

St. Anne & Joachim



Eucharistic Adoration



If you are interested in an Adoration hour scan the QR code or contact Sue Ripplinger in the parish office.

sriplinger@stsaaj.org
(701) 612-2478

Adoration Hours

Exposition of the Blessed Sacrament begins Monday after the 7am Mass, and continues through the week and finishes with Benediction before the 7am Mass on Friday.

Entrance to the Divine Mercy Chapel

- During the hours that the church complex is unlocked one can enter the church and get to the Adoration Chapel through any entrance. During the night hours from 9pm until 6am you will need a keycard (fob) to enter through the northwest doors of the church – those closest to the Adoration Chapel.
- Keycards (fobs) will be given to those adorers who are signed up during the night.

Your Adoration Hour

- Please arrive a few minutes before your scheduled hour and sign in.
- It is important that you stay for your entire hour.
- Begin and end your hour by praying the “Even or Odd Hour” prayer with the other adorers. These prayer are on the prayer cards found in the chapel.
- Please turn off or place cell phones on vibrate for emergencies.
- There should be no eating or drinking in the chapel.
- Children are welcome. Please encourage silent and respectful behavior.
- Spend your hour with Jesus each week in prayer.
 - * Meditate/pray with Scripture.
 - * Offer prayers from a prayer book.
 - * Pray the Rosary or the Divine Mercy Chaplet for your intentions, and for the intentions of the sick and dying
 - * Speak to Jesus heart to heart, or simply allow His presence to fill you with peace and love in silence.
 - * Spiritual reading. There are many books located in the Adoration library.
 - * Pray for the needs listed in the book of intentions located on the sign-in table.

Adoration Library

- There are many books available on the shelves outside the Chapel to aid you in your Holy Hour. You are also welcome to bring your own material.
- Any literature which you want to donate to the Adoration Library is to be left at the parish office. Please do not add to the library directly yourself.
- You may “check out” books from the Adoration Library using the checkout clipboard and crossing your name off when you return the book. Remember that others may be using these same books for prayer so please return books as soon as possible.

If you can't make your scheduled hour

Someone must be present whenever the Blessed Sacrament is exposed. If you are unable to keep your hour with Jesus, please:

- Contact another adorer who is scheduled during your same hour.
 - * *If that adorer will be there, another adorer is not needed.*
- **If no scheduled adorer will be present at that hour, a substitute must be found.**
 - * Call someone on the substitute list to take your hour.
 - * Trade with someone from another hour.
- If unable to find a substitute
 - * For daytime/evening hours please contact Sue Ripplinger or the parish office between 8am - 5pm at (701) 612-2478.
 - * For hours between 5pm - 6am contact Deacon Ted LeMier at (701) 238-6991.

Extended Absence

In the event that you will be gone for an extended period, please inform the parish office and the other adorers at your hour so that steps can be taken if needed to cover your hour.

What to do if the Adorer for the next hour does not come

Whereas Jesus may be left alone in the tabernacle, **He cannot be left alone** when exposed in the monstrance. You **should not** leave until the next adorer arrives.

If you are unable to stay

- **8am - 5pm**
 - * Contact someone in the parish office and someone will arrive. **(701) 235-5757**.
 - **5pm - 9pm**
 - * Contact a priest in the rectory: **(701) 612-2482**.
 - **9 pm - 6am**
 - * Repose the Eucharist in the tabernacle. All EMHCs already have the ability to do this. From official Church discipline we read, "*Only an ordained minister may impart Benediction with the Blessed Sacrament. However, should no priest or deacon be available, an authorized extraordinary minister may perform a simple reposition of the Eucharist.*" (see the 1973 document "Eucharistiae Sacramentum" of the Congregation for Divine Worship, Nos. 91-92).
 - * If you are not an EMHC, you may temporarily do this until approved as EMHCs, even if for adoration only, and not Mass.
 - * Please notify the office during business hours if you had to repose the Eucharist.
- 6am - 8am**
- * Contact a priest in the rectory: **(701) 612-2482**

Sometimes a storm comes up (summer or winter) in the middle of the night that catches everyone a bit off-guard. It would be too difficult and sometimes unnecessary to cancel adoration for every storm warning/watch. However we want you to have options when you must make decisions for yourselves.

If a storm or other emergency arises and your replacement does not come or you need to leave repose the Eucharist in the tabernacle as listed above.

If Adoration is cancelled

- A planned cancellation will be posted in the bulletin and at the sign-in table outside the Chapel.
- In the case of a non-weather or weather cancellation it will be on the front page of the parish website (www.stsaaj.org) and an email or text will be sent.

Adoration Changes

If you need to make changes to your adoration hour(s), please contact Sue in the parish office at (701) 612-2478 or sripplinger@stsaaj.org.

Eucharistic Adoration Substitute List

Daytime:

Marilyn Berry	(701) 238-3606
John Clark	(701) 306-3369
Scott Hennen	(701) 367-2054
Deb Liebel	(218) 244-1470 <i>8am-midnight</i>
Faith Kalmoe	(619)987-9984 <i>Wed. 2pm - 5pm</i>
Bridget Knudson	(701) 541-6595
Mary Rutten	(218) 329-0105
Kirsten Ulmer	(701) 400-0113
Monica Zuniga	(701) 200-3223

Evenings: 5pm - midnight

Elissa Berg	(701) 610-8598
Lisa Christianson	(701) 793-2771
Tammy Hoffer	(701) 690-8602
Dori Picard	(952) 210-2219
Josh Watson	(858) 798-6118 <i>anytime after 3pm</i>

Nights: Midnight - 6am

Chris Ahlers	(701) 893-8249 <i>Wednesdays</i>
Jim Picard	(952) 220-0014

For confidentiality purposes please keep substitute numbers private.

