

GUIDELINES FOR ADORERS

When you arrive for your hour, please **tick** (√) the appropriate Register on the table.

(If you are an occasional or emergency Adorer, please also note the time you entered the Church and the time you are leaving.)

1. It is customary to genuflect or to bow deeply upon entering or leaving the presence of Jesus in the Blessed Sacrament.
2. Observe the rule of silence.
3. Be faithful to your Holy Hour with Jesus each week. Remember, it is an appointment with a real Person, Who is waiting to keep it with you.
4. If, on an exceptional occasion, you cannot keep your appointment, ask someone within your family or circle of friends to step in for you, or change with someone from another hour. This person ticks the register for you, as well as the register for Occasional and Emergency Adorers. Remember that the people on the hour before you are relying on you to arrive.
5. Leaflets and spiritual books are available to help you. Use them if you wish and please return them for the Adorers to use on the next hour.
6. Adoration can also be a time to sit and be still, to rest, to share pain, troubles, sorrows and joys with the Lord, taking time to bathe in His light and allow Him to transform us. Increasingly, it becomes more about **what He does**, than about **what we do**, during our hour.
7. If you have time, please fill in one of the comments sheets and put it in the Comments Box before you leave.