

## **Are you curious about Adoration but unsure how to approach it?**

### **Uncertain about the etiquette involved?**

As you enter the Adoration chapel at St. Michael's, to the right is a sign-in book. We ask that you please sign your name under the visitor or committed adorer column, whichever is appropriate for you. Also there is a book of prayer intentions to which you are welcome to add. Many of our adorers read that day's or week's requests for prayers and join those written to their own while there. Thus, the chapel unites us further not only with Christ, but with each other.

To the left, upon entering, is a log of prayers answered. We encourage everyone to page through this. It is testimony of God's many gifts to us; a very uplifting witness to His great love. A reminder of the grand and simple things that we have to be grateful to God. And on that side also is a basket of prayer requests which are regularly sent to Fatima. These are often but not necessarily, more private, personal pleadings which we would ask our Lady to help us take to her Blessed Son. There are squares of paper available should you like to add to the basket. Beneath them is a bookshelf which you are welcome to peruse, should you choose to read during your time in the chapel.

Now for the focus of the Chapel- to be with Jesus! As you face the front of the chapel, there is a beautiful monstrance holding our Lord's Eucharistic presence. Our Catholic faith teaches us that God is truly present in the Eucharist; the Host is the actual Body of our Lord. Many adorers speak of feeling drawn toward it as they enter the chapel space, pulled to be nearer to Him. As you approach the pews and decide on one, it is important to show reverence to the Lord. We do this by genuflecting. Some people choose to double genuflect-that is down on both knees and bowing, others genuflect on one knee and bow while down. This serves as a greeting, an acknowledgement of His greatness; an act of submission to God.

Once you enter the pew, you are free to sit or kneel in prayer according to your own desires. Spend your time with Jesus as your heart dictates; there are no rights and wrongs. When your time in the chapel draws to an end, it is important to again demonstrate reverence through genuflecting. You are then free to leave or you may choose to take this time to read through the intention books if you did not earlier. You will no doubt go forth fortified by this intimate time spent in chapel with our Lord.

If you are interested in signing up, or want to learn more about Eucharistic Adoration, please prayerfully consider signing up for an hour and call Susan and Ron Gockowski at 651-351-1648 and Jean and Steve Hancock at 651-442-6107.