

I.

This December 5 years ago my son Timmy got very ill. He was dying. One in one million were his odds.

**The first thing I did, I came to the Blessed Sacrament chapel.**

I got on my knees – asked Mary to talk to her Son— I prayed a very long time. I cried a lot. I begged Mary to present my petition to her Divine Son. If you will pray for me I cannot be refused. I know dearest Mother—I love you and Jesus so much—Please pray for me and my whole family— I said so many Hail Marys. For a couple of months there were ups and downs. Timmy wasn't going to make it. He was a miracle.

Jesus came to us through Mary.

Thank you! Thank you! Thank you! All the doctors shook their heads. Jesus sent the miracle!

## **II.**

**Time with Jesus is our Treasure.**

**Adoration of Our Lord in the Blessed Sacrament has given me peace & strength in difficult situations and the ability to focus on what is most important in life situations.**

**“Waiting on the Lord” may seem like it takes time but in my experience it has saved me time. It seems I can accomplish more because I have better focus and God’s direction.**

**I like God’s time & schedule rather than mine because in the long run I am blessed and at peace.**

**I praise God for leading me to this blessed ministry.**

### III.

In our humanness may time we fail to see what the Lord does for us! We think of big of big miracles like the healing of cancer, or bondages to addictions, or the healing of a marriage, but in my case its been peace of reconciliation in my family.

There was so much tension when we got together my son was barely talking to his sister, there seemed to be a hidden anger between both of them. My daughter-in-law is very difficult, my grandson has attention disorder but despite all this we were able to do a Nine day vacation and the Lord brought peace & forgiveness in my son & in his family & in my daught and her family. We were all amazed. Little did they know Mom was on her knees before the Blessed Sacrament for months seeking God's presence and peace on our trip. Even my daughter-in-law said wow, what an awesome vacation!

Thank you Jesus and to his holy Mother Mary.

## IV.

The hour I spend in the Chapel with Jesus is always fulfilling. My spiritual strength goes up a notch each week. To have a hour of prayer in silence is rewarding in itself.

I always feel His presence and his smile when I enter and I know He is happy I am there. And I always stay humble and grateful as I look up high and see the back of Jesus on the cross.

This is my uninterrupted time to converse with him, to thank him for my gifts and for Him giving up his life for me, and to pray, to meditate and to read Scripture and learn more about Him and the Church.

This hour is something I look forward to. To be in His presence is indeed magical.

All Catholics should find time to visit Him and shut out their world for one hour and go into His. It is a "Feel Good" hour. One hour in the Chapel, one hour on Sunday...not much to ask of us. His cross meant He cared for us, we need to give back and care also.

## V.

When I was a child in about the 5<sup>th</sup> grade, I found a book in the school library. I don't remember the name of the book, but I read one paragraph in which a child went to Mass with his grandmother, who had explained the Real Presence to him. The quote was, **“Lift me up Grandma. I want to see Jesus.”**

That quote has stayed with me all these years and at the elevation of the Eucharist, I am the little child who wants to see Jesus.

I signed up for adoration when it was first instituted here at St. Vincent dePaul, For several years I was alone and absolutely loved it. When I had serious problems, I would spend my hour crying and praying. When things were going well, I would sometimes sing hymns.

**My hour a week means the world to me and I am so grateful that we are blessed with this opportunity.**

## VI.

**Eucharistic Adoration has touched my life** since the summer of 2005 when I have enrolled to be a member until the present and as long as I breath.

I know that this is my opportunity to be love and love with true love in my life and in my human society. I feel that Jesus Christ is there to listen to my distressed or happy conversation, or I just sit there to see and feel his love that is so generous, so huge that when **I get in the chapel, I have so much pain but when I get out , I feel so much peace, so much love.**

Recently, I studied the bible for more than a year, it has secured myself to my faith that, there is not any religions that God is still here with me in the Chapel where the Eucharist is.

**Eucharistic Adoration, regains my energy, confidence and confirms in my mind truth and love. It is my foundation for me to go the ways that God wants to lead me to eternal happiness.**

Eucharistic Adoration in Chapel is my secret place. I am very appreciative for the invitation to become an adorer five years ago. It is precious gift to my life.

## VII.

**I was healed from an addiction through Jesus in the Eucharist.** Living in the Midwest at age 45, I was disgusted with myself and my behaviors were branching out into other sins. There was a moment that I firmly resolved to myself that I had to and was going to change. I stopped all of the things I had been doing, ignored the addiction keeping busy, becoming more attentive and prayerful at Holy Mass, and began to watch EWTN to learn about the Catholic faith that I was born into and received all the usual Sacraments as a child.

