



St. Anthony's Parish Adoration Chapel: 24/7

Eucharistic adoration is a practice in the Roman Catholic Church in which the Blessed Sacrament is exposed and adored by the faithful.

Adoration is a sign of devotion to and worship of Jesus Christ, who is believed by Catholics to be present Body, Blood, Soul, and Divinity, under the appearance of the consecrated host, that is, consecrated altar bread. As devotion, Eucharistic adoration, prayer, and meditation are more than merely looking at the Blessed Host, but are believed to be a continuation of what was celebrated in the Holy Eucharist.

When the exposure and adoration of the Eucharist is constant (twenty-four hours a day), it is called **Perpetual adoration**. Pope John Paul II prayed for a perpetual adoration chapel in every parish in the world.

What spiritual benefits and graces can be attributed to the establishment of a parish Perpetual Adoration program?

- An increase in Mass attendance and reception of the Sacraments;
- return of fallen-away Catholics and increase in the number of conversions;
- increase in religious and priestly vocations;
- renewal of Catholic family life;
- spiritual level of the people is raised with a resulting desire and courage to spread the "good news" to others;
- And a greater community spirit, centered as it is on the heart of the parish, Jesus' presence in the Blessed Sacrament.

Why is exposition in the monstrance preferred?

To see Jesus visibly present under the appearance of the small white host is much more conducive to intimacy than hidden away in the tabernacle. Moreover, it adds an extra responsibility on the adorers to be sure to be faithful to the hours they are scheduled, since the suggested norm for having Jesus exposed in the monstrance is that there should be at least two adorers present, and He must never be left alone. Could not these words of our Lord be applied today: "*Indeed, this is the will of My heavenly Father, that everyone who looks upon the Son, and believes in Him, shall have eternal life. Him I will raise up on the last day.*"

Brief history of the Adoration Chapel at St. Anthony's

The chapel was established 13 years ago to commemorate the 50th Anniversary of the parish. This is the **only Adoration Chapel in the Diocese of Calgary, open 24 hours a day and seven days a week.**

Faithful from the parishes in the City of Calgary and beyond have been using this chapel to spend time in prayer, meditation in the presence of our Lord and praying for an increase in personal sanctification and inner peace.

Most immediate needs

There is an immediate need for **Committed Adorers** and **substitute Adorers.**

Tired of the hectic and frantic pace of life today? Are you worried and getting nowhere? Let **Jesus** be a "Game Changer" for your life. Spend an hour with Jesus present – Body, Blood, Soul and Divinity - in Eucharistic Adoration. Become an Adorer and Follower of Jesus. **Knock, Seek and Ask - receive His Mercy and Forgiveness.** The Adoration Chapel is a great place to commit to a Holy Hour each week. Allow Jesus to make positive changes in your life.

The need for Committed Adorers and the Substitutes on any particular day and time is communicated through our parish bulletin and on our parish website. For more information, please, contact the Parish Office: 403-252-1137.