Chapel, turn to your right to greet our Lord. "Double genuflect" – on both knees instead of just one – near the entrance.





If the tabernacle is closed when you arrive, reverently approach the altar and open the tabernacle doors. Double genuflect, and take a seat in any of the pews.

What do I do?

Talk to Jesus. He is your home-bound Friend whom you have come to visit. Lift your soul to Him that created it. Whatever is on your heart is appropriate. Some ideas:

- Prayers of thanksgiving or petition
- Pray your Rosary or Chaplet
- Pray the Stations of the Cross
- Any prayer program you like
- Spiritual reading or writing (many books are provided in the pews)
- Meditate on spiritual things
- Simply bask in the presence of God

Spend your time with Jesus the way you want; there is no script to follow. Just be sure you are quiet and reverent.

"Do you realize that Jesus is there in the tabernacle expressly for you - for you alone? He burns with the desire to come into your heart."

- St. Therese of Lisieux

The Stations of the Cross are along the side walls of the Chapel. If you pray the Stations, only walk around in the Chapel from station to station if you are sure you will not be disturbing others.



We never leave the Lord in the Blessed Sacrament exposed and alone. The tabernacle at St. Thomas the Apostle was specially built for adoration. When there are no visitors in the Chapel, this tabernacle must be kept closed.

If there is someone else in the chapel when you leave, simply double-genuflect and go. But if you are the last visitor to leave, go to the tabernacle, double genuflect, and close the doors.



Turn off the lights (next to the first pew) on your way out.



The St. Thomas the Apostle Adoration Chapel is open Monday-Friday 9:00am-10:00pm. Any length of visit, short or long, scheduled or unscheduled, is welcomed. The Chapel may be closed during weather emergencies.



O Sacrament Most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment thine.

For more information about Adoration
opportunities at St. Thomas the Apostle
Church call Marie at 585.467.1982.

Visit our website

skt-lmc.org