



ST. GERTRUDE
PARISH

6543 Miami Avenue
Cincinnati, OH 45243

513-561-5954, ext. 2136

***Mother of Mercy
Perpetual Adoration Chapel***

Adorer Handbook

**St. Gertrude Parish
Perpetual Eucharistic Adoration**



From the Perpetual Adoration Committee

*Thank you for your willingness and sacrifice
to commit your time to the Lord by staying with Him.
What a precious gift to give Him in our world
of busyness, noise, and chaos.*

This Handbook has been prepared for you as a guide and resource for your commitment of Adoration in the Mother of Mercy Perpetual Adoration Chapel.

The Mother of Mercy Perpetual Adoration Chapel
Adorer Handbook
is a work in progress.

Other additions will be sent to you as the updates take place.

Please send your suggestions to

The Perpetual Adoration Committee

adoration@stgertrude.org

Important Contact Numbers

***** Please do not contact the Parish Office or the priests** with questions regarding substitutions or general information pertaining to Perpetual Exposition. It should be only after careful discernment and great need that you contact one of the priests with a concern about Perpetual Eucharistic Exposition.

***** Your primary source for information is the Volunteer Scheduler Pro “VSP” followed by your Division Leader.**

- Please enter your changes in the VSP program. Go to the Web Terminal login page: http://www.rotundasoftware.com/volunteer/St_Gertrude_Adoration.
- Call or email your Division Leader with questions, concerns, or changes in your schedule.
- If still needed, you may contact the Coordinator with your question or concern.

Division Leaders:

12:00am—5:59am Anita Pappalardo ... 248-8237 or pappacinci@gmail.com

6:00am – 11:59am Teresa Babcock ... 683-5588 or cvbabcock@juno.com

12:00pm – 5:59pm Jo Anne Nordloh ... 703-7302 or janordloh6616@gmail.com

6:00pm – 11:59pm Kim Hahn ... 520-8619 or kshahn@cinci.rr.com

Coordinator:

Rhonda Geil ... 207-4728 or rhondageil@gmail.com

What Do I Do When I Get There?

If you have made Adoration a frequent part of your life ... or if you are new at this ... know that **the Lord waits in joyful anticipation** of your visit with Him in the Most Blessed Sacrament. Relax in His presence, and let the Holy Spirit gently lead you through your time with Him.

Here are some ideas:

- | | |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| 1. Slowly read Sacred Scripture until something hits you. Then listen. | 24. Say the Creed slowly. |
| 2. Look at the Good God, and let Him look at you. | 25. Say the Holy Rosary. |
| 3. Consider that the Sacred Body of Jesus came from Holy Mary. Thank her. | 26. If you can't say 15 decades, say five decades. |
| 4. Tell Jesus something that made you happy. Then listen. | 27. If you can't say five decades, say one decade (something Pope Benedict XVI has mentioned). |
| 5. Tell Him what you are afraid of. Then listen. | 28. If you can't say one decade, say one Hail Mary very slowly. |
| 6. Tell Him what angers you. Then listen. | 29. If you can't say one Hail Mary, say "Holy Mary," like a little child saying "Momma." |
| 7. Speak about your loved ones. | 30. Slowly recite a favorite psalm. Perhaps Psalm 50 (51), the Miserere, one or two lines at a time. |
| 8. Pray for an enemy. | 31. See Our Lord in His Passion ... stand there, with Him, as Our Lady does. |
| 9. Talk with Him about work. | 32. Lean into the hurricane of graces coming from the monstrance. |
| 10. Pray to St. Joseph for a happy death. | 33. Consider the blinding Uncreated Light shining out from Him. |
| 11. Pray for the Holy Souls in Purgatory. | 34. Be aware that He is sending out graces to the world right then through you. |
| 12. Sing a song for Him in your heart. | 35. Tell Him: Jesus, I trust in You ... strengthen my trust. |
| 13. Promise to trust Him. | 36. Ask Him: Lord, what do you want me to do? And how do you want me to do it? |
| 14. See the Blessed Virgin kneeling next to you, adoring her Son and praying with you. | 37. Ask Him to show you the next step. |
| 15. Realize that your Holy Guardian Angel is with you. Ask him to coach you in holiness. | 38. Talk to Him heart to heart. |
| 16. Renew your loyalty to His Church. | 39. Pray for the Holy Father. |
| 17. Ask your patron saint to pray for you to know and do God's Will. | 40. Pray for vocations. |
| 18. Lean on Him. Tell Him you love Him. | 41. Look at yourself. Count your gifts. Then thank Him. |
| 19. Thank Him for the Sacraments. | 42. Pray for the world. |
| 20. For a time, don't DO anything. Be with Him, as a friend, while He works. | 43. Enjoy just being in His Presence. |
| 21. Tell Him your failures. Ask for help. Then listen. | |
| 22. Slowly recite the Beatitudes. | |
| 23. Say one Our Father slowly. | |

