

# Visit to the Blessed Sacrament

I place myself in the presence of Him, in whose Incarnate Presence  
I am before I place myself there.

I adore You, O my Savior, present here as God and as man, in soul and in body, in true flesh and blood.  
I acknowledge and confess that I kneel before that Sacred Humanity, which was conceived in Mary's womb,  
and lay in Mary's bosom; which grew up to the age of twelve, wrought miracles,  
and spoke words of wisdom and peace; which in due season hung on the cross,  
lay in the tomb, rose from the dead, and now reigns in heaven,  
I praise, and bless, and give myself wholly to Him,  
who is the true Bread of my soul, and my everlasting joy.

*John Henry Cardinal Newman (1801-1890)*

## Vermont Parishes offering Eucharistic Adoration

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| <b>St. Charles Church</b><br><b>Bellows Falls</b>                  | 802-463-3128<br>Perpetual Adoration 24 hours a day, 7 days a week  | <b>St. Ann Church</b><br><b>Milton</b>                             | 802-893-3701<br>First Friday 9:00 a.m. through 1:30 p.m.  |
| <b>Cathedral of the Immaculate Conception</b><br><b>Burlington</b> | 802-658-4333<br>First Friday following 7 a.m. Mass until 12:05   | <b>St. Augustine</b><br><b>Montpelier</b>                          | 802-223-5285<br>Monday 5:a.m.-Sat. 4:00 p.m.  |
| <b>St. Joseph Co-Cathedral</b><br><b>Burlington</b>                | 802-863-2388<br>First Saturday of every month after 8 a.m. Mass  | <b>St. Mary Star of the Sea Adoration Chapel</b><br><b>Newport</b> | 802-334-5066<br>Third Friday of the month from<br>3 p.m. Friday to 3 p.m. Saturday  |
| <b>St. Mark</b><br><b>Burlington</b>                               | 802-864-7686<br>Perpetual Adoration 24 hours a day, 7 days a week  | <b>St. John the Baptist</b><br><b>No. Bennington</b>               | 802-447-7504<br>Each Wednesday 5p.m.-6 p.m.   |
| <b>St. Joseph</b><br><b>Chester</b>                                | 802-875-2610<br>Every Friday 6:30-7:30 p.m.  | <b>Our Lady of the Holy Rosary</b><br><b>Richmond</b>              | 802-434-2521<br>First Fridays 9 a.m. to 6 p.m.  |
| <b>Holy Cross</b><br><b>Colchester</b>                             | 802-863-3002<br>Every Friday following 9:00 a.m. Mass<br>First Fridays Adoration continues until 12:00 noon          | <b>St. John the Evangelist</b><br><b>St. Johnsbury</b>             | 802- 748-8129<br>Perpetual Adoration 24 hours a day, 7 days a week  |
| <b>St. Edward the Confessor</b><br><b>Derby Line</b>               | 802-873-3522<br>Mondays from 9:00 AM to 6:00 PM Tuesday  | <b>St. Benedict Labre</b><br><b>West Charleston</b>                | 802-766-2425<br>First Saturday of the month from<br>8:00 PM on Saturday to 11:00 AM Sunday  |
| <b>Holy Family/St. Lawrence</b><br><b>Essex Junction</b>           | 802-878-5331<br>Tuesday evenings 6 – 8<br>First Fridays<br>following 8:30 a.m. Mass – 10 a.m.                        | <b>Our Lady of Fatima</b><br><b>Wilmington</b>                     | 802-464-7329<br>Every Wednesday from Noon to 7pm  |
| <b>St. Patrick Church</b><br><b>Fairfield</b>                      | 802-827-3203<br>Every Wednesday 8:30 a.m. to 8 p.m.  | <b>St. Francis of Assisi</b><br><b>Windsor</b>                     | 802-674-2157<br>Mondays and Thursdays from 3:00 to 4:00 p.m.,<br>First Fridays from 6:30 p.m. to 7:30 p.m.                                |
| <b>St. Luke</b><br><b>Fairfax</b>                                  | 802-849-6205<br>First Friday<br>Holy Hour beginning with Mass at 9 a.m.<br>concluding with Benediction at 10:30 a.m. | <b>Our Lady of the Snows</b><br><b>Woodstock</b>                   | 802-457-2322<br>Every Friday morning following 9:00 a.m. Mass<br>On First Fridays, the Adoration schedule is expand<br>ed to three hours. |
| <b>Our Lady of Seven Dolors</b><br><b>Fair Haven</b>               | 802-265-3135<br>Every Friday 9a.m. to 9a.m. on Saturday  |  |   |
| <b>St. Mary</b><br><b>Franklin</b>                                 | 802-933-8921<br>First Fridays 9 a.m. to 12 a.m.  |  |   |