

# Advent 40 Hours Devotion



## Thursday, December 6

*St. Nicholas*

6:30 p.m. – 7:30 p.m.	Bilingual Mass
7:30 p.m. – 9:00 p.m.	Thirst Adoration & Confession
9:00 p.m. – 10:00 p.m. 10:00 p.m. – 11:00 p.m. 11:00 p.m. – 12:00 a.m.	Silent Adoration

3:00 p.m. – 4:00 p.m.

Divine Mercy Chaplet  
*Starting @ 3:00*

4:00 p.m. – 5:00 p.m.

5:00 p.m. – 6:00 p.m.

6:00 p.m. – 7:00 p.m.

Silent Adoration

7:00 p.m. – 8:00 p.m.

Immaculate Conception  
Vigil Mass (Spanish)

8:00 p.m. – 9:00 p.m.

Silent Adoration  
& Confession

9:00 p.m. – 10:00 p.m.

Silent Adoration

10:00 p.m. – 11:00 p.m.

11:00 p.m. – 12:00 a.m.

Adoration and  
Nocturnal Liturgy of  
the Hours

## Friday, December 7

*St. Ambrose*

1:00 a.m. – 2:00 a.m. 2:00 a.m. – 3:00 a.m. 3:00 a.m. – 4:00 a.m. 4:00 a.m. – 5:00 a.m. 5:00 a.m. – 6:00 a.m. 6:00 a.m. – 7:00 a.m. 7:00 a.m. – 8:00 a.m.	Silent Adoration
8:15 a.m. – 9:00 a.m.	School Mass and Rosary
9:00 a.m. – 10:00 a.m. 10:00 a.m. – 11:00 a.m. 11:00 a.m. – 12:00 p.m. 12:00 p.m. – 1:00 p.m. 1:00 p.m. – 2:00 p.m. 2:00 p.m. – 3:00 p.m.	OLMC School Hours <i>All are welcome to join our students, especially families with young children.</i>

## Saturday, December 8

*Immaculate Conception (Holy Day of Obligation)*

1:00 a.m. – 2:00 a.m.

2:00 a.m. – 3:00 a.m.

3:00 a.m. – 4:00 a.m.

4:00 a.m. – 5:00 a.m.

Adoration and  
Nocturnal Liturgy of  
the Hours

5:00 a.m. – 6:00 a.m.

6:00 a.m. – 7:00 a.m.

7:00 a.m. – 8:00 a.m.

8:00 a.m. – 9:00 a.m.

9:00 a.m. – 10:00 a.m.

Silent Adoration

10:00 a.m. – 11:00 a.m.

Solemn Mass  
*Ending with Eucharistic  
Procession*

Two scheduled adorers are needed for each hour of adoration

In addition to the scheduled adorers, all are welcome to come adore at any hour

Sign-up in the commons or email Heber Dunkle at [hdunkle@olmc.org](mailto:hdunkle@olmc.org)



## **What is the Forty Hours Devotion?**

The practice of exposition and Benediction began in Medieval times. The feast of Corpus Christi, or the Body and Blood of Christ, began during this time. On that feast day the Eucharist is placed in a monstrance and carried in procession. Eventually a custom arose in Germany of keeping the Eucharist exposed to view for a certain period of time in church. In France and elsewhere it became the custom to gather in church after work to sing songs to Mary. Over time the two services merged: songs and chanted prayers accompanied the period when the Eucharist was exposed.

In relation to this, the Forty Hours Devotion is a special period of continuous prayer during which the Eucharist is exposed in a monstrance for adoration. The devotion begins with a Mass followed by continuous adoration over a 40-hour period, and it ends with a Mass and Benediction. In the Bible the number 40 is associated with a sacred period of time: the rain at the time of the flood of Noah lasted 40 days and nights, and the Hebrews wandered in the desert for 40 years on the way to the Promised Land. Jesus fasted for 40 days before beginning his public ministry. It is also associated with the number of hours that Jesus spent in the tomb between his Crucifixion and Resurrection. The devotion was promoted by both Saint Philip Neri and Saint Ignatius of Loyola in the 1500s. In the United States, Saint John Neumann (1811-1860), bishop of Philadelphia, helped spread the devotion.

## **Why are we sponsoring a Forty Hours Devotion at Our Lady of Mount Carmel?**

December 2 marks the beginning of the season of Advent, and December 8 is the Feast of the Immaculate Conception of the Blessed Virgin Mary. What better way to prepare for the birth of our Savior at Christmas than spending time with him in his Eucharistic presence, inviting Mary to lead us closer to him, from her Immaculate Heart to his Sacred Heart, as we pray for healing and unity in our Church, our country, and the world?

