



Exposition and Adoration of the Blessed Sacrament in the Archdiocese of Melbourne

"I have a burning thirst to be honoured by men in the Blessed Sacrament". ~ (Jesus speaking to St. Margaret Mary Alacoque)

Parish	Suburb	Adoration times
St Mary's	Ascot Vale	Tuesday 9:30am -10:30am. (after 9am Mass) Saturday 10am-11am (after 9:30am Mass)
St Louis de Montfort	Aspendale	First Saturday 4:30pm
St Martin De Porres	Avondale	Wednesdays after 9:15am Mass
St Bede's	Balwyn North	Fridays, after 9.15am Mass
Our Lady of Lourdes	Bayswater	Mon/Wed/Thurs/Fri 8:30am (before 9am Mass) Tuesdays at 6:30pm (before 7:30pm Mass)
Stella Maris	Beaumaris	Saturdays 9:45-10:15am
St Michael's	Bell Park	Fridays after 11am Mass until 12pm (First Fridays until 3pm)
St Scholastica's	Bennettswood	Tuesday after 9am Mass till 10am. Wednesday 10-11am
St Philip's	Blackburn North	Thursdays after 9am Mass till 11am. First Friday devotions, 7pm -10pm
St Luke the Evangelist	Blackburn South	Wednesdays 7pm
St Francis Xavier	Box Hill	First Friday 11am
St Clare's	Box Hill North	Saturdays 8am-9am
St Joan of Arc	Brighton	Tuesday 6:30-6:50pm (before Mass) First Friday 6:30pm-7:30pm
St Margret Mary's	Brunswick North	First Friday 8am-9am. Sundays 3pm-4pm
St Clement of Rome	Bulleen	Saturdays 8:40am (with Marian Devotions)
St Benedict's	Burwood	10am-10pm Mon-Fri
Basilica of Our Lady of Victories	Camberwell	1st Saturday of the month 9am (prior to Mass)
St Dominic's	Camberwell East	Divine Mercy Adoration group, Fridays 10.45am. St Catherine's of Siena Adoration group, Wednesdays 4pm
St Aloysius	Caulfield North	First Friday devotions 6pm
St Peter's (at a chapel)	Clayton	24hr adoration chapel - Purchase a fob at parish office, photo ID required.
St Andrew's	Clayton South	First Fridays 9.15am (with Divine Mercy). Saturdays 9:15am (and confession)
St Francis Xavier	Corio	Tuesdays 6pm
Our Lady's	Craigieburn	First Friday's after 7pm Mass
Sacred Heart	Croydon	Fridays from 8:30am (with Divine Mercy prayers)

"From the Eucharist comes strength to live the Christian life and zeal to share that life with others." ~ Pope John Paul II

"No one eats that flesh without first adoring it, we should sin were we not to adore it." ~ St Augustine of Hippo