During my long commute to and from work each day, I would think about God and ponder about the faith. One day in a thought prayer I said to myself oh, how I wished I had learned more about the Blessed Virgin Mary. It was as if my guardian angel took that prayer up to God. I began to receive the most incredible graces and through a series of events began to pray the rosary and shortly after went to confession, the priest actually placed his hands on my head and prayed the penitential prayers over me. It was so powerful that I could not stop thinking about it, and how free and peaceful I felt. I had an urge to pick up my guitar, which I had not played for three years and began

to play a song about the Sacrament of Confession praising God for helping me. The first time I sang the song I experienced a wonderful grace that instilled into my heart, mind that everything I ever wanted was in the Catholic faith, and was complete Truth. Afterward, I wanted everything Catholic in my life. I found a Catholic bookstore and was lead by the Holy Spirit to purchase these four items: A blue prayer booklet of Catholic prayers, a metal book mark imprinted on it Ask/Seek/Knock, "True Devotion" by St. Louis de Montfort and "Visits To The Blessed Sacrament" by St. Alphonsus Ligouri I was drawn to it by the picture of Jesus in a monstrance on the cover of the book.

On weekends I visited a couple of churches trying to find a quiet place to read "Visits To The Blessed Sacrament" book this was during the months of Nov. and Dec. one time people were vacuuming and cleaning the church, another time the choir was practicing so I felt I got a nice concert as well. During one of my morning drives to work. I wondered if there was a church near work that could go to at lunchtime because I really wanted to be able to read that book more often. I remember thinking that the book was written, as if you should go everyday. I was ignorant about adoration chapels I only knew over the years that on special

occasions the monstrance was placed on the alter in the church for adoration. In God's providence, there was a church right down the street from where I worked. I had a 45 min. lunch and began to read the book there. Within, the church I noticed there was a smaller chapel with people having Mass. After a week or so of reading the book there everyday I began to wish that I could go to the Mass too and realized that on payday twice a month we were given an hour for lunch and able to go on those days. The first lunchtime Mass I walked into the little chapel and looking up at the alter it took my breath away there He was Jesus in a monstrance just like the cover of the book waiting for me to find him. It was a very emotional and profound Mass. Later, I learned the church had 24-hour exposition of the Blessed Sacrament, and Jesus continued to surprise me many times. I found Him in another very beautiful chapel so, close to my home I could walk to it. I fell so in love with Jesus that I wanted to be with him as much as possible. For the next four years, I sat in the chapel everyday for as long as I could. While praying I would visualize the mysteries of each rosary by using some of the images I read in different books by the saints especially, how He suffered in his passion. There was a third chapel he lead me to, a parish made an extra room into a prayer chapel. Because it was in a different building from the

church, the Blessed Sacrament was in a tabernacle not exposed. A few times I went in the late evening and no one was there so I was able to prostrate myself in front of the tabernacle and felt tremendous healing. The third and fourth year I began telling Jesus about my plans to move to California he paved the way making everyday a miracle for me. After moving here, I found the churches had exposition once a month at different parishes. I found out some of the dates and started church going to various churches, if the parish was close enough to where I worked or my home. Finally, I went on the internet in search of a prayer chapel with exposition and found St. Vincent DePaul parish and signed up for a holy hour that I have continued for the past six years. I was told when St. John Baptist parish in Costa Mesa had a prayer chapel with exposition and again by divine providence found that it was located only a few miles from where I work.

**I cannot live without Jesus in the Blessed Sacrament He is my breath, and my life.**

My hope in telling some of my conversion story is to help others understand the Sacraments are real and powerful we only need to ask and seek and change our hearts our “will” for God and he will respond in unexpected and exciting ways.

Following is the song I wrote about visits to the Blessed Sacrament. It was inspired while reading the Gospel of John chapter 6 after the Discourse on the Bread of Life, in a 1970 bible that worded the scripture passage John 6:61 in this way: "Jesus was fully aware that his disciples were murmuring in protest at what he had said. "Does it shake your faith?" he asked them. While I read it, I felt like he was really asking me and I said no Lord nothing will shake my faith and then thought how nice that phrase would be to use in a song.

### Devotion

You are my devotion; you are my savior and treasure

Pouring out my heart and cares to you,  
You hear me, you know me, and you love me.

Nothing will shake my faith  
You are my devotion.

You are the light of the world merciful God thirsting for souls.

You shine, you shine through the living stones dwelling Holy one  
in the temple, that is our bodies.

I could contemplate forever the wonders of your ways I listen for your voice and I want you more.

**Silence I get lost within the silence. On the alter or in the chapel Oh, Lord are you lonely calling souls out of darkness? I could contemplate forever your passion and your glory Trinity, Body, Soul and Divinity.**

**You are the merciful God you are the living God waiting in the chapel.**

**You are a merciful God you are the living God calling souls like me.**

**Nothing will shake my faith  
You are the light of the world**

**You are my vocation, my intention and salvation. I surrender myself to your holy will, your all the love I need, you bring me closer all the more as I profess to you. Jesus I trust in you, Jesus I trust in you, Jesus I trust in you. Devotion.**

