



# *Magnificat*

**Adoration Chapel**  
Handbook for Adorers

November 2019


# A Note From the Pastor

Dear Adorer of the Blessed Sacrament,

“Lord, it is good that we are here” (Mt 17:4). This expression, used by St. Peter at Mount Tabor during Jesus’ transfiguration, reflects perfectly the experience that all of us, in one moment or another, have had while praying in the Adoration Chapel. The company of the Risen Lord present in the Eucharist and pictured in the chapel mural, together with the prayerful environment and the example of many other adorers, brings so many times peace and light to the soul of the one visiting the chapel. For many of you, according to your testimony, the visit to the Blessed Sacrament is the best moment in the week, where you find the strength to continue with your busy, and many times burdensome, lives. Even in those moments in which we don’t find a sensitive comfort, we still know that we are blessed by the presence of the one who is Lord of lords and who can do everything, but who, at the same time, is the one who “welcomes sinners and eats with them” (Lk. 15:2).

It is my hope that this booklet will be a useful tool for all of you, my dear adorers, in order to have an ever greater experience of the power of adoration. Here you will find good resources and tips to love more and more this ministry and “to be conformed to the image of Jesus Christ” (Rm 8:29). We hope to improve this ministry and provide more and more resources and formation to our adorers so our Magnificat Chapel becomes a fountain of holiness for our Parish. Hopefully, also, you will invite friends and family members to visit the adoration chapel and benefit from these many graces. I am very grateful for all of you and I ask for God’s blessing on you and your families.

In Christ,

A handwritten signature in black ink, appearing to read "Javier Nieva", is written over a circular scribble. The signature is somewhat stylized and partially obscured by the scribble.

Fr. Javier Nieva, DCJM  
Pastor

# Welcome

Welcome to the Magnificat Adoration Chapel & Saint Mary Parish's Adoration Ministry. Thank you for your devotion to Jesus in the Most Blessed Sacrament and your desire to be with him in worship. If you have a regular hour of adoration, thank you for your weekly commitment and your support of our parish adoration ministry. If you simply visit the chapel when you can or occasionally, you are also most welcome and thank you for your visits with our Lord.

This handbook has important information for new adorers and those who have been adorers for a long time. Please keep it handy to help answer questions you have that might arise, and to help guide you in your adoration visits.

## What is Eucharistic Adoration?

*Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us.*  
(St. Alphonsus Liguori)

Eucharistic adoration is the act of worshiping Christ as He is present in the consecrated Eucharist. Christ is present in the Adoration Chapel in a Host consecrated at Mass and exposed and visible to all in a special vessel called a monstrance (from a Latin word meaning “to show”). Spending time before the Blessed Sacrament, in adoration, prayer and devotion, is spending time before the living God. Christ is present in the Chapel in the Blessed Sacrament, and so this place of adoration and prayer is holy.

St. Mary Parish is privileged to have Perpetual Adoration—the continuous exposition of the Blessed Sacrament for uninterrupted adoration 24 hours a day, 7 days a week. To offer this, we depend on a large team of adorers who make a commitment to be present for each of the hours of the week so that the Blessed Sacrament is not left unattended. We seek 2 committed adorers per hour—prayer partners—so that if one is unable to adore, the partner can insure that at least one person will always be present with the Blessed Sacrament.

Eucharistic Adoration is an extension of the adoration of the Blessed Sacrament which occurs in every Mass: “Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.” Exposition of the Blessed Sacrament flows from the sacrifice of the Mass and serves to deepen our hunger for Communion with Christ and the rest of the Church.

## **What is a Regular Holy Hour or Adoration Hour?**

A holy hour is a Roman Catholic devotional tradition of spending an hour in Eucharistic Adoration in the presence of the Blessed Sacrament. Many people make a commitment to a certain day and hour each week as their holy hour or adoration hour. Indeed, perpetual adoration programs such as ours depend on such commitments from parishioners. But schedules other than a weekly full hour are possible.

## **How do I Sign up to be an Adorer?**

To make a commitment to your own Holy Hour, or to ask questions, please contact David Suddjian at [dsuddjian@stmarylitleton.org](mailto:dsuddjian@stmarylitleton.org) or 720.283.4735, or Debbie Duclon at 303.210.9361. You may be invited to consider covering an hour when adorers are especially needed, but in the end, you select a time that will work well with your schedule and other needs.

## **Do I Have to Sign up to Visit to the Chapel?**

The Adoration Chapel is open to everyone around the clock so we can all visit Jesus at any time and for any length of time. (The chapel door is locked from 7 p.m. to 6 a.m., but those who wish to visit at night can obtain the door code from the parish office.) If you are unable to commit to a regular hour, don't let that stop you from making a visit with Jesus. But please consider making a commitment, as a formal commitment will help make the habit of prayer a priority.

## What is the Time Commitment?

If you sign up for your regular time, it is a weekly commitment and most people sign up for a whole hour. It is possible to sign up for half an hour, or to share an hour with friends or family.

