

EUCCHARISTIC ADORATION CHAPEL

GUIDELINES FOR ADORERS

Christ the King. Pueblo, CO

Guidelines for Adorers (people who pray in the adoration chapel).

The following rules are to be observed by all adorers.

1. Before entering or leaving your seat in the chapel, if you are able and as a sign of reverence for the presence of the Lord, you are to kneel on both knees, with a gentle bow of the head while making the sign of the cross. If unable, you may genuflect on one knee or bow while making the sign of the cross when entering or leaving the presence of the Lord.
 - a. Be mindful of proper, respectful attire. Attire should be modest and appropriate for solemn occasions, just as at Mass.
 - b. Restrooms are available in the offices during office hours (9am-4pm). Also, they are available down the street at any of the local businesses.
2. When you arrive at the chapel, you will find Jesus in the Blessed Sacrament in the monstrance (the large gold stand on the altar). However, the Blessed Sacrament in the monstrance will either be covered by small doors that are part of the monstrance or the small doors will be open. If the doors in front of the monstrance are closed then approach the altar, genuflect or bow, open the doors and go to your seat. When you depart, if someone else is in the chapel then you may leave the doors of the monstrance open. However, if no one else is in the chapel when you leave, then please approach the altar, genuflect or bow, close the doors in front of the monstrance, turn off all the lights, and depart.)
3. Most people will want to adore Our Lord in their own way, and often they will want to do so quietly. For this reason, please do not visit with others in the Adoration Chapel. Use discretion when the need arises to visit.
 - a. Spontaneous events or sermonizing are not allowed. Adoration is a peaceful, private time for each adorer.
4. Parents and Grandparents are encouraged to bring their children/grandchildren. As Jesus said, "Let the little children come to Me." But please, supervise your children/grandchildren. This would also be a good time to teach little ones reverence and love for Jesus in the Blessed Sacrament. You might also teach them to pray the Rosary, particularly if you are alone with your children/grandchildren in the Chapel. If they become too unsettled in their movements or noise level, then that would indicate that it is a good time to step away from the chapel to respect the others who are present in prayer.
5. Please do not "share" your card with anyone, with the exception of trustworthy family members who live in your household. If a person asks to borrow your access card, then inform them that the parish wants them to obtain their own card.
6. While all are encouraged to spend time, no one may stay in the chapel overnight. Anyone who does so will have their access revoked. Any inappropriate behavior or misuse of the chapel will result in having one's access revoked. All decisions are at the pastor's discretion.

7. Some General Rules:

- a. Eating and drinking in the Chapel is not permitted. Water is fine.
- b. No photographs are permitted.
- c. Nothing is to be placed on the altar or altar area.
- d. Cell phones are to be silenced. Talking on cell phones is not permitted. For emergency calls, please leave the chapel area.
- e. Do not open the outside door for anyone. Every person needs to have their own card or obtain their own card to have access. If the large wooden door that separates the chapel from the main church is ever open, then please close and lock it.
- f. All electronic devices must be set to silent or vibrate mode. No electronic toys or games are permitted. If you are using a hand-held digital device as part of your devotion, please ensure that the sound is completely off and the light from your device display does not cause an undue distraction to other adorers.
- g. No materials (books, pamphlets, statues, etc.) are to be left in the chapel without expressed permission of the priests at the church. Please bring material to the parish office for approval.

Adoration hours available:

After November 26, 2023 the hours will be:

24 hours/7 days a week

Exceptions include occasional cleaning; usually Wednesday mornings.

The Blessed Sacrament will be removed from the chapel and reposed in the main tabernacle of the church 30 minutes before any and all masses (Sunday Masses, Daily Masses, Holy Day Masses, Holiday Masses, Funeral Masses, Wedding Masses, etc). No Adoration in between 8am and 11am Masses on Sundays. Adoration will resume after these Masses as soon as possible.

Helpful Prayer Tips:

Dear Adorers, by being a Eucharistic adorer, you are answering Jesus's call to deepen your relationship with him. He desires that you know him and that knowledge comes from spending time with him. How you spend your time with the Lord is something you should take time considering. Choose to spend it in any quiet, loving way that makes sense for you. If you have a particularly frantic life, just spending time being in his presence, encountering his love without distraction is truly a gift. However, please do pray with the Pathway to Discipleship form that you received; ask Jesus to guide you to know how you can take steps that would allow you to move through a pathway to discipleship and then find ways to invite others to do the same. You may find the following suggestions of how you can spend your Holy Hour helpful.

This time that you spend with Jesus in the Blessed Sacrament may be spent in any way you want. You may bring prayer books, read the Bible, pray the Rosary, or just sit, relax and enjoy the peace that comes from being in His presence. You may feel you can't pray well. Don't let this discourage you. The fact you came to spend time with Jesus in the Blessed Sacrament pleases Him very much and is in itself a prayer of faith. Think of getting a sunburn- you don't realize it until later. Being in Jesus' presence might not feel like anything is happening at the moment. But you will see the great impact it can have on your life!

Pray the Holy Rosary. Pray it slowly and with careful contemplation of the mysteries. If you find your mind wandering, consider praying a scriptural rosary, which assigns a line of scripture to each Hail Mary prayer. Use a prayer journal. This is a great tool to make your relationship with God more tangible. Consider your entries as letters to God. Invite him into your worries and your activities and give him thanks for the blessings in your life.

Read. Whether it is a book about the life of a saint, the Catechism, a devotional or the Sacred Scriptures, reading helps us to direct our lives to God. As you are reading, if you feel that God is speaking to you, pause and listen. Share your heart. Talk to Him, as you would to a dear, beloved, trusted friend. You will be amazed. God truly loves. He truly listens. He truly responds. In the quiet of your heart, listen to Him. I trust that this Holy Hour will become the best hour of your week.

Prayer Books and Prayer Apps. Bring your own prayer book and pray the prayers contained within. Or download a prayer app such as Hallow, IBreviary, Reimaginingtheexamine, Lectio 365, and many others.

Emergency Procedures

- If you or anyone in the chapel should encounter problems such as illness or you sense that something out of the ordinary, please use your cell phone to obtain assistance. You may call the office at 719-542-9248; there is an emergency number on the voicemail.
- In the event of fire, serious illness, or physical threat to safety, dial 911.
- If you become aware of suspicious or criminal activity, then please call 911.
- If the schools are closed for inclement weather , the chapel is closed. The parish follows District 60 Closures Monday-Thursday. On Fridays we follow Catholic School closures.

Communication will be sent out via Flocknote. The information that you give when you receive your credential/door access card will be used for communication.

THANK YOU FOR YOUR PRAYERS AND YOUR DEVOTION TO JESUS!