

## What is Adoration?

Adoration of the Blessed Sacrament — also known as Eucharistic Adoration — is the adoration of Jesus Christ present in the Holy Eucharist. The Eucharist is the body, blood, soul and divinity of Jesus under the appearance of bread and wine. Adoration of the Most Holy Eucharist is the process of coming before Christ in His entirety; His Body, Blood, Soul and Divinity (we simply can't see Him) to contemplate His awesomeness and to lovingly adore Him. When we do this, we are in His Real Presence, able to speak with Him in our mind and our heart.

**Perpetual Adoration** means that Christ, in the Most Holy Eucharist, is available for exposition and adoration ongoing, day and night.

**How is this done?** The priest or deacon takes a consecrated host and places it in a monstrance (monstrance comes from the Latin “monstrare” to show, to expose, to view). The monstrance is then placed on the altar of the church or chapel for exposition.

### What you can do during Adoration

Adoration is more than blankly staring; it's a time of quiet prayer and reflection. While visiting our Lord in Eucharistic Adoration, we can pray in a variety of different ways. Here are some ideas for you during this time:

1. Pray the Psalms or the Liturgy of Hours
2. Meditate using Sacred Scripture
3. Ask for forgiveness and intercede for others
4. Pray the Rosary or another devotional prayer
5. Write in a prayer journal
6. Read a book that inspires you to become a better person
7. Ask for God's help in your life

### Tips for Adoration

Be patient God works in His own time: we are His masterpiece, and the best art takes a long time.

*Be patient with yourself*; no one is an 'expert' in Adoration.

*Be peaceful* *God speaks to us in the quiet of our hearts*. This means we need to be okay with silence in order to hear Him.

*Be prayerful*. This is a time of prayer; take advantage of this opportunity.

*Be present*. The world is filled with constant distractions; try your best to leave those outside these walls. While you're here physically, be here mentally and spiritually too!

## Time

All time slots begin at the top of the hour (9:00 AM, 2:00 PM etc). Arrive with enough time to get settled by the top of the hour. **Adorers from the previous hour must wait for you to arrive before they can leave, so please arrive five to ten minutes early.** Grab a burgundy “Reserved” banner and place on your pew to let others know you are there for the whole hour. Please return it before leaving. If you cannot make your committed time slot please notify your Captain and request a substitute through AdorationPro. (see section Substitute for details)

## Location

Christian Living Center (CLC) building where the Chapel is located can be found off 20<sup>th</sup> Avenue between 20<sup>th</sup> & 21<sup>st</sup> Street. Use the glass door to enter the courtyard. The Chapel is located on the other side of the courtyard.

## Access

The glass door to enter the courtyard is open from 6 AM – 6 PM. For security, the door is locked between 6 PM to 6 AM.

Those Adorers who have committed to a weekly time slot will receive an electronic key fob. The key fob is activated by placing it in front of the receiver located to the left frame of the glass door.

You can also enter the CLC after hours by ringing the doorbell located to the left of glass door. The Adorer that is inside should come and allow you entry.

## Signing up

St. Helen uses Adoration Pro software to assist individuals in attending Adoration. Simply go to <https://www.AdorationPro.org/sthelenvero>. The program is available in English or Spanish. For the Spanish version simply click the Espanol button. You can also access the program at <https://www.sthelenvero.org/adoration/> .

To begin click the “weekly commitment” button. This will take you to the **St. Helen - Vero Beach, FL - Adoration Signup** page. Select the day and time you would like to make a weekly commitment. Click “sign up” and enter your information. You will have the option to sign up from weekly commitment to monthly or bimonthly based on your availability and preference.

Once you have made your weekly commitment you will receive an email reminding you of your day and time. If you do not receive an email notify your Captain or contact [Adorationsthelen@gmail.com](mailto:Adorationsthelen@gmail.com) .

## Becoming a Substitute

If you would like to sign up as a substitute please go to <https://www.sthelenvero.org/adoration/> . Click the “Become a Sub”, fill in your information. Click Sign Up. You will receive requests to substitute when an Adorer cannot make their scheduled commitment. You will have the opportunity to accept or decline the request.

## Leaving at the End of your Hour

Never leave the Blessed Sacrament alone! Ensure that there is at least one Adorer present for the next hour (Thus, the need for using the burgundy “Adorer” banners).

