

# Eucharistic Adoration Lenten Challenge!

**Pick YOUR Hour  
to meet Him once a  
week for Lent**

[adorationpro.org/hsannandale](http://adorationpro.org/hsannandale)  
or email  
[lisa.ciola@holyspurchurch.us](mailto:lisa.ciola@holyspurchurch.us)



**Eucharistic adoration is when we visit Jesus in the Eucharist.  
This presence is truly His Body, Blood, Soul, and Divinity.  
Sitting quietly before our Lord in church gives us  
time for prayer, reflection, but most of all just being  
with the Him. Lent offers an invitation for growth.  
Spending time with Him is a time of growth, grace and of devotion.**

**\*\*Rosary, journal, Scripture, quiet reflection, spiritual reading\*\***



**Monday 7a-7p  
Wednesday 7a-7p  
Fri-Sat 7a-9a**

**Or, come to our parish  
Holy Hour 7-8p every M, W, F  
with Confessions till the line ends.**

**“Let our adoration never cease.” - Saint Pope John Paul the Great**