

ST. THOMAS AQUINAS CATHOLIC CHURCH  
COLLEGE STATION TEXAS 77845

PERPETUAL EUCHARISTIC ADORATION  
HANDBOOK

*Adoring Our Lord in the Most Blessed Sacrament since  
November 1, 1998.*



*Come to me all who labor and are burdened and  
I will give you rest.*

*Matthew 11:28*

My dear friends,  
Shalom (Peace)!

In the most precious name of Jesus **I welcome you and thank you** for joining us here at St. Thomas Aquinas parish for the perpetual adoration of the Most Blessed Sacrament.

The Holy Hour in the presence of the Eucharist is undoubtedly the best time we can spend on earth since as Catholics we believe that Jesus is truly, really and substantially present in Body, Blood, Soul and Divinity in the Holy Communion. St. John Vianney, the patron saint of priests used to tell his people every week: "If only you knew how much Jesus loves you in the Blessed Sacrament, you would die of happiness." Then pointing to the tabernacle he would say: "**He is there**".

Yes, my friends, He is there waiting to speak to us, to bless us, to comfort us, to encourage us, to inspire us, to listen to us with compassion and love as no other friend on earth can do. **The Holy Hour is Jesus' answer to our prayer: "Stay with us Lord" and it is our answer to His call: "Could you not keep watch with me for one hour? Watch and pray that you may not undergo the test" (Mk 14: 37b-38a)** In this sacred encounter Jesus and we are not merely present with one another but are present TO each other.

**So during this time we must pray: Here are some of the ways.** We may pray the Rosary silently uniting our hearts with the heart of Mary who can teach us to love Him perfectly; we may read the Holy Scriptures and listen to God speak to us; we may divide the hour into quarters of Adoration, Contrition, Thanksgiving and Supplication; we may even spend the whole hour just looking at Him silently and be blessed. "Indeed this is the will of my heavenly Father that everyone who looks upon the Son and believes in Him shall have eternal life. Him shall I raise up on the last day."(Jn 6:40)

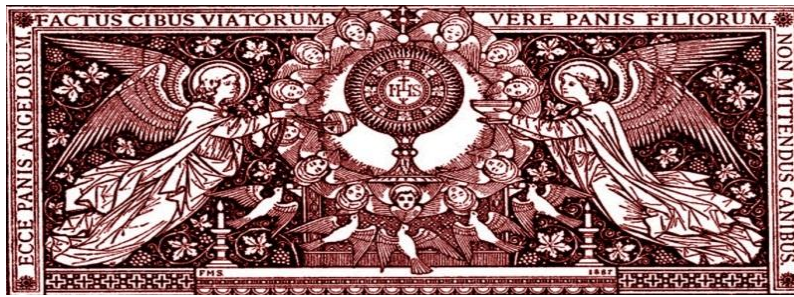
**Here are some of the graces being poured out graciously upon us with every holy hour we make.** Restoration: "Come to me all you who labor and are burdened; and I will give you rest" (Mtt11:28), Sanctification: "I am the vine and you are the branches. Whoever remains in me and I remain in him will bear much fruit, because without me you can do nothing." (Jn 15:5) Transformation: "All of us gazing upon the Lord are being transformed from glory to glory and being made into His image and likeness" (2 Cor 3:18), Reparation: "Neither do I condemn you. Go and sin no more" (Jn 8:11) Salvation: "I came that they may have life and have it abundantly" (Jn 10:10)

Let us make St. John Vianney's prayer our own:" I love you O my God and my only desire is to love you until the last breath of my life. I love you, O my infinitely lovable God, and I would rather die loving you than to live without loving you. I love you Lord and the only grace I ask is to love you eternally. My God, if my tongue cannot say in every moment that I love you, I want my heart to repeat it to you as often as I draw breath. Amen"

**"O sacrament most holy, O sacrament divine. All praise and all thanksgiving be every moment Thine"** May Jesus be adored and glorified in every altar on earth now and to the end of times.

