



*Behold the
Lamb of God
Who takes away
our sins.*

*I am the
Living Bread
come down
from Heaven.*

AN INVITATION TO PERPETUAL EUCHARIST ADORATION

Perpetual Adoration was started in Billings in 1994. Twenty-four hours a day, seven days a week, faithful participants

committed to a designated hour praying before the most Blessed Sacrament.

Blessed Pope John Paul II encouraged Adoration. In *Dominicae cenae*, he expressed: “The Church and world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet Him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease.”

The Pope announced **A YEAR DEDICATED TO THE EUCHARIST** beginning October 10 2004 through October 2005. This Eucharistic was an invitation to the faithful to “start afresh from Christ.” A better understanding of Christ’s presence in the Eucharist will lead to better prayer life which in turn will favor evangelization, he said. In his Eucharistic encyclical, he as emphasized the Eucharist’s centrality for every aspect of church life. “In it Christ offers himself to the Father for us, involving us in his sacrifice, and gives himself to us as the bread of life for your journey along the paths of the world.” We need him so that peace reigns in our families and in our human relations.

A Holy Hour is spending an hour devoted to prayer in the presence of the Holy Eucharist where Jesus Christ is truly present in His body, blood, soul and divinity.

“The purpose of the Holy Hour is to encourage a deep personal encounter with Christ. The holy and glorious God is constantly inviting us to come to Him, to converse with Him, to ask for such things as we need and to experience what a blessing there is in fellowship with Him.” – *Bishop Fulton Sheen*

IF OUR WORLD SEEMS TO BE IN BAD SHAPE:

TERRORISM, SATANISM, DIVORCE, SECULARISM, VIOLENCE, ABORTION, PORNOGRAPHY, BROKEN HEARTS, ETC...

COME!

Eucharistic Adoration is a powerful means of asking our Lord’s intercession. Have absolute confidence and trust in the power of His love to bring peace to all. In these times, it is the Eucharist that is our Refuge, our Mercy, our Light, and Life.

PAUSE!

To give thanks for:

RESURRECTION, HEALTH, FREEDOM, EMPLOYMENT, FRIENDS, MERCY, FORGIVENESS, FAITH, FAMILY

We are the apostles of Christ today. Today Jesus calls out to us

“COULD YOU NOT WATCH ONE HOUR WITH ME?”

WHAT IS A PERPETUAL ADORATION CHAPEL?

When we take time out of our busy lives and give a little to our Lord, we proclaim to everyone that Jesus is truly present among us. We know the importance of prayer in our lives. Jesus asked his Apostles and now us the question. “Could you not watch one hour with Me?”

“A Holy Hour of Adoration in our modern rat race is necessary for authentic prayer... The Holy Hour becomes like an oxygen tank to revive the breath of the Holy Spirit in the midst of the foul and fetid atmosphere of the world.”

– *Bishop Fulton Sheen*

“I am fully convinced that if it were humanly possible to fully understand the value of a Holy Hour everyone would make time to do it.” – *St. Peter J Eymard*

The following are some questions you may have about the adoration chapel and their responses.

WHAT DO I DO WHILE ADORING?

You can pray, read from Sacred Scripture (such as the Bible), meditate on spiritual writings or just sit in the presence of our Lord in humble Adoration.

WHAT IS EXPOSITION AND WHY IS IT NECESSARY?

It is the difference between spending time before Jesus in the Blessed Sacrament in a Monstrance or a Tabernacle. Think of it as a conversation with Jesus either face-to-face instead of a conversation with a partition between you. Many people say that seeing Jesus in His Eucharistic Presence leads to a more intimate personal and spiritual relationship with Him. It helps us to be faithful to our scheduled hour because we know that Jesus cannot be left alone in the Blessed Sacrament exposed in a Monstrance. We as prayers are guardians of the Blessed Sacrament. Our presence is necessary. But the most important reason for exposition is because the Holy Spirit asks for it.

WHAT ARE THE BENEFITS TO ADORATION?

As we spend more time in the presence of Jesus in the Most Blessed Sacrament we grow in holiness. As a community our prayers help increase Mass attendance, conversions, return of fallen away Catholics, vocation to the Priesthood, diaconate and religious, and better confessions. These are just a few of the fruits of Eucharistic Adoration. Blessed John Paul II declared, "We contribute to the radical transformation of the world during our Holy Hour of Eucharistic Adoration." Also our prayers establish everlasting peace, and the coming of Christ's kingdom on earth. This is being accomplished with every prayer hour we spend in Eucharistic Adoration.



