

What is Eucharistic Adoration?

Eucharistic Adoration is an opportunity: an opportunity to find an oasis of peace in the midst of a hectic world, an opportunity for silence in the midst of ceaseless noise, an opportunity for reflection in the midst of never-ending tasks of daily life. Most of all, it is an opportunity to spend time with Jesus, and to get to know Him as a friend; a friend who delights simply in time spent with those He loves.

God wants to be close to us. The Eucharist is the miracle of this closeness in our lives. The goal of adoration is to help us appreciate this miracle in a deeper way, so that we enter more deeply into the wonder of the Mass, and allow it to transform our lives.

Learn more - watch videos
at hnoj.org/adoration



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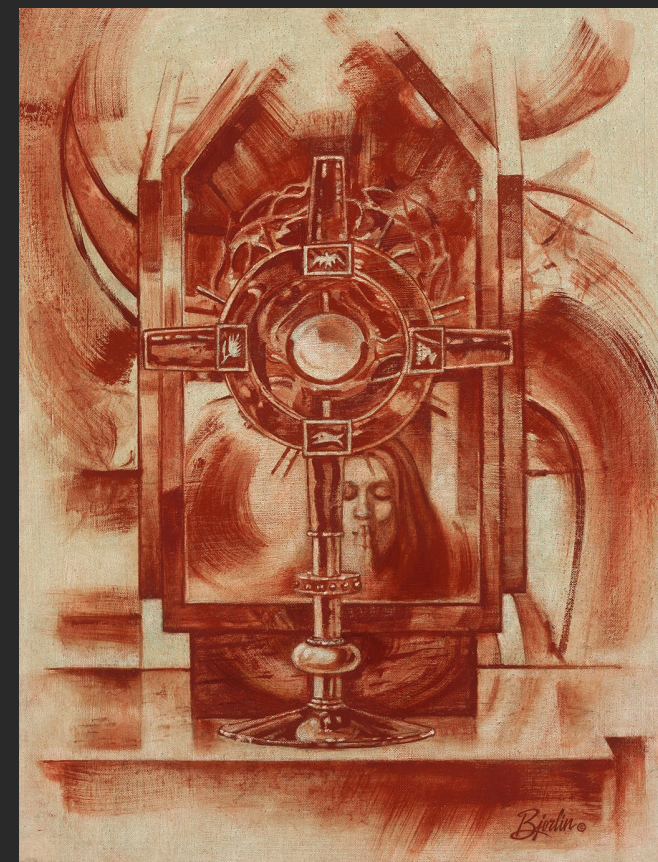
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TO SIGN UP

Contact Frank at 763-745-3484 or
adoration@hnoj.org

OR

Sign up for an hour at
<https://hnoj.weadorehim.com>



Give Adoration a Try

Sign up at
www.hnoj.org/adoration

What to do in Eucharistic Adoration:

Adore: simply look at Jesus and recognize Him as God. Thank Him for His love. Offer Him your heart along with all of its burdens.*

Look: at Him who looks at you with love.

Pray: the Rosary, the Divine Mercy Chaplet or other devotions, intercede for others.

Read: the Bible or other spiritual writings.

Listen: for God's voice speaking to your heart.

Rest: in God's presence, and allow Him to fill your soul with His peace.

Be: with Him, center your heart on Him, enjoy His presence.

*Upon entering and before leaving the Chapel, it is customary to genuflect on one or both knees, in reverence to Jesus.

WAYS to begin



Trial Period: Not sure if adoration is for you? Give it a try by signing up for a 6-week trial period. If you decide after that period that you'd rather not continue, just let us know.
No Guilt. No charge!

Learn More: If you are curious, but it's all too much for you right now, you can simply sign up to receive future informational materials about Eucharistic Adoration and the opportunities for it at Holy Name of Jesus.



Full Hour: In order to maintain the use of our chapel, it is important that we have people assigned for each hour. Please consider this generous gift of your time. Jesus leaves no gift unrewarded in our lives. If an hour each week is not possible for you at this time, you can also team up with others so as to share the time, either by alternating weeks or by splitting the hour.



Sub-List: If you're not ready to commit to a regular hour, but would like to make adoration a part of your life and are willing to help you, you can add your name to a list of subs to be contacted in case someone can't make their hour.

The Value of Adoration by Pamela Patnode



My brother-in-law was 25 years old when he was killed in a car accident, leaving behind his wife of 11 months. During the ensuing days of grief, I spent time in the adoration chapel, having a need to be close to Christ. In the more than 20 years since, I have continued to spend time in the chapel. For many years I shared a regular adoration time with a few beautiful women from our parish. To be honest, there were times when I approached my scheduled adoration time with angst: there was so much work to be done around the house, children who needed help with homework, lesson plans I needed to prepare, e-mails to respond to. "How," I wondered, "would I be able to get it all done?"

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It was with this anxiety that I entered the adoration chapel, and yet, each time upon leaving the chapel, I left with a profound sense of peace. It is difficult to articulate the value I gain from adoration. As St. Augustine said, "What can any man say when he speaks of Thee?" (*Confessions* I). What I can share is that Christ always welcomes me: when I come with joy, anger, frustration, sorrow, worry and anxiety. Like a patient and loving friend, He listens to me, He accompanies me, He guides me, and He reminds me that He is God. Over the years I have come to adoration to plead with God, to question God, to complain to God, to beg mercy from God, to offer gratitude to God, to marvel at God, and at times, to simply sit in silence just to be with God. With each visit, I grow a little closer to Christ and, I hope, become a little more like Him as well. Adoration is a powerful balm of love, mercy and grace. Without question, Eucharistic Adoration has been (and continues to be) a transforming gift in my life.

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