General Information for Assigned Adorers

EACH TIME YOU COME FOR YOUR SCHEDULED HOUR: You must sign-in. A sign-in sheet is at the table as you enter the chapel. Sign in **at the beginning** of your assigned hour. This allows the person before you to know that you are in the chapel and that they are free to leave. Before you leave the chapel, be sure that an adorer for the next hour has arrived. You will be able to determine this by checking the sign-in register for their name.

NEVER LEAVE THE BLESSED SACRAMENT ALONE If no adorer arrives for the next hour, proceed with this protocol.

- If you **must** leave before another adorer arrives, please place the white cloth veil that is found next to the tabernacle, over the Blessed Sacrament.
- If you enter the chapel for your hour and find the veil over the Blessed Sacrament, remove the veil and place it back in the cove beside the tabernacle.

A more detailed protocol found on page 5.

ENTERING THE CHAPEL DURING ADORATION HOURS:

- Adorers scheduled between **6:00am and 9:00pm (open hours)** should use the primary entrance freely, remembering to enter quietly and respectfully.
- Adorers scheduled between **9:00pm and 6:00am (locked/private hours)** should use the security code they are given to open the primary entrance.
- Please follow the same procedures if you are a substitute adorer.
- The interior side entrance from the Parish Center should be used only when utilizing the restrooms or when requiring handicap accessibility.
- Please be sure that all doors close securely when entering (and exiting).
- Please do not allow the door to slam, disturbing the present adorers.

Security Access During the Chapel's LOCKED (PRIVATE) hours:

From 9pm to 6am the chapel will have private hours with access codes to allow the adorers to come and go from the chapel. The chapel will not be open for public adoration during these hours. The adorers at these private hours are allowed to open the door to visitors at their discretion and only if they feel comfortable doing this.

There is an **access code security system** at the main door of the chapel. Each Night Time Adorer will be given an access code which will work for the committed hour you are scheduled for. If you need to utilize the Parish Center Bathrooms, you may leave and re-enter the chapel by the door to the St. Joseph Room.

If you have been given an access code for security entrance, **please do not share that code** with others except for the purpose of allowing a substitute for your hour to gain entry to the chapel.

Instruction for Adoration Door Code

No one is to share this code.

Night time hours are PRIVATE adoration. 9pm until 6am

- Only Substitutes should receive the code from the adorer they are subbing for.
- We discourage giving out the code or opening the door during PRIVATE adoration ... a single women adoring at PRIVATE hours may be afraid.
- If someone knocks to get into the chapel during PRIVATE adoration, you are not obligated to open the door. If you choose to let them in, open the door but do not give out the code.
- Opening the door during PRIVATE hours should be solely up to the present assigned adorer in the chapel.
- If they are a regular adorer and want the code they must contact their division leader to obtain it.
- Please do not share the code with the general public or friends just because they ask you for it or want in the parish center to use the restroom.

Bad Weather, Holy Day and Holiday Closing Policy

For the closing of the Chapel if we are anticipating bad weather or for Holy Days, Holidays, and maintenance, are as follows:

- A notice will be posted on the front page of the website: www.stgertrude.org indicating exactly when the chapel will close and when it will reopen.
- The same information will be recorded on the Eucharistic Adoration Phone line number: 513-561-5954, ext. 2136.
- Finally, a notice will be sent out through the on-line scheduling system "VSP" to all adorers if the chapel needs to be closed.

So please check these methods of communication before you venture out.

Please Note:

During closed hours, the Blessed Sacrament will be placed in the tabernacle. Registered perpetual adorers do not have to attend their hour during this period.

During closed hours, the chapel will remain open for quiet prayer, but we encourage people not to venture out during storms. During the public hours of 6am-9pm the door will remain unlocked. During the night hours of 9pm-6am the door will be locked as usual. You will need your code to enter the chapel during the night hours.

Request a Sub using the Volunteer Scheduler Pro Program from you computer

Here are the steps to request a sub on your computer.

Bring up the website: http://www.rotundasoftware.com/volunteer/St_Gertrude_Adoration and login.

