

## What Parishioners Say of Their Holy Hour with the Lord

What began as an hour of “duty” with a sense of curiosity has become so much more than that. I didn’t know quite what to expect when I first began Eucharistic Adoration. Would Jesus speak to me during that time? Would my eyes be opened to heavenly wonders? Would I feel holier when I finished my hour?

Quietly sitting in the Eucharistic presence of our Lord can be a powerful experience. This is not to say that it is always easy to sit with uninterrupted focus for an hour. It often isn’t easy, but it IS good mental discipline. Sometimes I might be shouldering a particularly gnarly problem and find it difficult to give Him my full attention because of the distraction. At times like those, I let the problem play itself out in my mind. Unfailingly, Jesus helps me see my problem in the proper perspective. Calmness prevails and focus returns. At other times, I am merely comforted by His presence and gain a sense of peace.

The very name, Adoration of the Blessed Sacrament, compels us to spend time in *adoration* of Him. So, I spend time contemplating Jesus’ short life and His ultimate sacrifice for us. How humbling that is! I cannot help but want to please Him, even if it is my own weak human attempt at repayment. But I know that simply being with Him during that one hour a week is something He asks of me.

Prayers of praise, thanksgiving and intercession also fill my Holy Hour. It is the perfect time to spend in prayer. And my bible is never far away.

And I don’t forget about our Blessed Mother during my hour of adoration. A meaningful Rosary honors her and pleases her Son. She has made her presence known to me during that hour, and that has filled me with joy. It is no wonder that I love the Marian feast days!

Adoration has been a big part of my faith journey. Believing in His presence in the Eucharist has strengthened my faith. When, for some reason, I am unable to make my Holy Hour, I feel a sense of loss. Spending an hour with our Lord has kept me grounded, given me peace, makes me feel closer to Him.



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Lent was beginning and I thought this would be a beneficial devotion. I wondered how I’d spend an entire hour in the church without the Mass or music. After several weeks, though, I realized that this was something that was missing in my prayer life; a quiet time when I was able to turn my thoughts away from the many concerns of my life and concentrate on Jesus. With all the responsibilities of daily life, I find it most difficult to set aside more than a few minutes to reflect and pray. Consequently, I look forward to this hour. Perhaps, you can make time on Friday to pray before the Eucharistic Presence.

Eucharistic Adoration is a powerful and very special way of becoming closer to God. I have participated for several years and am always amazed at its effect on me. Where else can you sit before God and close the door on all the worries, fears, and disappointments of the material world? Peace and purpose are what I inevitably gain from this hour of meditation. What is most essential is to simply be quiet (for once!) and LISTEN. Surprisingly, problems are often solved as a result, or at least they don’t seem as important. I always thought Eucharistic Adoration was a way to give back just a little to God for His abundant blessing. However, I ironically have found that Eucharistic Adoration is in itself yet another blessed gift Jesus bestows on us. By giving only one hour of yourself each week, you too can share in this wonderful gift.



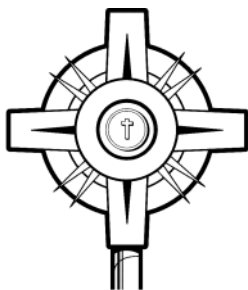
*Solemn Exposition  
of the Blessed Sacrament*

Eucharistic Adoration provides a setting to turn off all of the distractions and spend quality time with the Lord. It is a time to give thanks, ask for help, and reflect on the word and the goodness of God. For me, Eucharistic Adoration is the cornerstone of my communication and prayer.

Eucharistic Adoration sometimes seems like a loving mother, when she slips into your bedroom at night and pulls the blanket over you and quietly kisses you in great love. Adoration lays a blanket of spirituality upon you without your even knowing that it is happening. Like the blanket of your mother, that allowed you to have a peaceful sleep, Eucharistic Adoration gives you a more peaceful and blessed life.

Almost three years ago I was approached about becoming a Eucharistic Adorer. Feeling somewhat intimidated at such an honor, I thought about it for a few weeks before saying, "Yes." I felt so lighthearted having our Lord to Myself. That hour went by so fast, I did not realize it was time to leave until the scheduled person for the next hour arrived. I could hardly wait for the next week to come so that I could, once again, spend an hour with our Lord in the Eucharist.

Since I began my hourly commitment each Friday, I have found peace with many concerns that weighed on my shoulders. I have found strength, inspiration and enlightenment. That hour in the church has become the time when I can forget about my troubles and be at peace. Won't you become a weekly adorer so that you, too, will gain a deeper perspective on your life and enjoy the peace that Jesus brings?



### *Solemn Exposition of the Blessed Sacrament*



An hour of Eucharistic Adoration seems ... so little, when we who live here have received so much!

