

Holy Hour Summary (Holy Hour #1):

Please spend one hour in Adoration. Adoration is usually offered at Christ the King on the First Friday of each month, beginning after morning Mass until 8am the following (Saturday) morning. The perpetual Adoration chapel is always open at St. John the Baptist parish, or you may attend somewhere else Adoration is offered. Please write at least 5 sentences below about your experience and what it meant to you.

As you summarize your time, consider these questions to help you:

Have you spent time in Adoration before?

How did you feel before, during or after your time with Jesus?

Did anything unexpected happen?

****You do not need to answer the questions above, but you may use them to help with this assignment.**

****This activity may also be discussed with Deb instead of answering with a written response, but this discussion must take place prior to the due date. ****

The Perpetual Adoration Chapel in Marshfield (open 24/7) is located at St. John the Baptist Parish in Marshfield. The chapel entry is from the back parking lot, but the parking lot is not available during school hours (please park in front of church). Between 10pm and 5am a code is required to enter. Contact Deb if you need the code.

Here is a good article on what to do during adoration.

<https://bustedhalo.com/ministry-resources/a-beginners-guide-to-eucharistic-adoration>

I spent an hour in Adoration at: _____ on _____

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Due October 28, 2026