

**Only the love of Jesus
will defeat all the evils
in man and in the world.**

By receiving Jesus in Holy Communion and adoring His Presence in the Most Holy Sacrament we draw God's love from its very source.

Fr. M. Piotrowski S.Chr.

Jesus Christ, present in the Most Holy Sacrament, radiates a love that overcomes the evil that is within us, heals every wound of the heart, and liberates us from every enslavement. The love of Jesus in the Eucharist is the most effective cure. Faith in the Real Presence of Jesus in the Eucharist is essential in order to receive this love. In receiving Jesus in Holy Communion and worshiping Him in adoration of the Most Holy Sacrament, we draw from the very source of love and surrender ourselves to His healing power, which leads to the fullness of healing.

In order to surrender ourselves to this healing, we must first approach Jesus and acknowledge all our sins in the sacrament of confession. Beyond this, we should take part daily in the Eucharist and if at all possible spend an hour in His presence before the Most Holy Sacrament. **Everyone who does not shrink from this discipline but rather perseveres in practicing it, will experience a great spiritual transformation, along with healing from all dependencies and enslavements to pornography, alcohol, drugs and gambling, among others.**

**The Power of the Adoration
of the Eucharist**

In the Garden of Gethsemane, just before His Passion, the Lord Jesus asked his disciples: "**could you not**

Photo: Wideonet / Dreamstime.com

Draw Love from Its Very Source



stay awake with me one hour?"
(Matthew 26:40) With these words the Lord Jesus invites each of us to spend an hour in His presence before the Most Holy Sacrament.

St. John Paul II said that "**all the evil in the world can be overcome by the great power of Eucharistic adoration.**" By spending time in adoration, trusting Jesus unconditionally and entrusting our entire being to Him, with all our weaknesses and inclinations towards sin, we allow Him to transform us spiritually, strengthen our faith, free us from all enslavements, and purify and heal all our spiritual and physical illnesses.

In *Ecclesia de Eucharistia*, his encyclical about the Eucharist, St. John Paul II encourages us to practice daily adoration, telling us: "It is pleasant to spend time with him, to lie close to his breast like the Beloved Disciple, John the Evangelist (John 13:25) and to feel the infinite love present in his heart. If in our time Christians must be distinguished above all by the 'art of prayer', how can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament? ... **The Eucharist is a priceless treasure: by not only celebrating it but also by praying before it outside of Mass we are enabled to make contact with the very wellspring of grace.**" (EE 25)

Linger at the Feet of Jesus

St. Mother Teresa of Calcutta founded the Order of the Missionaries of Charity. When she began her service to the poorest of the poor, she recognized that without the daily Eucharistic adoration she would not be in a fit state to fulfill her mission adequately. She wrote that "**all our strength and joy resides" in adoration of Jesus present in the Most Holy Eucharist.**

From the time that the Missionaries of Charity introduced an hour of daily adoration of the Most Holy Sacrament, the number of vocations grew notably. St. Mother Teresa wrote that: "**through our communal adoration, the number of vocations has doubled.** In 1963 we held



**"All the evil in the world
can be overcome by the
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adoration"**
(St. John Paul II)

communal adoration for one hour once a week, but only in 1973, when we began daily adoration, did our community begin to grow and flourish ... We try to spread love and true piety towards the Most Holy Sacrament in poor neighborhoods as an act of thanksgiving for our community."

Every day in all the convents of the Order of the Missionaries of Charity there is one hour of adoration of the Lord Jesus present in the Most Holy Sacrament. Thanks to this practice, Jesus strengthens the sisters in their sacrificial service to the poorest of the poor.

During Eucharistic adoration Jesus transforms the human heart and heals all ailments and illnesses in today's world. St. Mother Teresa wrote to her sisters and collaborators: "**The time that you spend with Jesus concealed in the Most Holy Sacrament is the best used time that you can have on earth. Every moment spent with Jesus will deepen your connection with Him,**

make your immortal souls more beautiful and fuller in heaven, and contribute to the introduction of eternal peace on earth."

