



### **ENCOUNTERING CHRIST IN EUCHARISTIC ADORATION**

Through this personal sharing, I would like to warmly invite you to deepen your relationship with Our Lord, and to loving Jesus in Eucharistic adoration, by taking a weekly holy hour.

Let us ask Our Blessed Mother to intercede now and may the Holy Spirit touch hearts to have the courage and generosity to say yes to the invitation to spend a weekly hour with Our Lord in the Blessed Sacrament.

If enough people sign-up for an hour, your parish can offer Eucharistic or perpetual adoration of Jesus truly present in the most Holy Eucharist.

I would like to share a bit of my own journey.

I am a cradle Catholic, but for many years I didn't truly understand the depth and beauty of our faith. I drifted away from God until several years ago when, as a family, we began praying the rosary daily and learned more about our Catholic faith. Through this, I developed a great love for our Blessed Mother, who led me back to her Son and helped me to grow in my relationship with Him.

I began attending Mass and adoration more frequently and attended overnight adoration at a parish near me. This parish had expanded its adoration after hosting an adoration sign-up weekend in collaboration with the Apostolate of Eucharistic Adoration that I eventually started helping, whose website is [perpetualeucharisticadoration.com](http://perpetualeucharisticadoration.com). This organization helps parishes to start, expand, maintain, renew or revive Eucharistic or perpetual adoration.

At first, I didn't know how to speak to Our Lord during adoration, so I used a little prayerbook. Over time, I learned to open my heart to Him – to talk to Him about everything: my everyday experiences, my sorrows and the hidden wounds that I had carried for so many years. In His presence, I found healing, consolation, peace, and rest for my soul – He is my refuge. When life is difficult, I go to Him. In His presence, I experience a peace that the world cannot give. I love simply being with Jesus in the Eucharist.

In adoration, I have recalled the words of St. John Vianney, *“I look at Him and He looks at me.”* For a long time, I contemplated its meaning. I’ve come to understand that for me, it’s about a quiet and loving communion and personal encounter with Christ. Adoration doesn’t need to be filled with words – it’s simply about being **in** His presence. The more I gaze upon Him, the more He can transform me. I sometimes don’t know what to say, so I just sit and look at Him. I contemplate His Love, His sacrifice, His sorrow, His presence, and His divinity. All that I am and all that I have comes from Him. No one loves us more deeply than He does, and He longs for us to spend time with Him in adoration.

The saints have profoundly inspired my faith journey and helped me in my relationship with God. Their wisdom and example continue to guide me, and I’d like to share a few of their powerful reflections:

- **St. Faustina said:** “A Holy Hour before the Most Blessed Sacrament so pleases the Heart of Jesus, that every man, woman and child on earth receives a new effect of God’s graces.”
- **St. John Paul II said:** “A Holy Hour helps the one in the world in most need of God’s Mercy.”
- **St. Teresa of Calcutta said:** “Eucharistic Adoration will make your soul everlastingly more glorious and beautiful in Heaven.”
- **St. Alphonsus Ligouri said:** “Our Lord hears our prayers anywhere, but He has revealed to His servants that those who visit Him in the Eucharist will obtain a more abundant measure of grace.”
- **St. John Bosco said:** “Do you want the Lord to give you many graces? Visit Him often. Do you want Him to give you few graces? Visit Him rarely. Do you want the devil to attack you? Visit Jesus rarely in the Blessed Sacrament. Do you want him to flee from you? Visit Jesus often!”

I deeply believe in what the saints teach.

In adoration, I can look at Him and say, “Jesus, I trust in You. I trust in Your love, in Your mercy, and in the plans, you have for me. I do not know where you are leading me, but I place myself in Your care. You will guide me, and I place myself in Your Presence and love, so that I can become more like You.”

I invite you to encounter Jesus in Eucharistic Adoration. We can grow in faith, love and virtue by spending time in His Real Presence – daily or weekly. Since at least one person must always be present during exposition of the Blessed Sacrament, parishes need people to sign-up to spend an hour a week with Jesus.

God loves you and desires to spend time with you. One beautiful way to do this is to sign-up for a weekly holy hour.

God bless you,

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