## What are the Expectations of Committed Adorers?

If you have committed to a specific hour each week, you are expected to adore that hour and arrive on time. If you are unable to fulfill your commitment on a given day, please make sure your prayer partner will be present that day, or seek a substitute if your prayer partner will not be there (see below).

Follow safety rules and do not share the chapel door's night code with others. Also, do not leave things in the chapel for others, including prayer materials, CDs, announcement fliers, or notes.

## Are Children Allowed in the Chapel?

Yes. Families and children of all ages are welcome and encouraged to visit. We presently offer 4–5 p.m. and 5–6 p.m. on Sundays as hours that are “family friendly” for young families to visit for all or part of an hour. We are working to provide more family hours. Please contact David Suddjian at [dsuddjian@stmarylitleton.org](mailto:dsuddjian@stmarylitleton.org) or 720.283.4735 to share your interest or ideas for helping to organize and promote family adoration hours.

Even short visits with our Lord—perhaps before or after Mass, or on the way to or from school or shopping—are a wonderful way to introduce adoration of the Blessed Sacrament to children. And your family will receive many blessings and graces from the Lord for your efforts.

But parents of young children, please exercise common sense and step out and away from the chapel with children who are too disruptive to maintain a general quiet and prayerful atmosphere in the Chapel. It is best not to visit with sick children because of the enclosed nature of the chapel.

## How do I get Started?

After you have signed up and made a commitment to your regular hour of adoration, please begin at the next occasion of your day and time. Be sure you have the night door code if you are visiting at night. As you enter the chapel, there is holy water to the left so that you may bless yourself. Sign in at the binder on the table, and remind yourself of our special intentions for our priests and parish. Genuflect to our Lord in the Blessed Sacrament before entering a pew, and then begin your time of prayer. A booklet in the pews offers guidance to help enter into adoration and prayer, with specific prayers that may be helpful for you. When you leave, be sure to collect anything you have placed in the pew.

## What do I do During Adoration?

The Magnificat Chapel is a place of prayer. It is a place of quiet in the presence of God. This is time with our dear Lord, time to listen, to adore, to speak with Jesus in your heart. It is recommended to begin by intentionally placing yourself in the presence of our Lord. Focus on our Lord and offer an act (prayer) of faith, humility and trust.

“Jesus I trust in you. I need you, my God. I need your love, strength, wisdom and graces. Pour them into my heart according to your love. I know that no one who truly trusts in you has ever been disappointed.”

This is a special opportunity to simply be in the presence of God. How amazing is that? Open your heart and listen to how he speaks to you in your heart. This is also a time to offer your prayer intentions and to bring your needs and concerns to our Lord, but don't “do all the talking.” Be sure to also listen.

Many adorers also like to use their time in the chapel to pray the Rosary or other special prayers, to meditate on scripture, or to read the life of a saint or other spiritual reading. A small library of good books is available in the chapel. But your adoration hour should not become synonymous with a time for reading, even if it is the Bible or another worthy book. It is meant to be a time of prayer and conversation with Jesus ,and just being in his presence.

The booklet “Watch With Me” is provided in the pews in the chapel to help you focus, and provides particular prayers that may be helpful to you. A pamphlet titled “I Came to Bring Fire” is available in the chapel each week to provide a meditation on the coming Sunday’s gospel. This is also available on the parish website.

Use the images such as the chapel mural, the image of Our Lady of Guadalupe, and the crucifix to help refocus on our Lord.

## Prayer Intentions

The basket and envelopes at the altar step are there if you wish to write down a private prayer intention to leave before the altar. There is also a public prayer intention binder on the table at the back of the chapel. There are also “Gift of Prayer, Gift of Love” cards that you may use to make a gift of your prayer that you offer for another. You are encouraged to pray for our priests and vocations to the priesthood.

## Practical Matters

**Be Punctual.** Arrive on time to take over for the adorer who has the preceding hour. Many adorers depend on the next adorer arriving on time so they may continue on to work or family needs.

**Sign In.** Assigned adorers should always write your name in the sign-in binder on the main table, even if you are a substitute for the regular adorer.

**Observe Quiet.** Out of reverence for our Lord and in consideration of other adorers, please observe silence in the Chapel. Keep any talking to a minimum.

**Food and Drink.** Food and drink are not allowed in the chapel.

**Technology.** Completely silence cell phones, pagers, etc. while you are in the chapel. Refrain from looking at text messages or emails. If you use your phone or tablet as a source of reading material or other reflections, please be discreet so you do not distract others.

**Observe the chapel safety rules.** See below.

**Restroom access.** We regret that we do not have a restroom located near the chapel. During weekdays, please visit the restroom in the pastoral center, or the church if it is open. On weekends you may visit the restroom in the church if it is open.

If the next adorer does not show up on time, please remain with our Lord in the chapel until a scheduled adorer or visitor comes who can remain as needed. Short notice or “emergency” needs for coverage at night may be directed to Debbie Duclon at 303.210.9361. Staying over your hour on a rare occasion is a sacrifice of our time we can offer our Lord. If there are consistent problems with coverage, please contact the Director of Liturgy.

