

# PERPETUAL EUCHARISTIC ADORATION



## IDEAS FOR WAYS TO INCREASE ADORATION IN YOUR DIOCESE:

1. Could Your Grace/Excellency provide a letter of blessing or encouragement for Perpetual Eucharistic Adoration/Eucharistic Adoration? If so, please send a copy to us.
2. **Formation of seminarians and clergy: Invite and request that all seminarians, candidates for the diaconate and clergy make a daily holy hour with exposition if possible.**
3. **Send out an Archdiocesan PEA/EA Survey (Sample draft below)**
  - a. Have your diocese send out a PEA/EA Survey to all parishes/pastors. The bishop could ask or require targeted parishes/pastors to start PEA/EA.
  - b. Add the responses (i.e. the parish locations, adoration days and hours/times) to a PEA/EA Directory on your diocesan website, as suggested below. Then, this information can also be added to the adoration sites on the Real Presence Directory of Adoration chapels/sites in Canada linked on our website.
4. **Diocesan Targeted Parishes**
  - a. Bishops find it effective to target and request or require certain parishes to have a Sign-Up weekend. For example, specific parishes could be targeted such as: those that already have a separate chapel, those you would like to add as new adoration sites in each diocesan zone/region, or those that may be most willing to respond to Your Eminence/Grace/Excellency's requests etc.
  - b. Your Grace/Excellency's specific requests to pastors would be more effective and greatly alleviate the usual standard list of objections and reasons why they won't start PEA/EA. Objections to PEA/EA or excuses include: "No one in this parish is interested. We are a busy parish. We don't have room. The Eucharist is meant to be consumed - not adored. I can't get people for First Friday [Our note: limiting exposition to only one day a month does not fit everyone's schedules]."
  - c. When a diocese, with their own communications network, contacts their pastors directly themselves, they may more respond more readily and be more willing to allow and start more adoration. It is difficult and time consuming for us to contact every pastor ourselves, to obtain a reply and find those who are interested and willing to proceed.
  - d. Pastors who begin adoration or build a chapel experience parishioners donating more.

## 5. Permissions from Chancery

Pastors will need permissions from Your Eminence/Grace/Excellency and the Chancery.

**6. Location for adoration:** There is a section on our website with helpful information about Location.

## 7. More Online and Parish Website and Bulletin Promotion/Communications

- a. Add to the Arch/diocesan website a special header section on Perpetual Eucharistic Adoration that lists a Directory all of parishes that have round the clock adoration, followed by those parishes that have part-time hours of EA. This will motivate pastors who will see their parish is recognized. Bishops will see parishes that have started adoration. Catholics in the diocese will benefit immensely from knowing the locations, days and times of Eucharistic Adoration.
- b. Your Grace/Excellency/the Arch/diocese can request that **each parish also note on their website and bulletin the days and times of Eucharistic Adoration** (as noted in the parish survey below).
- c. Some diocesan provided parish websites have an Online Sign-Up to become a parish member. Add **an Online Sign-Up for Eucharistic Adoration to parish websites**. Then parishes will know and see the proof that there is interest. It will also serve the purpose of attract potential adorers and coordinators for an adoration program and scheduling adorers for hours etc.
- d. **Eucharistic Bulletin Inserts:** Promote and provide parishes with Eucharistic bulletin inserts with inspirational quotes, catechesis and evangelization. There are many samples and suggestions on our website under Parish and Coordinator Resources that can be copied and used.

## 8. Ways A Diocese/Parish can Establish or Increase Adoration through having Sign-Up Weekends:

An ecclesiastically approved Adoration start-up manual for adoration coordinators and parishes and other resources are on or linked to our website at: <https://eucharisticadorationcanada.com/coordinator-resources/>

The response from the Adoration Sign-Up Weekend and the parish priest's final decision, will determine the number of days and hours that exposition of the Blessed Sacrament will take place, either partial (part-time holy hours) or round-the-clock perpetual adoration. Pastors are amazed to find hundreds of people signing up on this weekend.

- a. Invite us to help organize an Adoration Invitation Sign-Up Weekend/Mission at your parish. With permission, a Eucharistic lay speaker or clergy can visit to help with this weekend. We can offer options, including those available and approved within Canada. At each Mass, an inspiring Sign-Up message with instructions is given. Invitations to commit to taking a weekly holy hour are handed out to all the faithful, along with pencils, and completed. We recruit, train, and provide any follow up if ever needed to, a team of laity from within each parish who will thoroughly coordinate the adoration and report back to you when requested or necessary.