May God bless you and yours,  
Yours in Christ's service,

*Fr. Edwin Kagoo*



## ADORER'S GUIDELINES

- **Please arrive at your hour on time.** Five minutes before your hour starts is ideal! Remember to sign-in for your hour of adoration at the beginning of your assigned hour.
- **Go toward the designated kneeler.** There are designated kneelers for you. Walk down the center aisle, genuflect at the kneeler. Quietly indicate to the adorer being relieved that you have arrived for your hour. The adorer being replaced will move to the center of the pew so the new adorer can occupy the kneeler.
- **Prayerfully spend your hour with Jesus.** Helpful hints are found on page 7.
- **Check the sign-in sheet located in the Narthex before you leave the chapel** to make sure you did indeed remember to sign in and the next Adorer has signed in after you. If you are a substitute, please write "substitute" after your name. If the person before or after you has not signed-in but is present, please remind them to sign-in.
- **Please don't leave Jesus alone.** If your replacement does not show up, stay if you can. If you need to leave, follow the directions found on page 4: These directions are also located in back of the sign-in log. There is a telephone in the chapel for emergency use.
- **Always report any concerns or issues to your Division Leader or Adoration Coordinators:**

Coordinators: Sarah Schwind 694-7570 or 817-739-7767  
Sandi Ainsworth 575-6930

Division Leaders: Rita Fernandes (6am-noon) 690-8839  
Don Lueken (noon-6pm) 446-0711  
Diana Jetter (6pm-Mn) 777-8781  
Don Parsons (Mn-6am) 774-4803



## **EMERGENCY PROCEDURES:**

If the next adorer has not shown and you are unable to stay, please use the phone provided in the chapel to call one of the following in the given order if possible:

1. **Attempt to call the person that should be there.** The Adorer's List with phone numbers is kept in back of the sign-in book.
2. **Try to call the adorer that follows in the next hour** and ask if they can come earlier.
3. **Attempt to contact your hourly captain or division leader.** A list of their numbers is in back of the sign-in log as well.
4. **If it is during church office hours, Monday- Friday 8:30am-4:30pm, please call the staff at 693-6994.**
5. **Attempt to contact the coordinators:** Sarah Schwind at 694-7570 or 817-739-7767 or Sandi Ainsworth at 575-6930.
6. **Try to locate a substitute.** The Substitute List is available in the back of the sign-in book.
7. If all the above fail, **please contact a priest at 693-6994 ext 110.**

**Please remember, the Blessed Sacrament, when exposed, must not be left unattended!**

**Thank you for your commitment to helping maintain Perpetual Eucharistic Adoration in our Parish!**



# WHAT TO DO IF YOU NEED A SUBSTITUTE

When you know in advance that you will not be available for your regularly scheduled hour, please make every effort to find a substitute by following these steps:

1. **Check with your co-adorers.** If you can't find a substitute, then simply call other adorers that come with you to make sure that at least one will be there.
2. **Trading hours with an adorer who has a similar hour** on a different day or someone with an earlier or later hour on the same day is also an option, depending on your need
3. **Ask the adorer before or after you if they can take your hour.**
4. **Find a substitute from the Substitute List** which is posted on the church's website at [www.stabcs.org](http://www.stabcs.org) under the Adoration tab. This is also the location for the Adorer Lists, both chronological and alphabetical. The substitute list can also be found in the back of the Adoration sign-in log. **(Please notify the coordinators by e-mail if you encounter any phone numbers that are no longer valid so they can be corrected.)**
5. **Ask a trusted relative** (husband, wife, son, daughter or other) or a friend, who is a Catholic (parishioner, neighbor) to cover your hour. Make sure they know to sign-in when they arrive and not to leave until the next Adorer also signs-in.
6. After an honest but fruitless attempt to find a substitute, **seek assistance from your hourly captain, your division leader, or the coordinators.**

Once you have a substitute, call the Adorer in the hour before you to let them know who your substitute will be.

**If it's a last minute emergency, CALL your Hourly Captain, Division Leader or the coordinators (in this order) - keep these phone numbers handy!** If you're having a problem, we'd like to know about it and help if we can!



## CHAPEL ETIQUETTE!

### **Respect for Our Lord is displayed in the following ways:**

- Genuflect upon entering the presence of the Lord.
- Be mindful of proper, respectful attire.
- Let us maintain an austere and reverent silence in the presence of Our Lord. If you need to speak to someone briefly, please use a soft voice. If you need to step outside the Chapel briefly, make sure that someone is in adoration.
- Let us make good use of our time in Adoration by keeping our eyes fixed on Jesus and keeping the fact of His Real Presence in our minds and hearts while we are there. We encourage you to use this time to truly focus on your relationship with Jesus. Devotional materials, such as Bibles or other books that aid meditation are in the narthex. If you use them, please return these items to the Chapel bookcase so that they may be available to others as well.
- Adoration is a time of prayer and contemplation. Please limit use of electronic devices to emergency use only and remember to silence your cell phone. Thank you.
- Silent prayer during adoration is encouraged. Group prayer needs to be approved by the pastor. Currently, a Holy Hour for vocations is held every first Monday at 7pm; Liturgy of the Hours is recited after daily morning Mass; and the Rosary is prayed as a group Thursdays at 9 pm.
- Before you leave, please say goodbye to Jesus by genuflecting.
- Any literature or other material to be left in the narthex or chapel should have the prior approval of the Pastor or the Head Coordinator.