- If no Adorer is present for the next hour, **please do NOT leave Jesus unattended!**
- Wait for another Adorer to arrive.
- Ask any visitors who are there if they can stay.
- Make phone calls or send text messages to Find a Sub (see directions below).
- Have the contact information for the Captain of your day available.

Return your burgundy “Adorer” banner prior to leaving.

If you are alone with Our Lord and should need to leave early or if there is an emergency, please call a substitute and follow the Find a Sub procedure.

## General Information

- **The Blessed Sacrament must never be left alone.**
- Each hour should be covered by at least one Adorer but more if preferred in case of illness or vacation.
- Adorers should communicate via text, email, or phone call to ensure at least one Adorer is present during their assigned hour each week.
- **DO NOT ASSUME someone else will be there. Make sure please.**
- There is a bathroom to the left as you enter the courtyard from the Chapel.
- If there are major building issues—e.g., heat or a/c is not working, bathroom is flooding, please call or text William Heady 772-321-2812. Be sure to give details of the building issue and your contact information so they can follow up with questions if needed. Since this text or call goes directly to a Team of people, please call only if there is a serious building emergency.

## Day Captains

The Adoration Team has a list of volunteers who serve as Captains for each day of Adoration. They are available to help with issues signing up, answering questions, any schedule changes or assist in finding a substitute should you not be able to fulfill your commitment. **However, they are not your default substitute if you cannot make your commitment.** They are a resource to assist you. For a current list of Day Captains please contact [adorationsthelen@gmail.com](mailto:adorationsthelen@gmail.com)

## Find a Substitute

We understand there may be times when you are not able to make your weekly commitment. **However, it is your responsibility to make an effort to find a substitute.** Please realize the sooner you make a request for help the greater the chance of finding a sub. As soon as you become aware you will not be able to make your commitment, it is your responsibility to act. If you have planned vacation, a family conflict or change in your work schedule, begin the process to find a sub. St. Helen has several mechanisms to assist in the process.

**If you need to request a substitute 24 hours or more** before your scheduled time, follow the procedure below.

1. Use [AdorationPro.org/sthelenvero](http://AdorationPro.org/sthelenvero) to find a sub. Go to the website and click find a sub.
2. You will be prompted to enter the password : subpass .
3. You will be taken to the **St. Helen - Vero Beach, FL - Find a Sub**
4. Select request Auto Sub Request .
5. Fill in your information, date and time you need a sub. Then click send sub request.

This request will be sent to a list of individuals who have signed up to be substitutes. You will receive, as well as the Adoration Team a confirmation when someone accepts to serve as your sub.

**If you are requesting a sub less than 24 hours, immediately contact your Captain assigned to your day.** Please understand your Captain is there to assist you to find a sub and to ensure our Lord is not left alone. Then submit a request for a sub through Adoration Pro.

## Chapel Etiquette

Genuflect on both knees (preferred) or one knee, if physically able, or make some other sign of reverence such as a profound bow upon entering the real presence of the Lord and before entering your pew.

You are standing on Holy Ground so please set a great example for others. Repeat when leaving your pew and the room.

Because God is present on the altar, **one should never turn their back on the Eucharist.**

Respect the presence of our Lord, as well as those who are in the chapel praying.

Parents are welcome and encouraged to bring their children to adoration. We invite you to stay as long as they can handle it. Should your child get fussy, please take him/her out so as not to disturb other adorers.

The chapel maintains a “grand monastic silence.”

**Turn your cell phone ringer OFF.** You may use your cell phone or tablet for prayers, readings, or other spiritual resources, as long as you do so discretely and all sounds are turned OFF.

Refrain from visiting or talking. If you need to talk to someone, leave the chapel and hold your conversation outside away from the doors. Note that conversations in the foyer can be heard in the chapel.

No sermonizing or unscheduled events are allowed.

Musical instruments, singing, and vocal prayer (praying out loud or in a whisper) should not interfere with the time of other Adorers. We ask you refrain from this activity if someone other than yourself or group is in the Chapel

Attire and decorum should be modest. Dress appropriately and take off your hat.

Do not bring any food, drink, or chewing gum into the chapel.

Do not change the settings on the air conditioning or the lights.

**Do not enter the sanctuary, place anything on the altar, or touch the monstrance holding our Lord with your hands**