Will you prayerfully consider spending a weekly hour with our Lord Jesus? Know that we have a substitute list of 20 persons ready to replace you whenever you must be absent, whether it's a day, a month, or longer. For more information, contact **Ed Tolsdorf** for St. Patrick at 296-1218, or **Jacqueline Henss** for Our Lady of the Pines at 419-0815

When I walk in the side door of the church on Friday, it's a different world. Immediate peace and security engulf me; all the everyday worries and cares seem to fade, and even if there are several other people in the church, I feel I am the only one with the Lord. It is my one-on-one time with Him! The time passes so quickly, but it is a time for me to finish off the week and start another with faith and hope.



I never believed I would have the time for one entire hour a week to spend in prayer, but I am so pleased Jesus enabled me to make the sacrifice. This one hour each week gives me time to be in God's presence—just He and I—a time to thank Him for everything He is and a time to listen to what He has to say to me. Having a constant companion with whom to share my joys, failures, disappointments and successes helps me to sort out the events and experiences of every-day life.

I am unable to commit to a weekly hour, so I offered to be a substitute. I am so glad when I can be there with Jesus—it is so peaceful. In that quiet hour, free from the noise so prevalent everywhere, I easily feel the presence of our Blessed Lord so close. Thank You Lord—may You be praised forever. Heart of Mary pray for us.

When I was asked to become a weekly adorer of our Lord in the Eucharist, I said, yes, simply because I believed it was my duty because I loved God. Later, when my daughter died, I found consolation, comfort and peace in that hour each week. The Lord has shown me so much about myself that has made a positive difference in my spiritual life and my relationships with others.

Jesus tells us through His saints of His longing for our love and of His great pleasure when we make time to visit Him in the Blessed Sacrament. I personally know the truth of this for whenever I'm driving by the church, no matter that my mind is occupied, I hear in my heart a call to visit Him. How can I say no to my Dearest Friend? How blessed we are to have access to the church because of the keyless lock. There is such Love that awaits—a Love that *alone* fulfills the longing of every human heart.

I am in awe that the Creator of the Universe—Love personified in Jesus—desires that I spend an hour with Him each week! Nowhere else am I able to experience the awe of our Creator, Redeemer and Sanctifier than here before the Lord in the Blessed Sacrament—the second grace this Sacrament confers after that of Holy Communion.

When I kneel before our Lord in the Sacrament of Love, just as at Holy Mass, I am led to ask forgiveness for my failures at loving. There, bathed in His mercy, I feel cleansed just as when I receive absolution in the confessional. Then, I just open my heart to however He desires to lead me—in prayers of praise, of worship, of gratitude, and simply sharing ... everything. Because our Blessed Mother has told us that she is “always present when the faithful are adoring,” how I delight in the presence of both. Some time during the hour, I usually pray the Chaplet of Divine Mercy for all those dying that day and for the souls in purgatory, occasionally an extra rosary of Mary's sorrows. At times, I'm prompted to pray unceasingly the prayer: “Oh, My Jesus, in the Most Blessed Sacrament, may You be praised, adored and loved, with grateful affection, at every moment, in all the tabernacles of the world, even until the end of time.”

When I am alone, I usually feel prompted to pray the Stations of the Cross. Has he not pleaded with us through the saints to meditate on his passion? Outside of my weekly hour, when my visit has been lengthy, and I'm alone, love has me singing all the songs that I know in the hymnal!

Occasionally, I come before Him with my mind occupied with some serious matter that requires a decision that I have been unable to make. I bring it before Jesus, but I do not dwell on it endlessly. Some time during the hour, I find that I

have been given the direction in which to go. If not, I'm given the peace to wait a little longer.

To know myself is my personal quest so that nothing remains hidden. This wonderful hour is the “place” where Jesus is able to open the door to my soul, revealing to me all that still remains an obstacle to my becoming Love. Such a kind Father is He, only revealing a little at a time, lest I become discouraged. In revealing my inner self to me, He reveals *His* dear Heart and I come to know Him more fully and to love Him more deeply. Jesus is truly the Great Physician, for who but He knows me through and through? Who but He can perfectly heal all that needs healing and direct me along His perfect will?

Since Jesus told St. Faustina that we pray for too little, I pray for a great deal!, The needs are endless, as my heart takes in the disorder and suffering of the whole world. I feel that the prayers are His, really. I cannot but pray the desire of Jesus' Heart, that the Catholic Churches of the world will be filled with lovers of Christ who seek His Presence in the Blessed Sacrament, for therein is the world's peace that only He can give.

Archbishop Fulton Sheen who kept a Holy Hour with our Eucharistic Lord every day of his life as a priest said, “The Holy Hour is a sharing in the work of redemption ... Jesus asked for an hour of reparation to combat the hour of evil.” That *is* our mission.

