

Your Guide to Eucharistic Adoration at St. Thomas More Catholic Church

Welcome!

Thank you for serving as an adorer at St. Thomas More. This guide will help you learn how Adoration works here as well as what we expect from you as an adorer.



This is what Adoration looks like. The Blessed Sacrament is exposed within a Monstrance that sits before the Tabernacle in our Adoration Chapel. Jesus must never be left alone during exposition.

Introduction

Eucharistic Adoration is the act of worshipping God as He is present in the Blessed Sacrament.

All Catholics are encouraged to spend time with Christ in Adoration: to give thanks and praise, to pray for special intentions, to lay our burdens at His feet, to sit quietly and just rest in His presence.

“Contemplation [of the Blessed Sacrament in Adoration] prolongs Communion and enables one to meet Christ, true God and true man, in a lasting way, to let oneself be seen by him and to experience his presence. When we contemplate him present in the Blessed Sacrament of the altar, Christ draws near to us and becomes more intimate to us than we are to ourselves. He grants us a share in his divine life in a transforming union and, in the Spirit, He gives us access to the Father, as He himself said to Philip: “He who has seen me has seen the Father” (Jn. 14:9). ... Remaining in silence before the Blessed Sacrament, it is Christ totally and really present whom we discover, whom we adore and with whom we are in contact.”

– Saint John Paul II

Hours

We now offer Exposition & Adoration of the Blessed Sacrament on **Monday through Friday from 9:00 a.m. to 10:00 p.m.** in the Blessed Sacrament Chapel which is located near the **Tabernacle behind the Altar** of the Main Church.

We are looking for two volunteer adorers to cover each open hour so that the Blessed Sacrament is never left unattended (We cannot allow this to occur). Volunteering to cover one "preassigned" Holy Hour a week or being a "sub" when needed helps make Exposition & Adoration of the Blessed Sacrament possible here at St. Thomas More.

Signing up for a Holy Hour

Our Adoration website is <http://stmaustin.org/adore> Here you will see our current Adoration schedule indicating where we need help. Clicking on the “Urgently Needed” button will highlight hours where we have a critical opening. Just click on the hour that works best for you. If you are not already signed up, you are given an opportunity to create an account on our system.

The normal commitment is coming in for adoration the same time each week. For example, every Monday at 1pm. It is amazing what happens when you make a weekly Holy Hour a part of your life. If you can't come in one week, that's OK. Requesting a substitute is easy.

We also need substitutes. A substitute is notified via email, text, or a phone call when we need a sub and all you need to do is reply yes or no to let us know if you can cover that hour. You can sign up without making a weekly commitment by clicking “Sign Up” on our website.

What do I do during my Holy Hour?

Many people struggle with the thought of spending an hour with Jesus. After you've spent time in adoration, however, you will appreciate how rewarding this hour can be. Here are some ideas to help you prepare for your first hour of adoration of the Blessed Sacrament.

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 the world.
25. Enjoy just being in His presence.

Shift Change of Adorers

Adoration begins right after Daily Mass at 9am. The priest exposes the Blessed Sacrament in a Monstrance before the Tabernacle. An adorer must always be present from the moment of exposition to the moment of reposition at 10pm. The top of each hour is shift change. A new adorer comes to replace the adorer from the preceding hour. Please sign in on the guest book near the right entrance to the chapel and check the "Core" box to show you're a scheduled adorer.

It is important to get to know the adorers who come before and after you. If you are running late, please call the adorer who is already at the church and let them know. Our goal is to have at least two adorers for every hour to minimize the impact of someone coming in late. If your replacement adorer does not show up, do NOT leave Jesus unattended. Please call the Parish Office at 512-258-1161 or Doug Gallarda at 512-850-4990 for assistance.

Evening Adoration

At 5pm, the Church doors will be locked for security. Only registered adorers will have access through a keypad on the side entrance doors. (The doors facing the Family Center.)

Using the keypad



The code for the keypad will be sent to you as a registered adorer. *Please do not share the code with people not registered for adoration.* Enter the code on the keypad and turn the knob clockwise to unlock. Please lock the deadbolt once you're inside to keep the building secure.

To lock the door, push the oval "SCHLAGE" button and turn the knob counter-clockwise to lock the door. Please double check that the door is locked before you leave.

There is a light switch on the wall next to this entrance if more lighting is needed within the Narthex.