If you unable to find a substitute

- For daytime/evening hours please, contact Sue in parish office between 8am - 5pm at (701) 612-2478.
- For hours between 5pm - 6am please contact Deacon Ted at (701) 238-6991.

**Adoration Cancellation Dates and Time - 2026
Holiday/Special Days**

Sacred Triduum – April 2-3

No Adoration Holy Thursday & Good Friday

Ends Wednesday, April 1 at 9pm

Resumes Monday, April 6 at 7:30am

Memorial Day – May 25, 2026

No Adoration on Memorial Day

Resumes Tuesday, May 26 at 7:30am

4th of July – July 4, 2025

Ends Thursday, July 2 at 7 am

Resumes Monday, July 6 at 7:30am

Labor Day – September 7, 2026

No Adoration on Labor Day

Resumes Tuesday, September 7 at 7:30am

Thanksgiving – November 26, 2025

Ends Wednesday, November 25 at 7am

Resumes Monday, December 1 at 7:30am

Christmas & New Year

Ends Friday, December 18, 2026 at 7am

Resumes Monday, January 4, 2027 at 7:30am

How to Pray a Holy Hour

The GREGORIAN INSTITUTE at Benedictine College, Kansas

To pray a holy hour, all you need is a tabernacle with a lit sanctuary lamp, a Bible, and perhaps a Compendium of the Catechism of the Catholic Church (*available online*).

Three Rules

1. Be Silent. Don't rattle prayers or silently review stresses. Be still exteriorly and interiorly.
2. Be Attentive. It's not simply a reading hour - reading should be an entry-point to prayer.
3. Be Alert. Sit, stand, or kneel respectfully.

Quick tip: If you get sleepy, stand up!

Minute-by-Minute There is no one way to pray a holy hour. The following might help if you get lost in the hour, but feel free to reconfigure it to suit your needs.

:00-:05 – Begin

First 5 Minutes: Ask the Holy Spirit to help you, then make acts of faith, hope and charity. Tell God how you believe, trust and love him. Ask for more faith, hope and love.

Quick tip: There are great prayers to the Holy Spirit and Acts of Faith, Hope and Love in the Compendium.

:05-:15 – Adoration

Next 10 Minutes: Adore God. He holds the universe like a seed in the palm of his hand. He is all powerful, all good, more beautiful than we can imagine, and more real than the small things that we grasp so easily. Imagine Christ sitting with you.

Tell him: “Oh my God, I adore your divine greatness from the depths of my littleness; you are so great, and I am so small.” or “Glory be ...” Repeat as long as necessary.

Quick Tip: Try the Te Deum in the Compendium. Scriptural helps for adoration - Exodus 33:18-23; Song of Songs 2:8-17; Matthew 2:1-11; John 1:1-18; Colossians 1:15-20; Philippians, 2:6-11.

:15-:25 – Contrition

Next 10 Minutes: Offer reparation. It's not your love for God, but his for you that saves. Examine your conscience. Offer reparation for the sins of the world. Pray: “Oh my Jesus, I am so sorry. Forgive me.” (Imagine Jesus on the cross; kiss each wound.)

Quick tip: Scriptures for contrition - 1 Corinthians 13:4-7; Colossians 3:5- 10; 1 Timothy 1:12-17; James 3:2-12; 1 John 1:5-2:6; Penitential Psalms: 6, 32, 38, 51, 102, 130, 142.

:25-:40 – Meditation

Next 15 Minutes: Contemplate God's action. You may wish to meditatively pray the Stations of the Cross or a Rosary.

Scriptural meditation. Read a brief Gospel passage. Imagine the scene. Notice Christ's reactions. Think of three ways the passage applies to your own life. Meditate on each line.

Doctrinal meditation. Read Scripture or Catechism passages that apply to a doctrine of the Church. Appreciate God's plan and find ways it applies to you. (Perhaps: Sun, Resurrection; Mon, Incarnation; Tues, Mercy/confession; Wed, Holy Spirit; Thurs, Eucharist; Fri, Passion; Sat., Mary).

Life meditation. Deepen your examination of conscience, look at your own life. Which kind of pride do you most fall into? Selfishness (valuing yourself most), Vanity (valuing others opinions most), Sensuality (valuing comforts most). Pray for the opposite virtues: Charity (serving others first), Fidelity (putting Christ's opinion first), Discipline (accepting your crosses).

:40-:50 – Thanksgiving

Next 10 Minutes: Express gratitude for all God's gifts. He didn't just create you, he sustains your existence out of love in every moment. Thank him for literally everything, and be specific: food, shelter, clothing, health, family, friends, teachers, coworkers, home, and most of all spiritual gifts - faith, hope, love, this time of prayer, the Catholic faith, the disciples who reached you.

Thank God for answers to prayer. Thank him for crosses. Thank him for creating you and caring so much for you that he died for you.

Quick tip: Scriptures for thanksgiving - Genesis 1; Genesis 8:15-22; Job 1:13-22; Daniel 3:46 ff.; Matthew 6:25-34; Luke 17:11-19; Psalms: 8, 65, 66, 100, 111.

:50-:55 – Petition God

Next 5 Minutes: Ask God for what you and others need. He is the king of the universe. He's in control, even when it isn't obvious.

Pray for: The Church, the Pope's intentions, for those who are suffering, for priests and bishops, for religious, for vocations, for your country, your family, for what you need most in the spiritual life. Pray for peace and the protection of the institution of the family. Pray for those who have asked for prayers.

:55-1:00

Final 5 Minutes: Make a resolution to act on a light of the Holy Spirit you received: something doable and checkable.

Ask the Blessed Mother to help you, perhaps with Marian prayers from the Compendium.