*Perpetual Eucharistic Adoration is...*

*Heaven on earth!*

How will our time be spent in heaven? Just imagine, praising and glorifying God for all eternity, having the fullness of joy in his presence! Jesus is so good to us, to allow us to enjoy his presence (Heaven) on earth. Though we don't feel that joy or sense that presence as readily here on earth, just by coming to adore Our Lord in the Blessed Sacrament is an acknowledgement of His presence and will help to build-up our faith and love for Him. The following are *a few suggestions* of how we might strengthen our belief and deepen our relationship with our Eucharistic Lord:

**Lectio Divina (Sacred Reading)** is a prayerful reading of the Sacred Scriptures in order to come to know Christ through his word.

It is done in four steps: reading/listening, meditating over what has been read, praying to God about the scripture, then contemplation-listening to God's response.

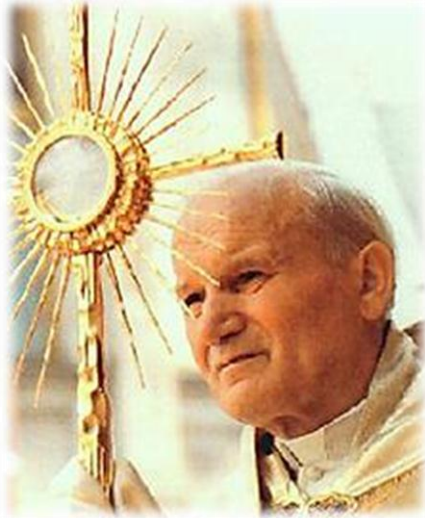
Resources on lectio divina are available on the internet, in our parish bookstore and library.

**ACTS** Try spending your hour in A.C.T.S. Fifteen minutes of Adoration, 15 minutes of prayers of Contrition, 15 minutes of Thanksgiving and 15 minutes of Supplication or intercessory prayer.

**Pray the Rosary** One of the most powerful intercessory prayers that can be prayed while deepening one's love for Jesus by meditating on the events of his life.

**Divine Office** Pray the prayer of the Church using the psalms and intercessions prescribed by her for your meditation.

**Simply Be in His presence** and look at Him. Listen.



**"Certainly amongst all devotions, after that of receiving the sacraments, that of adoring Jesus in the Blessed Sacrament holds the first place, is the most pleasing to God, and the most useful to ourselves. Do not then, O devout soul, refuse to begin this devotion; and forsaking the conversation of men, dwell each day, from this time forward, for at least half or quarter of an hour, in some church, in the presence of Jesus Christ under the sacramental species. Taste and see how sweet is the Lord."**

**- St. Alphonsus Ligouri**

**"The Eucharist is the heart of the Church. Where Eucharistic life flourishes, there the life of the church will blossom."**

**- Pope John Paul II**

**"When you look at the Crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host you understand how much Jesus loves you now,"**

**- Mother Teresa of Calcutta**

**"The Christ of Bethlehem is the Christ of Galilee, is the Christ of the Crucifixion, is the Christ of the Resurrection, is the Christ of the Eucharist,"**

**- John Cardinal O'Connor**

**"In the Eucharist, this divine Heart governs us and loves us by living and abiding with us, so that we may live and abide in Him, because in this Sacrament... He offers and gives Himself to us as victim, companion, viaticum, and the pledge of future glory,"**

**- Benedict XV**

**"The Sacrament of the Body of the Lord puts the demons to flight, defends us against the incentives to vice and to concupiscence, cleanses the soul from sin, quiets the anger of God, enlightens the understanding to know God, inflames the will and the affections with the love of God, fills the memory with spiritual sweetness, confirms the entire man in good, frees us from eternal death, multiplies the merits of a good life, leads us to our everlasting home, and re-animates the body to eternal life,"**

**- St. Thomas Aquinas**