

“Could you not watch with Me one hour?” (Matthew 26:40)

Dear friend of the Most Blessed Sacrament,

We would like to invite you to offer just one hour a week in prayer (*any time, any place, including Mass*) to pray for the intention that your deanery and every deanery may, according to God’s will, establish vibrant chapels of Perpetual Eucharistic Adoration (PEA). In Eucharistic Adoration, *Jesus’s Real Presence* consoles visitors, deepens *love for the Eucharist*, brings *reconciliation of fallen-away Catholics*, strengthens religious *vocations*, renews *Catholic family-life*, deepens the desire and courage to *evangelize* by authentic witness to the Gospel, and fosters *greater community spirit*. Currently, only one of our 13 deaneries has Perpetual Adoration, and we hope that every deanery might benefit from such worship of the Eucharist that flows from the Holy Mass and leads back to the Holy Mass.

“What do I do for an hour?”

- **Pray for the Spread of Perpetual Eucharistic Adoration (see next page)**
- **Pray the Holy Rosary and the Divine Mercy Chaplet**
- **Meditate** on Scripture (e.g., *John 6:48-68*, the Sunday readings), **Journaling**
- **Do Spiritual Reading**, e.g., *The Glories of Mary* (St. Alphonsus Liguori), *True Devotion* (St. Louis de Montfort), Fr. John Hardon’s writings (www.therealpresence.org)
- **Wordless prayer** before the tabernacle (“I look at Him; He looks at me.”)
- **Pray the Divine Office**, go to **Holy Mass** and include prayer before or afterward

Please sign up by clicking on the link at www.holyspirit12078.org/75

- Or E-mail lisa.1.lynch@gmail.com or godreallylovesme3@gmail.com and ask for the time you wish.

(Please be careful not to erase others’ entries!)

Please forward this invitation to others, and pray until every deanery has Perpetual Eucharistic Adoration. ***Every hour also includes the intentions of every other person on this schedule.*** May our Immaculate Mother bring our adoration, contrition, thanksgiving, and petitions before the unfathomable Divine Mercy of her Son.

Our Lady of Guadalupe, mother and tabernacle of Our Lord, *pray for us!*

Peace in Jesus
through Mary,

The PEA Startup Committee
Fulton-Montgomery Deanery

PRAYER FOR PERPETUAL ADORATION IN OUR DIOCESE

Eternal Father, in union with the Holy Mass celebrated throughout the world, I offer You adoration, contrition, praise, and thanksgiving for my faith and for this hour with You. **I pray, O Lord, that Perpetual Eucharistic Adoration may become a font of grace in my deanery and in every deanery in our Diocese of Albany** (Albany City, Albany Suburban, N. Albany & Rensselaer, S. Rensselaer, Columbia, Delaware-Otsego, Fulton-Montgomery, Greene, Herkimer, Saratoga, Schenectady, Schoharie, and Warren-Washington) and throughout the world. Please provide coordinators, chapels, and guardians who will adore You faithfully. I ask that You protect religious liberty in our country and unite the Church in charity and fidelity. I humbly beseech You to hear and answer my petitions and the petitions of every other person on our schedule of continual prayer. Consecrating this hour to the intercession of the Immaculate Virgin Mary, I ask all these things of You through Your only beloved Son, Our Lord Jesus Christ, in the unity of the Holy Spirit. Amen.