## **What if I am Unable to Make my Hour?**

First, if you have a prayer partner (another regular adorer at your hour), then confirm that your prayer partner will be able to be present on the day you will be absent. If your prayer partner will be there, then there is no need to request a sub. It is your responsibility to seek a substitute to cover your absence (only if there is no prayer partner or that person cannot be there).

Use these guidelines to find a substitute:

- Short notice or “emergency” needs for coverage at night may be directed to the appropriate division leader (see p. 11).
- Arrange for a friend or family member to take your place.
- Try calling the substitute volunteers listed at the end of the roster in the “Adoration Information Binder” on the left side of the table in the chapel.
- Write your name and need in the “Substitute Binder” on the table. This is most effective when you can plan ahead. You must follow up to see that someone has signed up for your requested time of absence. Just placing your name in the binder is not a guarantee that your hour is



covered. You must list your name and date requested for a replacement, and your contact phone number so that the person who signs in to take your hour can contact you and let you know the hour will be filled. Make sure the details of your hour (date/time, a.m./p.m.) are correct and legible.

- If you are unable to find a substitute through calling substitutes or using the binder, then move to the next step and contact the Division Leader assigned to your time (see p. 11).

Please do not skip those steps and simply call the office the day of your absence and ask the staff to provide for the need, as staff may not be able to take care of it right away.

Ongoing recruiting by all adorers, inviting family and friends, is one of the best ways to build up the ministry to take care of needs. All adorers should reach out to encourage others.

Get to know your fellow adorers, especially those during your hour and those before and after your hour. By forming your own “adorer community” you will establish true friendships that can mutually help everyone, not just by providing substitutes, but more importantly, by building a Christian community.

## **Weather and Other Closures**

The Blessed Sacrament remains exposed in the chapel with only occasional exceptions for safety during winter weather, or rarely for other needs. If there is winter weather forecast, a decision may be made to repose the Blessed Sacrament for a time, lifting the need to fulfill one’s hour.

An email will be sent to all adorers who have provided their email address to announce reposition and provide an anticipated date and time when the Blessed Sacrament will be exposed again. And this information will be posted on the chapel door. Additionally, the status will be updated on the parish phone line. Call 303.798.8506, option 2, for a current status of the Adoration Chapel, including any breaks in adoration.

Please note that the Blessed Sacrament is not reposed because of every storm, but only at times when conditions make safety a particular concern. And once an action plan is implemented for a storm, that plan is followed, even if conditions improve much earlier than expected. There are also regular breaks in adoration when the Blessed Sacrament is reposed at Thanksgiving, Christmas and Easter Triduum.

Even when the Blessed Sacrament is reposed and not in the monstrance on the altar, you may still visit the chapel at your discretion to pray with our Lord present in the small tabernacle on the chapel wall beside the crucifix.

## Chapel Safety Rules

The safety of all who visit the Magnificat Chapel is of great importance. Please observe these simple rules during your time of adoration:

- During the night hours of 7 p.m. to 6 a.m. the chapel door is locked. Adorers are not permitted to provide entry for those who do not already have the entry code. This is stated on a sign on the chapel door.
- Adorers are asked not to share the door code with others. The code may be obtained by contacting the parish office.
- In the event of a direct threat to personal safety, call 911 or use the panic button. The panic button is a silent alarm located under the front left of the main table. Slide the button to activate in case of emergency and the alarm goes directly to the Littleton Police Dept.
- In event of general concern for safety (not an emergency) or suspicious activity, if during daytime when the Pastoral Center is open, please notify staff right away. If after hours, please contact the police (if appropriate), and notify Director of Liturgy of details afterwards.
- Persons sleeping in the chapel, or those who do not appear to be there specifically for reasons of adoration should be kindly invited to leave. The chapel is for adoration only. If sleeping or non-adoration uses are noted, please notify the Director of Liturgy.

- Panhandling or requests for other assistance are not permitted at the chapel. Please contact the parish office as soon as you can. Please do not give people money at or near the chapel.

## Important Information

My Adoration Day and Time: \_\_\_\_\_

Adoration Chapel Door Code : \_\_\_\_\_

Prayer Partner Name and Contact Info: \_\_\_\_\_

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## Contacts:

Director of Liturgy & Spiritual Life: David Suddjian (dsuddjian@stmarylitleton.org; 720.283.4735)

Liturgy & Spiritual Life Coordinator: Teresa Birdsall (720.283.4737)

Weather Closures: 303.798.8506, choose option 2

Adoration Roster Changes: Debbie Duclon (303.210.9361)

Division Leaders:

- 11 p.m. to 10 a.m. — Debbie Duclon (303.210.9361)
- 11 a.m. to 4 p.m. — Shirley Sadowski (720.626.0572)
- 5 p.m. to 10 p.m. — Kathy Glinsky (303.656.5086)