Lighting in the Chapel



There is a lighting control panel on the wall at the left entrance to the chapel. This panel has five buttons to control the brightness of the lights in the chapel.

The top button is the brightest setting.

The bottom button turns the lights off.

The Adoration Website

Our Adoration website is <http://stmaustin.org/adore> Here you will see our current Adoration schedule indicating where we need help. Clicking on the “Urgently Needed” button will highlight hours where we have a critical opening. Click on an available hour to serve.

Making a Commitment

Make an Adoration Commitment ✕

Thank you for considering a commitment to Eucharistic adoration! **2 adorers** are needed for **Friday, Aug 24 at 7pm**. Please select your commitment frequency and then click "Sign Up!" below.

My Commitment

- Friday, Aug 24 at 7pm - *just this once*
- Daily at 7pm
- Fridays at 7pm
- Every other Friday at 7pm
- Monthly on the 4th Friday at 7pm

If you ever can't make your commitment, requesting a substitute is easy.

Enable reminder notification
Select this to be notified before this adoration commitment begins.

1 hour before via text message

Delete

When you click on an available hour, you can make a weekly commitment--which is what most people do. In this example, the commitment is every Friday at 7pm. Remember, requesting a substitute is easy.

If you are not ready to commit, you can also choose to serve “just this once” to serve only that particular day. If you are just stopping by, this is a good way to let us know you are coming.

If you check “Enable reminder notification” we will remind you of your holy hour via email, text, or a phone call. (You can change this later in your dashboard by clicking “Edit” on you hour.)

Your Dashboard

Welcome, John Doe

 **Adoration Schedule**
Simply click on any hour to sign up!

Click on the “My Dashboard” button to switch from the schedule to your account. Here you can edit your account info, see your adoration holy hours, request a substitute for your holy hour, or serve as a substitute for someone else.

Notification Preference

Notification method

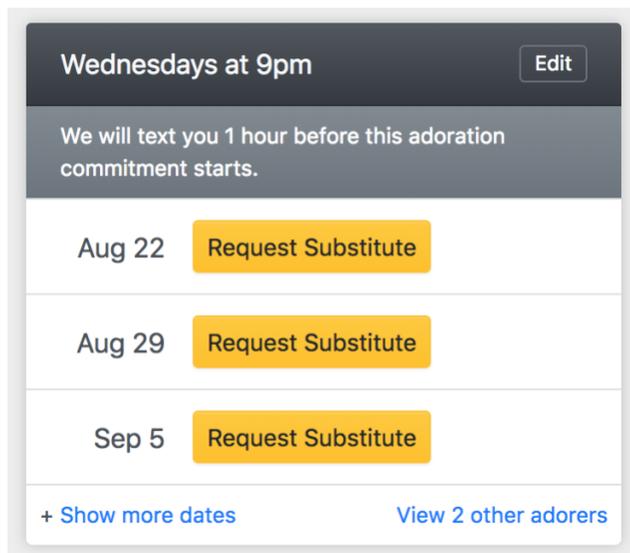
Email Text message Phone call Disabled

The website will notify you via this method.

Notify me of substitute requests
Select this to become an adoration substitute.

When you click on “Edit my account” you can decide how you are notified about special events like chapel closures and substitute requests. If you don’t want to be a substitute, uncheck the “Notify me of substitute requests” box.

Sending Out a Substitute Request



If you share your hour with other adorers, you don’t need a sub request. Just contact your partners to let them know you’ll be gone. (Click “**View other adorer**” to see their contact info.)

If you don’t have a backup adorer, please request a substitute by clicking on “**Request Substitute**” for the day you need help. Please refrain from requesting subs late at night. (Our system starts looking for a sub the moment you request one.)

Serving as a Substitute

When someone requests a substitute, our system will automatically pick someone at random and ask if they can cover the hour. Just click on the link in the email or text the answer “yes” if you can cover the hour or “no” if you cannot. If you don’t respond, we will wait five minutes and then go to the next adorer on the sub list. If someone else responds, we will send you a “never mind” message so you know it has been taken.

If you log into the website, on the bottom of your dashboard is a list of outstanding sub requests that are waiting to be filled. Just click the button next to the request to cover that opening.

Thank You for Being an Adorer at STM!

Please send email to adore@stmaustin.org if you have any questions. God bless!