



## EUCCHARISTIC ADORATION IN OUR LADY OF KNOCK CHAPEL

*“Be present to the One who is present.”*

Welcome to Our Lady of Knock Eucharistic Adoration Chapel. This is a holy space dedicated to spending time in prayer with Jesus in the Blessed Sacrament. We're glad you're here.

- ❖ Jesus is present in the Blessed Sacrament in the ostensorium (the ornate doors mounted on the wall behind the altar).
- ❖ Please genuflect or bow when you enter and exit the Chapel. If someone is present and the doors of the ostensorium are already open when you enter the Chapel, please kneel if you are able.
- ❖ You are welcome to open/close the doors of the ostensorium for adoration. Please kneel as you open and/or close the doors of the ostensorium if you are able.
- ❖ Please be sure to close the doors of the ostensorium if you are the last one to leave the Chapel.
- ❖ There is no right way to spend time in Adoration. Please feel free to take a brochure or to borrow a book during your time. Quiet prayer, journaling, rosaries, spiritual readings, the Liturgy of the Hours, or other devotions are very common ways to pray; however, many people prefer to simply sit in silence in Jesus' presence.
- ❖ If others are present, please maintain a quiet atmosphere so that everyone can pray without distractions. According to St. John of the Cross, “Silence is God's first language.” Silent Adoration is a wonderful way to perceive God's voice in the stillness.

*(Over)*

The great saints of the Church encouraged spending time in Eucharistic Adoration as a way to grow closer to Jesus.

*“Whenever I go to the chapel, I put myself in the presence of our good Lord, and I say to him, ‘Lord, I am here. Tell me what you would have me to do’ . . . And then, I tell God everything that is in my heart. I tell him about my pains and my joys, and then I listen. If you listen, God will also speak to you, for with the good Lord, you have to both speak and listen. God always speaks to you when you approach him plainly and simply.” – St. Catherine Labouré*

*“The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth.” – St. Teresa of Calcutta*

*“Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day. True, Our Lord hears our prayers anywhere, for He has made the promise, ‘Ask, and you shall receive,’ but He has revealed to His servants that those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace.” – St. Alphonsus Liguori*

Enjoy your time in the presence of the Lord. If you have questions or would like more information, please contact Kelly Barkmeier, our Adult Faith Formation Minister at [kbarkmeier@stpatselkhorn.org](mailto:kbarkmeier@stpatselkhorn.org).

