



Perpetual Eucharistic Adoration at Our Lady of the Lake Catholic Church

What is Eucharistic Adoration?

A piece of heaven on Earth!! At every Mass, Jesus becomes truly present on the altar at the consecration when the priest holds the host and speaks the words that Jesus said to His disciples at the Last Supper: "Take this, all of you and eat it: this is my body which will be given up for you." Our Catholic Faith teaches us that at that moment, the bread that we offer in sacrifice to our Lord truly becomes the Body, Soul and Divinity of Jesus. It is nourishment for our souls and for the world.

Eucharistic Adoration is a continuation in a personal way of the communal worship of the Mass. Exposition of the Blessed Sacrament is an opportunity to come before Jesus physically present in the consecrated Host. The priest places this Most Blessed Sacrament in a monstrance, which holds and exposes it for viewing by the faithful for veneration in our 24 hour Perpetual Eucharistic Adoration Chapel.

What do you actually do during Adoration? The Holy Hour that the Adorer spends with Jesus is a very personal time devoted to silent prayer, reading spiritual material, or sitting quietly while keeping Jesus company. He wants to hear about your day and tell you of His love for you!

As an Adorer, what are my responsibilities? Your responsibility is to be present in the chapel during your hour each week or to find a substitute. You can ask a friend or family member to take your place, trade hours with another Adorer, or call someone on the substitute list. There is also an Hour Captain for each hour who can help find a substitute.

I'm too busy to commit to a regular hour. Can I 'drop in' from time to time? Anyone is welcome to visit the chapel at any time; we have numerous visitors who 'drop-in.' However, if you can commit to being there weekly, you may find that this one hour a week of silent prayer in the presence of Our Lord will bring a greater sense of peace and serenity to their your life. In Jesus' words: *Come to Me, all of you who are weary and find life burdensome, and I will refresh you* (Mt. 11:28).

What do church leaders say about Perpetual Eucharistic Adoration:

Mother Teresa of Calcutta: "to save the world, Perpetual Eucharistic Adoration should be in every parish and time spent there *is the best time you will spend on earth.*"

Pope John Paul II: "Jesus waits for us in this sacrament of love. Let us be generous with our time in going to meet Him in adoration and contemplation that is full of faith... ready to make reparation for the great faults and crimes of the world. *May our adoration never cease.*"

How do I schedule an hour with Our Lord in Adoration? To schedule an hour of Adoration, volunteer as a substitute or obtain further information, please call Karen Seiler at 985.845.3867

WE NEED YOU!