

## **Perpetual Adoration Chapel: Key Information**

### WHAT IS ADORATION?

The Catholic faith recognizes that the greatest gift God gives us is Himself, and Adoration is another way for us to accept that gift.

*Here's how it works for most of us in the beginning:* After a period of silent prayer, there follows a period of confusion and wondering what you are doing there. At some point it begins to dawn on you that you are in God's infinite presence.

Once you begin to grasp the reality of your situation, you realize that you have no right to be there, except that God Himself invited you there. Because you were called by name, and moved by the Holy Spirit, you responded. What follows is your humble, honest and simple response to the presence of pure Love.

### WHAT IS ADORATION ALL ABOUT?

- In Eucharistic adoration, the host that we gaze upon is the Lord Himself and we keep Him company; we do homage and worship Him by our very presence.
- There are many blessings and graces that can be obtained through the practice of this classic spiritual exercise in our Catholic tradition.
  - We obtain spiritual insight and wisdom from our prayers in Eucharistic adoration as we enter into the Divine mysteries of our Lord's life.
  - By our practice of Eucharistic adoration, we join with millions of Catholics all over the world who pray for the Catholic Church, it's mission and the world. Those who do Eucharistic adoration strengthen the Church, along with their faith community, their family and themselves.
- Finally: Adoration isn't necessarily about what we will get out of it. True, the graces dispensed by God help us grow in holiness, but the primary purpose of Adoration is right there in the name of the act: to adore the One present to us in the Eucharist.

### WHAT EXACTLY DO YOU DO DURING ADORATION?

There are many specific activities that can be done during Adoration. For example, you can:

- Pray the Rosary or the Divine Mercy Chaplet
- Say a variety of prayers (resources are always available in the Chapel for your use)
- Read the Bible
- Read other holy resources (books, articles, etc.) that either you bring yourself or again, will be available in the Chapel
- Prayerfully discern the call to a deeper, more personal relationship with Christ

Experienced adorers often have developed their own 'adoration ritual' (so to speak). New adorers can draw off of the many resources available to make the Adoration experience more personally powerful.

### IS ADORATION ONLY FOR SUPER HOLY PEOPLE? **No!**

In Adoration, Christ meets us where we are, whether we are able to spend time with God in perfect, prayerful contentment or our prayer life is consumed by worldly concerns and distractions.

**ADORATION IS FOR EVERYONE WILLING TO HUMBLY SUBMIT THEMSELVES TO CHRIST.**

### HOW TO STAY INFORMED OR GET INVOLVED

- Submit contact information (Name, email, phone number) to: [adorationchapel@olpparish.com](mailto:adorationchapel@olpparish.com)
- Visit the Perpetual Adoration Chapel (PAC) website: [www.olpparish.com/adoration-chapel.html](http://www.olpparish.com/adoration-chapel.html)