

Eucharistic Adoration

St. Aloysius Chapel
All Fridays 7:30am-7:30pm



O Jesus, I believe that Thou art in the Most Blessed Sacrament! Come into my heart. I embrace Thee; O never leave me!
-St. Alphonsus Ligouri

Adoration is prayer that prolongs the celebration and Eucharistic communion and in which the soul continues to be nourished... with love, truth, peace... with hope
Pope Benedict XVI

Eucharistic Adoration is a special time of visiting with Jesus outside of Mass. In our noisy world, Adoration enables one to discover the silent, loving presence of Jesus in the Eucharist. It is a time to talk to Jesus just like you talk to your best friend. Tell him what you have in your heart. A large host that has been consecrated at Mass is placed in a round glass case called a **lunette** (latin for moon) which is the center of a sacred vessel called the **Monstrance** (latin for “to show”) so all can see the Body of Christ.

Upon entering the chapel

- Make the Sign of the Cross
- Genuflect or Bow down
- Choose a seat or kneel
- Stay as long as you like!
- Exit the chapel making the Sign of the Cross and again genuflect/bow toward the Blessed Sacrament

The Adoration chapel is furnished with spiritual aides, rosary guides, books of prayers, saint biographies, and novenas to use during your visit. It is *entirely appropriate* to simply sit or kneel in silent prayer and conversation with Jesus using nothing at all but your heart.

ACTS Prayer

Adoration – “*I love you, Jesus...*”

Contrition – “*I’m sorry, Jesus...*”

Thanksgiving – “*Thank you, Jesus...*”

Supplication – “*I ask you, Jesus...*”

VOLUNTEERS ARE GREATLY NEEDED AND APPRECIATED to pray in the chapel for each hour. If you can commit to 30 minutes or more on a Friday, call 203-247-2739, email ggertsen@mac.com, or use the link provided on the homepage of the St. Aloysius website.