- b. Invite us to organize your Sign-Up weekend from a distance. Parish clergy can preach the Sign-Up sermon and/or a parishioner may be able to give an adoration appeal that we will provide with Sign-Up Instructions. Several sample versions will be given to you. In addition, we provide advance instructions, all of the required organizational documents/resources and follow up. We help to recruit your lay adoration coordinating team of parishioners and lead or provide detailed instructions for your coordinators' organizational training meeting by phone, email or giving a video conference.
  - c. In 2007, the Congregation for the Clergy proposed that “each diocese appoint a priest who will devote himself full time – as far as possible – to the specific ministry of promoting Eucharistic adoration and coordinating this important service in the diocese.” Have your diocese appoint a local Eucharistic priest or speaker or contact to help establish adoration in parishes or who is willing to help you to organize your Sign-Ups. Parish clergy can preach the Sign-Up sermon.
  - d. “Do It Yourself” (DIY) Sign-Up weekend. Study and use the Coordinator Resources on and linked to our website to organize your own Adoration Sign-Up weekend. Parish clergy can preach the Sign-Up sermon.
9. **Pastoral letter promoting PEA/EA.** We could provide samples and suggestions once we receive a letter of blessing Your Excellency.
10. **Encourage keeping churches open during the days where possible** or at least gaining access through parish offices. Having someone praying in the church with a light on actually improves security.
11. **Encourage people to pray, adore and make holy hours and visits to the Blessed Sacrament.** If there is not enough exposition this could be done before the Tabernacle or the pastor could be asked to expose Jesus in a Monstrance.

**12. Consider including this message in the parish/clergy newsletters**

Please include the following announcement in your parish bulletins:

**SPIRITUAL BOUQUETS FOR EUCHARISTIC ADORATION:** To have Spiritual Bouquets and Masses offered for the living, special intentions, or the deceased (including sets of 30 Gregorian Masses) that also support the establishment of Eucharistic Adoration and priests in need, you may contact: [perpetualadoration@outlook.com](mailto:perpetualadoration@outlook.com), (416) 527-0839, [www.eucharisticadorationcanada.com](http://www.eucharisticadorationcanada.com)

**13. Promote adoration through preaching, talks, in conversation, in writing etc.**

**14. Promote and have Eucharistic Processions for Corpus Christi etc.**

**15. Any other ideas?**

Perhaps you have some other suggestions?

**PERPETUAL EUCHARISTIC ADORATION**  
**PO Box 74511, 270 The Kingsway, Toronto, ON, M9A 5E2,**  
**Email: [perpetualadoration@outlook.com](mailto:perpetualadoration@outlook.com), [www.eucharisticadorationcanada.com](http://www.eucharisticadorationcanada.com), (416) 527-0839**

[A personalized letter or contact from Bishop could be sent to his top priority targeted parishes.]

**SAMPLE DIOCESAN APPEAL AND PARISH SURVEY TO ESTABLISH AND INCREASE  
PERPETUAL ADORATION AND EUCHARISTIC ADORATION**

Dear Parish Priest/Pastor,

I urge you to establish round the clock, or as much part-time Perpetual Eucharistic Adoration at your parish as possible, at your earliest convenience.

Please do the following:

- a. Continue to list, and update as they increase, the days and hours of Eucharistic Adoration with exposition of the Blessed Sacrament, on your parish website and in your bulletin, near the Mass times.
- b. Include an Online Eucharistic Adoration Sign-Up option on your parish website.
- c. Include a contact to Sign-Up for EA/PEA in your parish bulletin
- d. Complete and return the following survey.

Name of parish priest/pastor: \_\_\_\_\_

Name of parish: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Parish Website: \_\_\_\_\_

1. How much exposition of the Blessed Sacrament with Adoration do you currently have in your parish?
2. What are the days and hours when exposition/adoration of the Blessed Sacrament currently takes place? For example, round the clock, 7 a.m. -10 p.m., specific days and hours, daily hour, First Fridays only etc. Please report increases and changes, so we can add to and update our diocesan adoration directory.
3. Where does the adoration take place?
4. Do you have a separate chapel already where uninterrupted adoration could take place?
5. If not, what rooms do you have available that might be able to be converted into a separate chapel?
6. Approximately how many people attend your weekday Masses? How many parish bulletins do you usually publish.

To schedule your PEA/EA Adoration Invitation Sign-Up weekend, please contact:

*[DIOCESE COULD PROVIDE A LOCAL DIOCESAN CONTACT] OR*

[www.eucharisticadorationcanada.com](http://www.eucharisticadorationcanada.com) [perpetualadoration@outlook.com](mailto:perpetualadoration@outlook.com) (416) 527-0839, Perpetual Eucharistic Adoration, PO Box 74511, 270 The Kingsway, Toronto, ON, M9A 5E2.

Note: Perpetual Eucharistic Adoration is organized so that laity in your parish coordinate this program. An Invitation to a weekly holy hour is handed out at all Masses on the sign-up weekend, and includes asking laity "If you are willing to be a coordinator to help organize Perpetual Adoration, please put a check mark in this space \_\_\_\_\_." In addition, pastors may personally ask or appoint laity to help coordinate the adoration program. The laity coordinating the chapel help to virtually eliminate any extra work for clergy and parish staff.