THE HOLY HOUR AND THE NEW EVANGELIZATION

Become a Missionary to help souls through Eucharistic Adoration.

The one thing our Lord asked for, "The only time our Lord asked the Apostles for anything was the night He went into agony. Not for activity did He plead but for an Hour of companionship." –Archbishop Fulton Sheen.

"In order to convert America and save the world what we need is for every parish to come before Jesus in the Blessed Sacrament in Holy Hours of prayer." –Blessed Mother Teresa.

"Let us never forget that an age prospers or dwindles in proportion to its devotion to the Eucharist. This is the measure of its spiritual life, faith, charity and virtue." –St. Peter Julian Eymard.

"Priestly, religious and missionary vocations will stem from your Holy Hour." "A Holy Hour helps the one in the world most in need of God's Mercy." – Blessed John Paul II.

"A Holy Hour before the Most Blessed Sacrament so pleases the Heart of Jesus, that every man, woman and child on earth receives a new effect of God's graces." – St Faustina.

THE VALUE OF A HOLY HOUR

On March 20, 1993 Pope John Paul II Beatified Dina Belanger. She was a Canadian nun and mystic who died in 1929. She was devoted to prayer before the Blessed Sacrament. Before her Holy Hour Jesus would show her multitudes of souls on the precipice of hell. She would see these same souls in the hands of God after her Holy Hour.

Jesus gave Blessed Dina a message to give to the Church. The value of a Holy Hour is so great that it brings multitudes of souls from the edge and brink of hell to the very gates of heaven.



MAKING THE HOLY HOUR WELL

“Look upon the hour of adoration assigned to you as an hour in paradise. Go to your adoration as one would to Heaven, to the Divine Banquet. You will then long for that hour and hail it with joy. Take delight in fostering a longing for it in your heart. Tell yourself, “Our Lord will give me

an audience of grace and love. He has invited me; he is waiting for me; he is longing for me.” When your hour is particularly difficult, rejoice all the more; your love will be greater for its suffering more. It is a privileged hour that will count for two.”

—St. Peter J Eymard

There are many reasons and many ways to come before Our Lord in Adoration. Why do we participate in a Holy Hour? There is basically only one answer: Jesus the Christ is present... or the next adorer

He is present in the Eucharist, the very substance of the bread and wine changed through transubstantiation into the Body and Blood of Jesus Christ.

St. Thomas taught us that the Eucharist is the greatest of miracles ever worked by Jesus. This miracle gives us His Passion and Sacrifice. A gift we can receive in our daily life to manifest His great love for us. Jesus’ words to the Apostles on the eve of His Passion in the Garden of Gethsemane resonate in our very soul, “Can you not watch one hour with me?” Our Christian life must be Eucharistic. It is vital to our completeness as Catholic Christians. It is in the Eucharist that Christians find unity with Jesus: “In the Sacrament of the Eucharistic Bread, the unity of all believers, who form one body in Christ (1Cor. 10, 17) is both expressed and brought about.” This does not only refer to the Eucharistic Sacrifice and the reception of Holy Communion but also to Eucharistic Adoration.

The Holy Hour made in the presence of Jesus in the Most Blessed Sacrament is a devotion in which we call to mind the Life, Passion, Death and Resurrection of Our Lord. During this hour we seek, through prayer and meditation, the mercy of God, the conversation of souls, the sanctification of sinners and the mitigation of the terrible punishment foretold in Fatima in 1917.

ADORATION ETIQUETTE

- Genuflect upon entering the presence of the Lord. **YOU ARE STANDING ON HOLY GROUND.**
- Please respect the presence of our Lord. Turn off your cell phone and refrain from visiting. No CD’s or radios please.
- Please remember to take off your hats: dress appropriately; don’t chew gum, or eat or drink in the chapel and observe the same etiquette as if you were in Mass or in an important business meeting.
- Nothing is to be placed on the altar or tabernacle.
- The monstrance holding our Lord should not be touched unless placing the Luna in the Monstrance or replacing the Luna to the Tabernacle.
- Spiritual reading material provided for adorers should be returned to the chapel bookshelf before you leave.
- Remember that adoration is a peaceful, private time for each adorer.
- If you bring children, please do not bring food inside the chapel. Keep them occupied with books or some quiet activity. Try not to disturb other adorers who may be present.
- You are the committed Prayer Partner and Guardian of the Eucharist at your hour. **It is your responsibility to find someone to cover your hour when you cannot be there.**



MAKING THE HOLY HOUR YOUR HOUR OF POWER

(5 Great Prayers to Enrich Your Holy Hour)

MEDITATION

Meditation, or mental prayer, is a time to focus our minds and fill our hearts with the truth and beauty of God, to engage in heart to heart conversation with our Lord, and to let his grace work within us to move our hearts to love him more perfectly.

