

Adoration - Pope St. John Paul II Chapel

What is Eucharistic Adoration?

Eucharistic Adoration is simply spending quiet time in the presence of Jesus. When Jesus was suffering His agony in the garden, He asked his apostles, "Could you not spend one hour with Me?" Jesus' plaint touches our hearts, and we respond, "We can."



Jesus beckons you to Himself in the Blessed Sacrament so that He might:

- Help you grow in virtue in order to heroically face your daily struggles
- Deepen your relationship with Him to the most intimate degree
- Reveal to you His most excellent will for your life
- Fulfill your deepest longings which nothing else can satisfy
- Deepen His peace within you
- Heal you physically and emotionally, as He chooses

Adoration in the West Catholic JP II Chapel is for any student or family member who wishes to come. Adoration hours are 7:30am - 2:00pm, Monday - Friday, when school is in session. You do not have to be Catholic and there are no special requirements, except a willingness to be quiet and respectful in the chapel.

Jesus in the Holy Eucharist is exposed in the monstrance on the altar. Our attitude should be one of reverence, quiet and awe when in the chapel. It is not necessary to remain kneeling the entire time. A genuflection or a bow as a sign of our belief in the presence of Jesus upon entering and upon leaving is all that is necessary.

During the time that you spend with Jesus, you may choose to pray to Him or to quiet your thoughts and listen. Some choose spiritual reading or devotional practices such as the rosary. A special tradition we have at WC is the ministry of adorers who devote a portion of their Adoration time praying specifically for West Catholic students.

Given that "[138.] ...the Most Holy Sacrament, when exposed, must never be left unattended **even for the briefest space of time** ...", there will be at least one or two adorers in the chapel at all times. These volunteers, appropriately called Eucharistic Guardians, are on a fixed Adoration schedule, which is managed by the Parent Guild's Adoration Committee. They adore and guard the Eucharist every hour the chapel is open. If you are interested in volunteering to be a Eucharistic Guardian, please contact the Adoration Committee Chair, Patricia Kohane at pattikohane@att.net.