

## HOW TO ADORE

The hour you spend with Jesus in the Blessed Sacrament can be spent anyway you want. You may bring your own book in the chapel, read the Bible, pray the Rosary, or just sit, relax and enjoy the sweet peace that comes from simply being in the presence of GOD. If you feel you cannot pray well, don't let this discourage you. The mere fact that you take time to spend with Him, pleases Him very much and itself is a prayer of great faith.

# PERPETUAL

# EUCCHARISTIC

# ADORATION

**24 Hours a day**

**7 days a week**

## JOIN THE PERPETUAL

### EUCCHARISTIC ADORATION TEAM

**Committed Hourly Adorers spend one hour each week with JESUS in the PEA chapel. There are a minimum of two committed adorers or prayer partners for each hour. Once you commit, you have the privilege of being the guardian of the Eucharist during your assigned hour each week. On the occasion that you can't make your weekly hour, we have a system to help you cover your hour with another adorer to assure that,**

### OUR LORD IS NEVER LEFT ALONE.

**To become a committed adorer for one hour each week please contact:**

Scan Me with  
Your Smart  
Phone



**Rosanne Armstrong,  
PEA Coordinator**

[rosanne.armstrong65@gmail.com](mailto:rosanne.armstrong65@gmail.com)

Stannparish.org / Sacraments & Liturgy /  
Liturgical Ministries / Perpetual Eucharistic

**PLEASE PRAY FOR VOCATIONS**



**The Most Blessed Sacrament**

**St. Ann Catholic Parish  
180 Samuel Blvd.  
St. Ann Center, Suite 316**

### Come to me in the Blessed Sacrament

Heavenly Father, increase our faith in the Real Presence of your Son JESUS CHRIST in the Holy Eucharist. We are obliged to adore Him, to give Him thanks and to make reparation for sins. We need Your peace in our hearts and among nations. We need conversion from our sins and the mercy of Your forgiveness. May we obtain this through prayer and our union with the Eucharistic Lord. Please send down the holy spirit upon all peoples to give them the love, courage, strength and willingness to respond to the invitation to Perpetual Eucharistic Adoration. We ask this in the name of JESUS THE LORD. Amen

Memory

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

AVE MARIA

Hail Mary  
Full of Grace  
The Lord is with thee;  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
"Holy Mary Mother of God  
pray for us sinners, now and at the hour of  
our death." Amen.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all of my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, who are all good and deserving of all of my love.  
I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life.

Amen

Penitential Act

I confess to Almighty God  
and to you, brothers, and sisters,  
that I have sinned,  
in thoughts, word, and deed:  
my fault, my fault, by my great fault.  
And I ask blessed Mary, ever-Virgin,  
the angels and saints, and you, brothers and  
sisters, to pray for me before the Lord  
our God. Amen

PERPETUAL EUCHARISTIC ADORER'S PRAYER

My God, as I step into this your holy place, please come to meet me. Help me leave my doubts and wondering mind at your door. I want to pray to you with my whole heart, mind and soul for this hour. You deserve no less from me. Sweet Jesus, let your suffering and death, and your great love, hide from you the stains on my soul so that I may be worthy to be in your presence, so I will never want to sin; to know your love, so I can share that love with my neighbor. Holy Spirit, enlighten me as I meditate on the body and blood of Christ, so I may know God's plan for me. Fill me with your courage, strength and grace so I will keep my commitment to visit here for my assigned hour.  
Lord, please give me: The courage that I need to continue my prayers, fasts and sacrifice. My mind and soul are willing, but my body is weak. The grace that I need to find that perfect love for you which I am always searching. Oh, Lord, I ask you to give all of us in Perpetual Eucharistic Adoration these gifts to help us until we can be here with you again. Let the feeling of YOU grow stronger and nearer each time we come to this chapel, For YOU are whom we seek here, whom we need. Protect and increase the adoration of the Eucharist in this chapel, so it may endure and our future generations may find you. AMEN

SPIRITUAL COMMUNION

My Jesus, I believe that Thou art present in the most Blessed Sacrament. I love Thee above all things, and desire to receive Thee in my soul. Since I cannot receive Thee sacramentally, come at least spiritually into my heart. I embrace Thee as if Thou wert already come, and unite myself wholly to Thee. Never permit me to be separated from Thee.  
Amen

PRAYERS FOR VOCATIONS

O God, you sent your Son, Jesus, to bring eternal life to those who believe. I join him in praying for laborers for your harvest. May your Holy Spirit inspire men and women to continue his mission through your priesthood, diaconate, religious life and lay ministry. May this same Spirit make known your will for my life. Amen

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O Jesus, Good and Gentle Shepherd grant that the men and women from our community, may have the grace and the courage to hear and answer Your call to priesthood and religious life. Give them the wisdom to realize that life is a gift. Let them realize their life is part of YOUR plan. Call forth those You have chosen to spread the gospel message, and help them to freely respond to a life of service in the church. May the parents and families of our parish, support and encourage our young men and women to search for, follow and answer the call of God in their lives.