“Acquire the habit of speaking to God as if you were alone with God. Speak with familiarity and confidence as to your dearest and most loving friend. Speak of your life, your plans, your troubles, your joys, your fears. In return, god will speak to you—not that you will hear audible words in your ears, but words that you will clearly understand in your heart.” –St. Alphonsus Ligouri

A meditation book is a great aid for directing the mind and heart to specific points for prayer and contemplation. Always having at least two spiritual books to go through, is one of the best means for success and perseverance in the practice of meditation.

SPIRITUAL JOURNALING

Writing out your thoughts and prayers to God is a great way to focus your mind and heart. Having a record of the many graces and lights God has given you in prayer can be especially helpful in times of spiritual dryness.

“Why, then do I set before You an ordered account of so many things? It’s certainly not through me that You know them. But I’m stirring up love for You in myself and in those who read this so that we may all say, great is the Lord and highly worthy to be praised. I tell my story for love of Your love.” –Augustine of Hippo, Confessions

SPIRITUAL READING

Spiritual reading is one of the best ways to nourish our minds and reflect on the goodness of God and the truths of our Faith. The scriptures say that it is through the renewal of our minds that we are transformed more full into God’s image. Many great saints and spiritual leaders of the Church recommend setting aside at least 15 to 20 minutes a day for spiritual reading.

“When we pray we speak to God; but when we read, God speaks to us.” –St. Jerome



LITURGY OF THE HOURS / DIVINE OFFICE

Made up of prayers, psalms, and readings that flow from the liturgical life of the Church, ordained and religious recite the Divine Office throughout the day as the official prayer of the Church. The Vatican II Council encouraged the Christian laity to take up the practice of praying all or part of the Liturgy of the Hours as a way to participate more fully in the life of the Church.

THE ROSARY

The rosary is a beautiful devotion to the Mother of God in which we contemplate the mysteries of Christ’s life and our Faith.

“The rosary is the book of the blind, where souls see and there enact the greatest drama of love the world has ever known; it is the book of the simple, which initiates them into mysteries and knowledge more satisfying than the education of other men; it is the book of the aged, whose eyes close upon the shadow of this world, and open on the substance of the next. The power of the rosary is beyond description.” – Archbishop Fulton Sheen

When making the Holy Hour frequently or even daily, you may find it helpful to give a structure to your Holy Hour, especially during times when you find it difficult to pray. Varying how you do your Holy Hour from time to time, can help you to enrich your prayer life and encounter Christ anew.

Example 1

Meditation -30 minutes
Rosary – 20 minutes
Spiritual Reading – 10 minutes

Example 2

Divine Office / Liturgy of the hours
- 10 minutes
Meditation - 30 minutes
Silence/Journaling – 15 minutes

Example 3

Meditation – 20 minutes
Rosary – 20 minutes
Spiritual Reading – 20 minutes
Example 4

Example 4

Silence and Meditation 60 minutes

Example 5

Divine Mercy Chaplet – 10 minutes
Divine Office/Liturgy of the Hours
- 30 minutes
Meditation – 20 minutes

Example 6

Rosary – 20 minutes
Journaling – 20 minutes
Stations of the Cross – 20 minutes
Silence and Meditation 60 minutes



25 WAYS TO SPEND AN HOUR WITH JESUS

*By Eileen McCarthy: New
London, CT*

1. Slowly read scripture until something hits you. Then listen.
2. Say a rosary.
3. Let God look at you.
4. Tell Him something that made you happy. Then listen.
5. Tell Him what you are afraid of. Then listen.
6. Tell Him what angers you. Then listen.
7. Speak about your loved ones.
8. Pray for an enemy.
9. Talk with Him about work.
10. Sing a song for Him in your heart.
11. Promise to trust Him.
12. Imagine Mary sitting next to you and praying with you.
13. Renew your loyalty to His Church.
14. Lean on Him. Tell Him you love Him.
15. Thank Him for the Sacraments.
16. Tell Him your failures. Ask for help. Then listen.
17. Slowly recite the Beatitudes.
18. Say one Our Father slowly.
19. Say one Hail Mary slowly.
20. Say the Creed slowly.
21. Pray for vocations.
22. Ask him to show you the next step.
23. Look at yourself. Count your gifts. Then thank Him.
24. Pray for your family, friends and the world.
25. Enjoy just being in His presence.

