

Perpetual Adoration
Our Lady of Peace Church

We thank God for the gift of Perpetual Adoration at Our Lady of Peace Church. We also thank you, our adorers and captains, for your faithful service in this ministry.

Perpetual adoration would not be possible without your help, and be assured that God will bless you and your loved ones.

Adoration

Adoration of the Blessed Sacrament is one of the most profound types of prayer that we have as Catholics. Jesus wished to stay with us and the means He chose is the Blessed Sacrament. He is there, *Body, Blood, Soul, and Divinity* in the Most Holy Eucharist. At any time of day or night, we can come to the Church and Jesus is there... waiting for us.

The Catechism of the Catholic Church states: “Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who set us free from evil. Adoration is homage of the spirit to the ‘King of Glory,’ respectful silence in the presence of the ‘ever greater’ God. (CCC #2628)

Guidelines

Prayer and Silence — **During the first 20 to 30 minutes** of the hour, someone may lead the Rosary and Divine Mercy Chaplet. The rest of the hour **should be reserved for silence**, so that people have the opportunity to bring requests before God and to listen to Him speak.

Perpetual Adoration — Please **do not leave the Blessed Sacrament alone**. If it is the end of your hour and you are the only adorer in church, please wait until another adorer arrives. If you must leave, call your adoration team captain or the rectory.

Your adoration team captain will contact you soon with his/her name and contact information. Thank you again for your commitment to this ministry! If you are unable to keep your adoration commitment on a particular day, please let your captain know as soon as possible to ensure that the hour is covered.

Frequently Asked Questions

Q: *How do I sign up for adoration?*

A: Fill out a registration form and return it to the Rectory.

Q: *When are adorers needed?*

A: Every day, every hour, except during scheduled Masses and Novenas. There are some times when we especially need adorers, because we do not have enough people registered. Please see the section in this binder called “Perpetual Adoration Days & Times.”

Q: *What do I do if I can't make it to my scheduled adoration time?*

A: **Call your captain as soon as possible** so he or she can make sure the time is covered. Please see the section in this binder called “Perpetual Adoration Captains” to find your captain’s name and phone number. You might call someone you know (friend or relative) and invite him/her to take your place. In doing so, you will have the opportunity to extend Jesus’ calling to adore Him in the Holy Eucharist to others

Q: *What do I do if my hour is finished, but no one has come to replace me?*

A: The Blessed Sacrament must not be left alone, so please wait to see if another adorer comes. If you must leave, call your captain or call the Rectory. If this happens consistently, let your captain know.

Q: *What if I need to change my adoration time?*

A: Call your captain and also fill out a new registration form, noting the change.

Q: *I think I'd like to be a captain. What do I do?*

A: We need captains for certain days and times. Please see the section in this binder called “Perpetual Adoration Captains.” When you fill out your registration form, check the box that says “I am interested in being an adoration team captain.” If you are already registered, please leave a note in the Rectory addressed to “Perpetual Adoration” with your name, phone number, and requested time frame to be a captain.

**O Sacrament Most holy, O Sacrament Divine,
All Praise and All thanksgiving be every moment Thine!**

The following teaching on prayer is taken from the booklet for the twentieth year Celebration Anniversary of Perpetual Adoration.

Prayer

Prayer is talking to God, bypassing temporarily all earthly distractions and concern just being with the One we love. Prayer is a response to our awareness that God is present to us, acknowledging in adoration His Greatness and our complete dependence on Him. Constant in praising Him as our God and Creator, and everlastingly thanking Him for all His manifold benefits; expressing our sorrow and apologies for the many times we have sinned and been ungrateful to Him; begging for His mercy and petitioning Him for the graces we need to remain faithful to his precepts. Such is our duty and our privilege.

Besides our private prayer, we owe our God the prayer of public worship -in community witnessing to our faith in His Majesty as Lord. This is where liturgical prayer serves us, as at Holy Mass and in the communal recitation of the Divine Office. The bidding prayers at Mass as well as the charismatic group praying may be considered further examples of prayer telling God of our constant cosmic need for His care and direction.

Two terms come up frequently when we think of private prayer, *meditation and contemplation*. Meditation is reflective prayer, stressing the role of the intellect in thinking about God and divine things. We usually meditate about the

mysteries of our faith: what God wants us to do and how best to do His Will in our daily living. Contemplation is mental prayer comprising mainly, and for the most part, sentiments of the will -gazing at God, reverencing and adoring His attributes: His goodness; His greatness; His omnipotence; His omniscience; His mercy and His providential care, rather than petitioning for favors or thanking Him for graces and favors He has already granted us.

True contemplation is a gift of God, but St. Teresa tells us we may all petition God for it, and expect to receive it, if we do our part in effort avoiding distractions.