St Mary's	Dandenong	Fridays after 9:15am Mass, till 12:30pm Benediction
St Peter Chanel	Deer Park	Saturdays following 8:30am Mass. Adoration Chapel open 24/7
St Gregory the Great	Doncaster	Fridays, after 9am Mass
St Peter's and Paul's	Doncaster East	Fridays, after 9am Communion Service
Christ Our Holy Redeemer	East Oakleigh	Thursdays, after 9am Mass
St Mary of the Angels Basilica	Geelong	Thursdays 9am (before 10am Mass)
St Anthony's	Glen Hunty	Wednesdays 6:40pm Saturdays 9:45 am-10:15 am
St Roch's	Glen Iris	Wednesdays after 5:30pm Mass until 7pm
St Kevin's	Hampton Park	First Friday devotions after 7pm Mass.
St Brigid's	Healesville	Thursday's 8am - 9am First Friday's 9:45am - 10:30am
St John's	Heidelberg	Wednesdays 7:30pm. Fridays after 9:15am Mass
St James the Apostle	Hoppers Crossing North	First Friday after 7:30pm Mass till 9pm
St Bernadette's	Ivanhoe East	First Fridays after 9:15am Mass
St Mary's Magdalen's	Jordanville	Fridays 11am, before Mass at 12pm
St Mary MacKillop	Keilor Downs	Tuesdays 7pm
St Peter the Apostle	Keilor East	Fridays at 10:30am, after 9.15am Mass
St Patrick	Kilmore	Thursdays after 9am Mass
St Jude's	Langwarrin	Tuesdays following 7pm Mass (Adoration and Novena to St Jude)
St Patrick's	Lilydale	Tuesdays, Wednesdays, Friday's 8am-9am Wednesday 7:30pm (with Rosary)
St Mary's	Malvern East	Thursdays following 9:15am Mass until 10:30am
St Francis Xavier	Mansfield	First Friday's 8:45am -9.15am
St Patrick's Cathedral	Melbourne	Thursdays 6:30pm. Fridays after 1pm Mass until 2:15pm in Sacred Heart Chapel
St Francis (Eucharistic Shrine)	Melbourne	Mon-Fri 8am-10:45am and 1pm -5:15pm. Sat 8:30am - 12:15 and 1pm-5:15pm (not on Sunday or Public Holidays)
St Dominic's	Melton	Thursdays after 9:15am Mass
St Joseph's	Mernda	Sundays 4pm-5pm
St Francis of Assisi	Mill Park	Second Saturday of the month 6:30pm - Mass followed by prayers for healing and Adoration
St Catherine's	Moorabbin	Thursdays 5:15pm - 7:30pm
St Brigid's	Mordialloc	Fridays 10:30am
St Macartan's	Mornington	Friday's after 9:15am Mass (1st Friday's include anointing/healing Mass) First Saturday after 9:15am Mass. Before Youth Mass (2nd &4th Sundays of the month 3:30-4:30pm)
St Thomas More	Mount Eliza	Tuesdays 6pm (after 5:30pm Mass). Fridays 9am (before 10am Mass)
St Mary's	Mount Evelyn	Fridays 8am (Confession available)

"Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration." ~ St Mother Teresa

Holy Family	Mount Waverly	Tuesdays 7:30pm (Confession available). Wednesdays after 9:15am Mass (for 30mins)
St Patrick's	Murrumbeena	Saturdays after 9:15am Mass (Confession available)
Sacred Heart	Oakleigh	Fridays, after 9am Mass
St Kevin's	Ormond	Thursdays after 9:15am Mass (Confession available)
Holy Spirit	Ringwood North	Wednesdays in Chapel, 7:30pm-8:30pm (Rosary and music/ in Lent stations)
Our Lady of Fatima	Rosebud	Thursdays 5pm-6pm
St Simon's	Rowville	Fridays 6pm - 7pm
Sacred Heart	Sandringham	Wednesdays 8:45am-9:10am
Immaculate Conception	Seymour	Fridays 6pm. First Friday Devotions 9:30am - 10:30am (after 9am Mass)
St Mary's Star of the Sea	Sorrento	First Friday after 9:15am Mass (until 10am)
Holy Trinity - St Nicholas Russian Catholic Church	St Kilda East	First Friday Devotions 6pm
St Clare's	Thomastown	First Friday after 9:15am Mass
St Mary Magdalen's	Trentham	First Fridays 3pm.
St Luke's	Wantirna	Mon/Tues/Thurs/Fri 8:25am (Before 9am Mass). Wed 7:30pm-8:30pm (after 7pm Mass)
Sacred Heart	Warburton	1st Thursday of the month 6pm
St Mary's Star of the Sea	West Melbourne	Thursdays after 12:30pm Mass
St Thomas A Becket	Yarra Junction	Thursdays 6pm (except 1st Thurs of month)

Note: This list was curated by the Emmanuel Community Melbourne for the purpose of its members attending Adoration more frequently. This information was accessed via individual parish websites. If there is any information outdated or missing it is not intentional. Please contact us on emmanuelcommunitymel@gmail.com if you have corrections or updates.

“Jesus guides us in adoration of his Eucharistic Heart, He invites us to remain in his Love by spending long periods adoring his Body (day and night) so as to allow ourselves to be touched by the breath of his Love.” ~ Pierre Goursat, Founder of the Emmanuel Community.