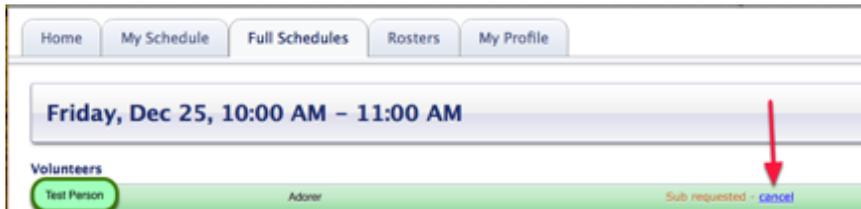
Home Page:

Click on the “My Schedule” tab to see your assignments.

Select the date a sub is needed and click on “request sub”.

Add comment if needed and click "Request sub" on bottom right hand corner.

If you later find a sub on your own, you can come back to this page and cancel your request —



If your request is accepted you will receive an email stating so.

If you did not receive an email stating your sub request HAS been accepted ... your hour will NOT be covered because no one has volunteered to cover it for you. If you do NOT find someone to sub for you, please notify one of the adorers in the time slot before you and let them know that you will not be coming on that day, and that they will have to cover the Blessed Sacrament with the veil when they leave.

Chapel Conduct and Respect for the Blessed Sacrament

Please observe the following Rules for our Chapel:

1. **Nothing** is to be placed on the altar of repose.
2. No personal or devotional reading materials or brochures should be placed in the chapel or left for others.
3. Spiritual reading material that is provided by St. Gertrude Parish should never be removed from the chapel.
4. The Chapel telephone is for Emergency Use Only. It can be used only for outgoing calls and should be used only if absolutely necessary.
5. Use of any electronic device in the chapel should be used discreetly so as not to disturb other adorers. **Please mute your cell phone** while in the chapel and consider how your choices may distract others that are adoring the Lord with you.
6. Please **refrain from eating or drinking** in the chapel. This will help keep the chapel clean and fresh. For young children that come to adore with parents, small dry snacks may be acceptable, but please use your best judgment and be sure to clean up when you are leaving.
7. Please do not chew gum in the chapel.

Respecting Our Lord, present before you, and other Adorers:

1. Genuflect upon entering the Lord's presence
2. Wear proper, respectful clothing when coming to adoration and avoid removing your shoes in this small space.
3. **No talking**, please. Maintain an austere reverence in the presence of our Lord. If you need to speak to someone at length, hold your conversation outside of the chapel.
4. Adoration is a peaceful, private time **for each adorer**. Please maintain a quiet and calm atmosphere.

Protocol If No One Arrives

This protocol should be used if you are adoring at your scheduled hour, and no one shows up for the following hour to take your place in adoration.

1. If no one has come to be with the Lord and your hour has finished, please consider if you can stay a bit longer with the Lord until someone arrives.
2. If you must leave before someone else can arrive ...
 - Please place the white cloth veil (found beside the tabernacle) over the exposed Blessed Sacrament before leaving the chapel.
3. Please write in the sign-in book, for the appropriate hour, that an adorer did not arrive.

Emergency Need During Your Hour

If at any time you feel uneasy for any reason...

- Lock both chapel doors and don't open them unless you know the person. Also, alert the next adorer and they can choose to leave the doors locked if they prefer.
- If you become ill during your hour or need to leave unexpectedly, please follow the protocol above by placing the veil over the Blessed Sacrament.

*** For these purposes, you may use the phone provided in the chapel**

If you need to use this protocol two times within any month, please contact your Division Leader and let them know. That way we can try to resolve the problem.

Finding A Substitute

This protocol should be used if you need a substitute now or are aware ahead of time that you will not be able to make your regular, committed hour of Adoration.

1. First step, try to find a substitute on your own by:
 - Contacting the other individual(s) of your hour and let them know you are not able to make a certain day and time. Please verify that at least one other individual from your hour **WILL BE** at the chapel for the scheduled hour. If your co-adorers are not available or you are the only adorer for your hour then...
2. Contact an adorer before or after your time slot to cover your time, or maybe ask if each adorer could take 30 minutes of your hour.
3. Contact someone on the list of substitutes. There are many substitute adorers who are anxious to help. Go to the VSP Web Terminal login page: http://www.rotundasoftware.com/volunteer/St_Gertrude_Adoration Click on "Rosters" for a listing with subs. name/number/email
4. Find another regular adorer (friend or acquaintance) who will switch with you.
5. Contact someone else that adores at your hour but on a different day.
6. Ask a family member or good friend to substitute for you and ensure that they know the procedures (door access code, signing in, subs, etc.). This provides them with the gift of a wonderful experience and you with a great evangelization opportunity. This method should also help us to add new adorers in the future.
7. **AFTER** these attempts have been exhausted, it is time to submit an online sub request using the steps on the following page...