

“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 https://www.holyspirit12078.org/_modules/form.php?id=10

- Or E-mail annaveryjones@gmail.com or ckuzia@nycap.rr.com

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.

Peace in Jesus

The PEA Committee

Fulton-Montgomery Deanery