

Eucharistic Adoration

The quality of your devotion is not measured by the amount of time spent in Adoration but by your intention. Ten minutes on your lunch break can be truly fulfilling. If you are able to devote more time, perhaps these suggestions will help. First, ask our patron St. John Neumann to pray for you as you pass by his statue. Pray set prayers like the Rosary, open a missalette and read, sing a favorite hymn to yourself. Don't get discouraged, your intent and presence in church is itself a prayer, pleasing to God; don't worry, no one is checking up on you...it's not a sin to doze. Feel free to walk around the chapel and reflect on one or two of the Stations of the Cross. Upon leaving, thank God for a good and holy time. If you have time for a sixty-minute devotion, a prayer plan is available in the church office.