

Welcome

Dear Adorers,

By making the commitment to be a regular 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.

You should take time to plan how you will spend this time. Choose to spend it in any quiet, loving way that makes sense for you. If you have a particularly frantic life, just being in Our Lord's presence, encountering his love without distraction, is truly a gift. You may find the following suggestions of how you can spend your Holy Hour helpful.

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. Thank him for all the good in your life and share with him your trials and struggles. Ask him to strengthen your faith, love and hope. Ask him for the grace needed to do his holy will.

I trust that this Holy Hour will become the best hour of your week. Thank you for making the commitment to Jesus and to our parish. Your commitment allows others to visit Our Lord whenever they need.

In Christ,

Amy Powers
Eucharistic Coordinator



St. Timothy Catholic Church
GUIDELINES FOR ADORERS

Adoration Chapel of Divine Mercy

StTimothy.WeAdoreHim.com

Hours of Adoration

Mon-Fri 6:45 AM to 9:00 PM

Eucharistic Adoration Coordinator

Amy Powers, (703) 424-3158

Adoration@StTimothyParish.org

St. Timothy Parish Office

(703) 378-7646

Mon-Fri 9 AM to 4:00 PM

Updated Spring 2021

General Information

IMPORTANT NOTE The Blessed Sacrament is never to be left alone under any circumstance. If you are alone and must leave, please notify the Parish Office at (703) 378-7646. After office hours please call or text the Eucharistic Adoration Coordinator, Amy Powers at (703) 424-3158.

- The chapel is open for everyone to visit Monday through Friday during chapel hours. However, we are always in need of regular committed adorers. If you would like to commit to an hour of adoration on a regular basis, please go to StTimothy.WeAdoreHim.com.
- As a sign of respect for the true presence of Our Lord, a double genuflection (kneeling briefly on both knees while bowing your head) is customary. You may adjust this gesture if you are physically unable to kneel on both knees.
- Maintain a quiet reverence in the presence of the Lord. Casual conversation is inappropriate and discouraged.
- Adoration is meant as a peaceful, private time for each adorer.
- Eating and drinking in the Chapel is not permitted. Water is allowed.
- Cell phones are to be silenced. Talking on cell phones is not permitted. For emergency calls, leave the chapel area.
- A telephone is not available in the chapel. If a call must be made because of an emergency, use your personal cell phone in the entrance.
- 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 is not distracting.
- Restrooms are available in the church.
- Nothing is to be placed on the altar or altar area. Do not touch the altar or the monstrance.
- No materials (books, pamphlets, statues, etc.) are to be left in the chapel without expressed permission.

Guidelines for Committed Adorers

- Each time you arrive to adore, please sign in and sign out.
- Before you sign out, please make sure the adorer(s) for the next hour is (are) present.
- Each adorer's holy hour is scheduled on the hour, every hour. It is important, therefore, to be prompt or even arrive a little early. The person scheduled before you may need to leave exactly when the hour has ended.
- If you cannot be in the chapel at your assigned time, please read the 'Procedure for Finding a Substitute'.
- Do not assume that another adorer present is the one scheduled for the next hour. If in doubt, quietly ask them if they are the next scheduled adorer.
- Be sure to keep your contact information current on the adoration website. This information is used to keep you informed of updates, such as closings due to inclement weather.
- If you must leave, and no one else is present, do not leave the chapel until you have followed these steps:
Notify the parish office 703-378-7646
If there is no answer or it is beyond office hours, please contact the Eucharistic Adoration Coordinator, Amy Powers, (703) 424-3158.

Adoration Captains

- **Adoration Coordinator:** Amy Powers
Adoration@StTimothyParish.org
703-424-3158 (Cell Phone)
703-968-4832 (Home)
- **Monday Captain** (Unfilled)
- **Tuesday Captain:** Kelly Schmank
kschmank@msn.com
(703) 399-0341
- **Wednesday Captain:** Sandy Ralston
sandy@aboutralston.com
- (703) 989-5732
- **Thursday Captain:** Barbara Farinelli
bfarinelli58@yahoo.com
(571) 641-9694
- **Friday Captain:** Mary Beth Style
marybethstyle@verizon.net
(703) 203-6572

Procedure for Finding a Substitute

Adorers are responsible for finding a substitute adorer when they know they will be unable to attend at their scheduled hour. Cancelling on the same day should only happen in an emergency situation. If you absolutely must cancel on the same day, you must find someone who can take your place.

- First, contact the other adorer(s) who share the hour with you to ensure that they will be present when you cannot be.
- If the other adorer who shares the hour with you will also be absent (or if you are the only scheduled adorer), click the “Request Substitute” button.
- Please try your best to find a substitute. Direct your substitute to the substitute request on their dashboard and ask them to indicate that they will take it. Alternatively, you may contact your day captain to let them know who will be substituting for your hour.
 - Try contacting the adorers who are committed the hour before or after your scheduled hour. If there are two adorers or more for those hours, one may be willing to switch to your commitment for that day.
- Reach out to other adorers you know to see if they can take your time for you.
- If none of these methods are fruitful, let your day captain know that you were not successful in finding a substitute.
- **Please note:** When you indicate on the system that you need a substitute, the system will try to find one for you and it might find one before you do.

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.
- In the event of fire, serious illness, or physical threat to safety, dial 911.
- If you become aware of suspicious or criminal activity, call the Sully Police Station (703) 814-7000 or call 911.