



**ST. BARNABAS CATHOLIC CHURCH**

*3955 Orange Avenue  
Long Beach, CA 90807*



**FIRST FRIDAY EUCHARISTIC ADORATION SCHEDULE**

*"Could you not watch one hour with me?" (Mark 14:37)*

***Adoration of the Blessed Sacrament  
every first Friday of the Month  
from 8:30 AM to 6:15 PM with various devotions  
and moments of silent prayer throughout that time.  
\*Mass at 8:00am & 6:30pm\****



- 8:00 - 9:00... **HOLY MASS & EXPOSITION OF THE BLESSED SACRAMENT**
- 9:00- 10:30... **SILENT ADORATION**
- 10:30-11:00... **HOLY ROSARY THE SORROWFUL MYSTERY & CENACLE PRAYERS (MARIAN MOVEMENT GROUP)**  
OPENING SONG (O' SACRED HEART) AND PRAYERS,  
CONSECRATION TO THE SACRED HEART OF JESUS AND THE IMMACULATE HEART OF MARY
- 11:30 -12:00... **DEVOTION TO THE MOST PRECIOUS BLOOD OF OUR LORD JESUS CHRIST**  
(BY THE LEGION OF MARY)
- 12:00... **ANGELUS**
- 12:00-12:30... **INTERCESSORY PRAYER**
- 12:30- 12:45... **OUR LADY OF GUADALUPE DEVOTION PRAYERS /HOLY ROSARY -THE GLORIOUS MYSTERY**
- 1:00-3:00... **SILENT ADORATION**
- 3:00-3:30... **CHAPLET OF THE DIVINE MERCY/ DIVINE MERCY PRAISES & PRAYERS FOR VOCATIONS**
- 3:30-4:15... **SILENT ADORATION**
- 4:15-4:30... **NOVENA PRAYER TO SAINT PEREGRINE, PATRON SAINT OF CANCER PATIENTS**
- 4:30-4:50... **HOLY ROSARY THE MYSTERY OF LIGHT/LUMINOUS (BY FIL-AM ASSOCIATION)**
- 4:50-5:15... **CHAPLET OF THE SEVEN SORROWS OF MARY (BY COUPLES FOR CHRIST)**
- 5:15-6:15... **THE NINE OFFICES OF THE SACRED HEART OF JESUS**
- 6:15... **BENEDICTION/REPOSITION OF THE BLESSED SACRAMENT / CLOSING PRAYER**
- 6:30 ... **HOLY MASS**

**All are welcome at any time to come visit with Our Lord!**

"The Church and the world have a great need of Eucharistic worship. Jesus waits for us in this Sacrament of Love. Let us be generous with our time in going to meet Him in adoration and in contemplation that is full of faith... May our adoration never cease."

– Saint John Paul II

*Come to Me, all of you who are weary and find life burdensome, and I will refresh you  
(Matthew 11:28)*