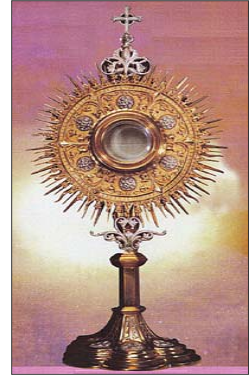


*Holy Name of Jesus Catholic Community*  
**Perpetual Eucharistic Adoration**

## **ADORATION GUIDELINES**

*Please help us live up to our commitment to Perpetual Eucharistic Adoration by adhering to the following guidelines.*



### Keep Your Hour

It is important to the success of perpetual eucharistic adoration that you keep your scheduled time or find a substitute if you cannot (see “Eight Ways to Find a Substitute”). We ask that you arrive 5 minutes before the hour so that our Lord will never be left alone. Please do not leave before your scheduled hour is completed and the next adorer has arrived.

### Sign In

All regular adorers, substitutes, and visitors are asked to sign in every time they visit the adoration chapel; please sign your name in the appropriate column on the sign in sheet. This allows us to see gaps in the schedule and confirm that there is always someone present in the chapel.

### Quiet Adoration

Those who visit the adoration chapel will most often wish to adore our Lord in silence. For this reason, please do not visit with others while in the adoration chapel. You may exit the chapel to talk if there are others present, but please try **never** to leave the Blessed Sacrament unattended. If you wish to sing or pray aloud, please ask permission of others present.

### Children

Parents and caregivers are encouraged to bring children to visit Jesus. As Jesus said, “Let the little children come to Me.” (Matt 19:14) But please, supervise your children. You may wish to bring books or coloring books to occupy their time. This is also a good time to teach quiet reverence and a love for Jesus in the Blessed Sacrament. Model praying quietly for your children. You may wish to pray the Rosary together, particularly if you are alone.

### A Time for Prayer, Reflection and Reading

Your hour with Jesus may be spent in any number of ways: praying quietly, praying the Rosary, reading Scripture or other appropriate materials, or just sitting quietly listening to Jesus or admiring His presence. It is a wonderful time for sharing your worries, concerns, angers, and thankfulness with Jesus, as well as a time to be open to response! The books and materials in the chapel are at your disposal. However, please leave all materials in place when you leave for others to use as well.

### In Case of Emergency

In the event of a fire drill or actual fire, everyone must exit the chapel. Carefully cover the monstrance and Blessed Sacrament and exit the building. When the “all clear” is given, return to the chapel and reverently expose Him again.

If you must leave the chapel due to a personal emergency or the next adorer fails to appear at their scheduled hour, please follow the Absent Adorer Procedures posted in the chapel.