The classifications of Prayer vary; there is the *prayer of simplicity* as we think of God with simple regard, about His greatness, His forgiveness, His generosity, His solicitude in all our needs. Then there is the *prayer of quiet*, an internal quiet repose with our mind captivated in delight by the Divine Presence and our heart filled, contemplating His grace and nearness. This type of prayer may be of only a few minutes duration at first, growing longer under the influence of grace and our response to it, in perseverance. Thirdly is *the prayer of the heart*, that constant prayer by which there is an almost continuous flow of loving words to God, with a readiness to respond to any indication of God's Will expressed or understood. Lastly there is that most intimate union of the soul with God, called the *prayer of union*, where the mind is free of distractions and the body of fatigue, because no personal effort is involved. The soul is solely concerned with glorifying God, completely free from created attachments, led as Mary was, in complete submission to God's Will. But whatever way we choose to pray - pray we must. My body needs air to survive; my soul needs prayer to live.

We owe it to our soul's salvation, much less its sanctification to have a definite daily pattern of prayer in our lives. God waits for each one of us to open a conversation with Him. He will have the answer to our problems. His line connection is never "busy", when we want to pray to Him. If we know that the Scriptures are the Word of God, let us take our Bible and open it at random, say Isaiah, Chapter 43 and read "Fear not for I have redeemed you and have called you by name you are Mine". I will be with you -I have loved you," etc. That is God talking to me--not the people in the Holy Land years ago hut to me now. Thinking as I read such lines I can know I am talking to a

friend -He and I alone. That's prayer. God is real! Greet Him when you wake up in the morning offer your day to Him in a short prayer. At meal times ask His Blessing and thank Him for all you and your loved ones have. If you see an accident ask God to save the victim. Remember he is your brother. If you pass a church stop in, at least, for a minute. Your Friend is in the tabernacle. Pray with your children! And when night comes, thank Him for the day that is over -beg His pardon for any wrong thing you did and then sleep unworried. God will keep watch! He is your Friend. Let him lead you. That is prayer!

We Adore Thee, O Lord Jesus

Thank You God for 38 years of Perpetual Adoration!

*Prayer is a relation with Christ, no other person; no other love;
no other knowledge, can take its place.*

Oh My God, I believe, I adore, I trust and I love You!

Where is the way of peace? The way is with fingers clinging to the Cross of a Rosary. And if we are thoughtful, we will hear the words of the Divine Shepherd: "Your place is with John and My Mother at the Foot of the Cross. This is the only place you will find peace, with the Mother of God, only there can you find peace in the midst of mental pain and anguish." There was peace in the Blessed Mother's soul at the Foot of the Cross. She was steadying herself with the same thing her Son was steadying Himself with: "Father, Thy Will be done." He was in anguish, but in peace. For one dreadful moment He permitted His soul to know the pain of hell. He permitted His soul to know that terrible pain which hurts His Father for all time.

The Son of God plummeted the depths of hell, where souls have lost peace because they have lost God. As long as you have God, you have peace, even though it be like the peace of the Mother of God at the Foot of the Cross. See her calm, agonized face lifted to the Face of her Son. He was the sun and she was the moon. The moon is pale, is it not, and the moon is always serene! You see, our Blessed Mother did not have to exercise justice. God exercises justice, therefore at times He must be terrible; but the Blessed Mother exercises His mercy, so she can be always calm and quiet, and so can you if you take your

place deliberately, and by choice, at the Foot of the Cross. It is our privilege to climb that hill as Magdalene and John did, as all through the centuries valiant souls have helped one another, helped the timid, helped the weak, helped the generous, helped those who aren't so generous to the Foot of the Cross.

Now, because God loves you no matter how you detour, in His infinite Mercy and through His Blessed Mother, when you come to your last sleep, you will be sleeping at the Foot of the Cross. Thus, when we fall asleep at the Foot of the Cross, we don't want memorial urns, we don't want granite boulders over us, we want the Cross over us. Just a simple Cross! How much more noble, how much more grand to seek the Cross day by day and to embrace and find peace in it while still living; while you still have the fullness of life, with John the white lily, with Magdalene the red lily, with God's beautiful Mother, taking your place now at the Foot of the Cross and finding peace by lifting your eyes to Him Who is Love. In all the injuries, in all the uncertainties, in all the infidelities, in all the insecurities of creatures, we can find in the eyes of Christ, the peace of Divine Love.

Immaculate heart of Mary, pray for us!

Perpetual Adoration Organizers

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If you need to leave a message for these people or need any information please call the Rectory Office 408 988 4585 or use this new email address adorationolop@ive.org .