To the question as to what should be done in order to rescue the world from catastrophe, St. Mother Teresa answered: "**Prayer is essential. Every parish should turn to the feet of Jesus and worship Him in adoration of the Most Holy Sacrament** ... We should strongly emphasize how very important perpetual adoration with the exposed Most Holy Sacrament is. Jesus turned Himself into the Bread of Life in order to give us that life. He is there day and night. If you really want to grow in love, return to the Eucharist, return to Eucharistic adoration. We should build our lives around the Eucharist, fix our gaze on Him, Who is the Light. Place your hearts close to His Divine Heart; ask Him for the grace to recognize Him, the heart to love Him, and the bravery to serve Him. Seek Him out. Through Mary, the 'Cause of our Joy', discover that there is nowhere on earth where you are more accepted, nowhere where you are more loved, than simply when you are with Jesus alive and truly present in the Most Holy Sacrament ... He is truly here in His very Person, and waits for you."

The Great Desire of Jesus



Photo: Paweł Fiszer

The Lord Jesus wishes that adoration of the Most Holy Sacrament should be practiced in parish churches 24 hours a day, 7 days a week.

Fr. M. Piotrowski S.Chr.

The greatest treasure for all humanity is the Lord Jesus Christ, who is truly present in the Most Holy Sacrament. By adoring Him in the Eucharist, we abide in Him. The Lord Jesus assures us: “Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.” (John 15:5)

“Come to Me, All of You”

Jesus is our only source of life and love. When we receive Holy Communion and engage in adoration, we draw from them the Source of life

and love. The Lord Jesus desires that all of us should have access to Him, and that people should receive Holy Communion and adore Him in the Most Holy Sacrament as often as possible. **This is why churches should always be open**, because only then will the faithful be able to fulfill Jesus’s request: **“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.” (Matthew 11:28)**

Jesus’ wish that churches should be open and that adoration of the Most Holy Sacrament should continue in them is

expressed in the Church’s teaching: in St. John Paul II’s encyclical *Ecclesia de Eucharistia*, in the instruction *Redemptionis Sacramentum*, and in Benedict XVI’s exhortation *Sacramentum Caritatis*, which includes a request that every city should have at least one church that has perpetual adoration. In addition, in a letter addressed to bishops, the Congregation for the Clergy repeated the **request concerning adoration of the Most Holy Sacrament as the most effective way to encourage both new vocations to the priesthood and holiness among priests**.

In *Redemptionis Sacramentum* we read: “The worship of the Eucharist outside the Sacrifice of the Mass is a tribute of inestimable value in the life of the Church. Such worship is closely linked to the celebration of the Eucharistic Sacrifice.” Therefore, both public and private devotion to

the Most Holy Eucharist, even outside Mass, should be vigorously promoted, for by means of it the faithful give adoration to Christ, truly and really present, the "High Priest of the good things to come and Redeemer of the whole world." (EE 134) In the encyclical about the Eucharist, St. John Paul wrote: "It is the responsibility of pastors to encourage, also by their personal witness, the practice of Eucharistic adoration, and exposition of the Blessed Sacrament in particular, as well as to pray in adoration before Christ present under the Eucharistic species." (EE 25)

"Open Wide the Doors to Christ"

At the inauguration of his pontificate St. John Paul II said: "**Do not be afraid. Open wide the doors for Christ.**" This call was also directed to priests, calling on them to keep the doors of their churches open so that their parishioners would have access to Jesus, present in the Most Holy Sacrament.

It is a fact that in parishes where perpetual adoration is available, the number of vocations to the priesthood and the religious life grows notably, while all kinds of criminality decrease significantly. This happens because - as the Irish propagator of perpetual adoration, Cathal Magee, said: "Satan is cast out of every place where Christ is perpetually adored in the Most Holy Sacrament. **Jesus present in the Host is the Lord who casts out demons and acts with power and effectiveness, infinitely greater than all the security forces on earth.**"

The Eucharistic Mission of Fr. Justo Lo Feudo

For many years the Argentine priest, Fr. Justo Antonio Lo Feudo, of the Order of the Missionaries of the Most Holy Sacrament, has been holding retreats and preparing Catholic parishes to undertake the practice of perpetual adoration of the Most Holy Sacrament. **Thanks to his selfless service there are now 80 parishes in Spain, Italy, and Austria with perpetual adoration of the**

**"A week has 168 hours.
Can't you find one hour
for the Lord God?"
(Fr. Lo Feudo)**

Most Holy Sacrament. Thanks to this, the Lord Jesus is transforming people and accomplishing remarkable conversions and healings.