**Nothing will shake my faith  
In you my God, in you my Lord.**

## VIII.

**I have been coming to Adoration for almost 4 years now. It has brought me closer to God and Christ. I look forward to my visits. It gives me a sense of peace and I receive graces from the meditation. Starting out my day w/ Adoration gives me more patience, love and a Christian attitude which I can give to others. It is comforting to know that I can come to Our Lord to confide in Him and spend some quiet time devoted to Him and that I, in turn benefit from my visits.**

## IX.

**Some time ago I was blessed with many graces, one of which was my first time of Adoration.** The churches I had attended never had it and I knew nothing about a "Holy Hour". When I entered His Presence I was graced immediately with the knowledge that it was Jesus, my Lord and my God. His glory filled the space and I was bowed down beneath His holiness. He beckoned me to come and then filled me with all the love with which he gave me to love Him. I poured out that love and adoration to Him with praises for all that He is... and all that He's done. I seemed to want to continue doing this forever. Then He let me tell Him again of my sorrow for everything I'd ever done--big, little, old, new. And I understood the height and depth of His great love and mercy as never before. This then made my soul burst with gratitude and the desire to love and please Him in return consumed me. Then with the peace of His Presence surrounding me and the certainty of His power and love I began asking on behalf of my family and friends. I later found out this was a "suggested order of prayer" (Adoration, Contrition, Thanksgiving, Supplication) in Holy Hour pamphlets. I can simply say to others--this is not something made up. It is recommended because this is what "naturally" happens when

graced in His Presence. If when we can't see, hear, or feel Him, be sure--be ever sure--it is not because He is not there, but because of our most feeble lack.

When I am alone with Jesus, I love how he empties me...and fills me...subdues me...and strengthens me...drawing me all the way to Him, with Him and in Him...basking in His glory, bathing in His mercy, and resting in His love.

This much I know is true.

It is you Jesus. How sweet He is to give us this Gift... if we but only knew! Praise be to God! I love you Lord!

## X.

I have participated in Eucharistic Adoration each Thursday morning from 4:00 to 5:00 for more than one year. Anyone who knows me can easily agree that I am not a morning person by nature, but the **adoration of our Lord in the Blessed Sacrament has become an essential part of my spiritual life. It is something I truly look forward to each Thursday.** In the beginning, I asked myself, “What am I going to do for one hour?” I quickly realized that the time spent with our Lord passed incredibly quickly; many mornings I find myself needing and wanting to spend additional time.

There are mornings that I don't know exactly how to pray, so I simply sit quietly and listen to God. Other times I pray the Rosary, the Chaplet to St. Michael the Archangel, a prayer to Rafael the Archangel, a prayer or novena to St. Therese, or the Chaplet of the Divine Mercy. Still other times God and I talk and I know that He has heard me as we engage in conversation.

**Adoration of our Lord in the Blessed Sacrament has touched my life in so many ways. I can clearly see the results of God's presence in my individual life, my family life, my professional life.**

I have changed the ways I look at things. The quality of my life has changed. I am less judgmental; I am more patient. I am spending less money on material things and instead I began providing small financial assistance to other Catholic charities. I have been able to set up a small monthly financial support for my mother who has experienced difficult times due to limited retirement funds and the weak economy. I became more generous.

Earlier in the year my work environment was unbearable. I was at the point to where I was ready to quit my job. But God came though with a change that I never expected. I am now very happy and I feel I can continue my daily tasks with a positive attitude.

I continue to pray that my adult sons return to their Catholic faith and become closer to God. I am now noticing one son who has begun participating in church activities. He appears to be interested.

My husband and daughter were accepted into the Catholic Church at this year's Easter Vigil. I now find my husband to be more attentive, loving, and compassionate. Our marriage has been enriched in all areas. We were also able to have our marriage blessed by the church last September.

## XI.

**Eucharistic Adoration has had a profound impact on my life. I regularly offer thanks to the Lord for providing this wonderful opportunity to me. I am confident that I did not choose this ministry, but God chose it for me. For this I am honored, and I am filled with anticipation each Thursday morning as I prepare to feel His presence and to catch up on things.**

## XII.

**Adoration lets me sit quietly with the Lord and leave all the challenges, worries, and distractions of life outside the door of the Chapel.** It is a place of peace where I can turn everything over to Jesus and rest assured in His promises that He will handle it all, even bringing good out of bad and supplying answers so much better than anything I could have contemplated on my own. I look forward to my weekly hour with Jesus. It nourishes me with the graces He knows I need so I can persevere in my walk with Him.

**I encourage everyone to avail themselves of this opportunity to participate in weekly Adoration. Jesus will always welcome you with open arms no matter what state you are in and I guarantee you will come away refreshed and renewed with your burdens lifted. Try it—you'll like it!!**

### **XIII.**

**Spending time with our Lord in Eucharistic Adoration has enriched my life. Being able to spend an hour each week with Him in the Blessed Sacrament has given me a deeper peace in my soul.**

**His presence here has touched me and given me the strength and endurance to walk in faith, especially during difficult times.**

**I have come to love our Lord more deeply. I feel so blessed to have this privilege in my life.**