

Eucharistic Adoration Chapel

Blessed Sacrament Church 1801 LaCrosse Avenue St. Paul, Minnesota



What is Eucharistic Adoration?

Adoration is quiet time spent in prayer before Jesus present in the Eucharist. A consecrated host is placed in the center of a monstrance and every hour of the week there are individuals who commit to a specific weekly prayer hour in the chapel.

During your prayer hour, you can bring prayer books, read the Bible, pray the rosary, or just sit, relax and enjoy the sweet peace that comes from being in his presence. Don't pray well? Don't have time? Don't worry - many who come to the chapel used to have those same doubts!

"A friend invited me to come to the Adoration Chapel and pray. My life was busy and I had no interest praying in the chapel but I did go. As I prayed, words cannot describe the love and peace that I felt...He touched me...and now going to the chapel is an important part of my life."

That's just one adorer sharing what is experienced in the Eucharistic Adoration Chapel.

This chapel is **not** just for parishioners at Blessed Sacrament Church. People from east metro parishes such as Guardian Angels, St. John, St. Thomas the Apostle and Transfiguration are participating, and you have the same opportunity!

The Eucharistic Adoration Committee at Blessed Sacrament Church invites you to take part in this devotion to Our Lord, truly present in the Holy Eucharist in the chapel. The chapel has some open hours that need committed people to pray, read or reflect quietly. We encourage you to sign up for a specific weekly hour and gain strength from this miraculous presence of Jesus. Sign-up sheets are in the chapel, or you can call **Marlene Wacker** for more information at **651-776-5970**.

All are welcome in the chapel.
On the LaCrosse Avenue side of church, use the door directly under the bell tower.