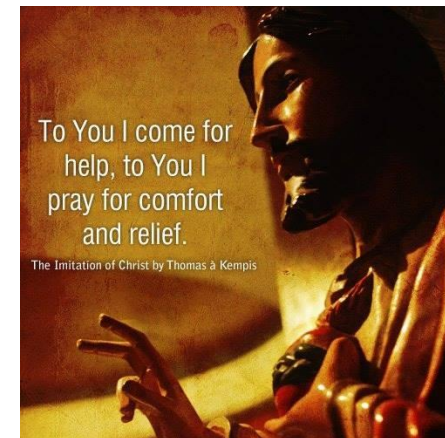
How great is Your love for me, Oh Lord
Who makes me feel fully loved
And fully a part of You.

I am a speck in the fullness
Of the Universe.
I see what You have created,
Smaller than me, as small as
The tiniest microbe and smaller...
Too small to even imagine.

And I see what you have created;
Larger than me, larger than the largest star.
Greater than the greatest galaxies.
Even though to me they appear tiny.
Larger, still, than the physical universe
Which is too large for me to see.

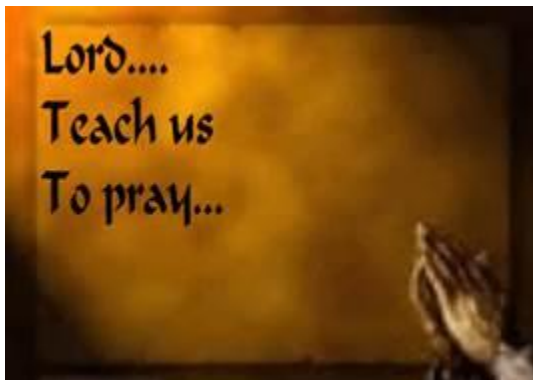
How great is Your love for me, Oh Lord.
Who makes me feel fully loved
And fully part of You.
Thank You Jesus!

Kathleen Simpson



HOW TO VISIT OR BECOME A REGULAR ADORER

- If you are not an Adorer or would like to sign up for an additional hour(s) please contact the Director to be scheduled.
- Please arrive 5 minutes early to show courtesy to the prayer partners adoring before you who may need to leave on time.
- Please sign in on the register; mark whether you are scheduled, a substitute or guest; the time you begin and the time you finish.
- If the prayer partners after your hour do not show up and you choose to be the substitute for the next hour sign your name on the register and mark the space as a “substitute” and the time you leave.
- If you cannot stay please call someone on the Substitute List, the Coordinator for your hour, the Division Leader, the Director or someone you know who may be able to come as a substitute, or the next adorer on the schedule to see if they can come early. Please stay until someone arrives if possible. Jesus cannot be left alone. A cover is available only as a last resort.



Committing one hour a week in adoration is a simple act of faith filled with wonderful Graces given to us by God. Having a face-to-face conversation with Jesus, The Christ can benefit our whole week. It can change our lives! There is no need to log on to a wireless internet connection to have a chat. God created wireless connections long before man drew pictures on cave walls. To keep this small chapel vital for another 20, 40, 100, years and more we are asking for you to prayerfully consider coming to the chapel for your visit with Jesus. You could commit to an hour a week, or come as a guest occasionally. The chapel is located at 26 Wyoming Ave in the Sacred Heart Renewal Center (next to Central Catholic High School). The chapel is open for committed adorers from 5am to midnight 7 days a week. We share the chapel with KJCR radio station. They are open Mon - Fri 9am - 3pm. If you want to stop by you can ring the doorbell to gain access to the building. If you would like to sign up for a committed hour please call Kathleen at 690-7263 to set up an hour and be put on the schedule. We are in need of people to fill open hours.

Check out our web site at: adorationchapelbillings.org.

Our email is: adorationchapelbillings@gmail.com.

Our mailing address is:

Adoration Chapel, PO Box 50113, Billings, MT, 59105-0113



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