When Fr. Lo Feudo is invited to set up perpetual adoration, he first conducts a retreat in that parish, and later, together with the parish pastor, visits parishioners, going door-to-door. The missionary encourages the residents to commit themselves to one hour of adoration per week. Once he manages to recruit volunteers for the entire 168 hours of the week, and has trained a staff of responsible parishioners to coordinate everything and to keep track of it, he is ready to inaugurate the perpetual adoration in the parish.

Concerning inviting parishioners to commit themselves to one hour of adoration per week, Fr. Lo Feudo says: "A week has 168 hours. Can't you find one hour for the Lord God?"

Fr. Lo Feudo recounted the story of how one lady who had committed herself to an hour of adoration on one occasion had to be absent for several weeks. So she asked her brother-in-law to take her place for her. He agreed, because he wanted to help his sister-in-law, even though he neither ever went to church nor ever prayed. When he asked what he was supposed to do there, he heard the answer that he had simply to be present before the Most Blessed Sacrament.

When the woman returned after several weeks, her brother-in-law told her that he had encountered a peace during adoration that he had never felt before in his life. He converted and began to go to adoration daily, as well as attend Mass.

The Fruit of Perpetual Adoration

The retired bishop of Seville told Fr. Lo Feudo that one time an unbelieving doctor asked him why people come to the adoration chapel, ►



Photo: Pavel Fiszer

Eucharistic Adoration



Photo: Paweł Fiszer

not only during the day, but also at night, and remain there in silence. The bishop tried to explain but with no apparent success. Later, however, the doctor himself entered the chapel out of curiosity and spent a certain amount of time in the adoration chapel. Here he experienced the presence of a real spiritual being, and this led him to believe that it was simply God, the Three in One. This was a watershed day in his life. He converted, and went to confession, and from that time on he has got up early every day to attend Mass and silently remain in the presence of Christ in the adoration chapel.

Churches in which there is perpetual adoration of the Most Holy Sacrament are places where the Lord Jesus works great miracles. Fr. Lo Feudo told me about cases of persons intent on suicide who gave up their plans simply for having found their way by chance, in the middle of the night, to a church that was open for perpetual adoration.

Among other places, such an event happened in Italy at a church in the town of Prato. The pastor there related that one night, during adoration, at about four in the morning, a desperate woman had entered the adoration chapel and knelt

"Satan is cast out of every place where Christ is perpetually adored in the Most Holy Sacrament"
(Cathal Magee)

before the Most Holy Sacrament. It turned out that she was heading to a bridge, where she intended to take her own life. However, she got lost along the way and saw a light on in the church, so she went in and knelt before the Most Holy Host. At that point she experienced the amazing love of Christ. She went to confession, and put her life completely in order. She broke off a sinful relationship and put her relationship with Jesus in the paramount place in her life in daily prayer and attendance at the Holy Eucharist.

Another story pertains to a certain marriage, which due to a long-term conflict was on the verge of collapse. The couple had already filed for divorce. A concerned acquaintance recommended that they go to confession, take Holy Communion and spend an hour in adoration of Jesus in the Most Holy Sacrament daily. They agreed to give it a try, and after

a few weeks a miracle occurred: the couple withdrew their divorce papers from the court, reconciled with each other and got back to living with each other. Jesus, truly present in the Eucharist, transformed their hearts so that they fell in love with each other anew, but this time with a pure, selfless love.

Fr. Lo Feudo remembers a perpetual adoration chapel that was opened in one of the most dangerous areas of Mexico. A certain man who had not been to confession for 40 years agreed to accompany his friends to an adoration chapel. He waited with them in the chapel, and after an hour they all returned home together. Two weeks later, to everyone's amazement, he went to confession and reconciled with God.

The Eucharist is Jesus Himself, living and risen. Finding oneself in His presence, a person experiences the vastness of God's love in a light in which he or she sees the whole truth about him or herself and all his or her sins.

What Should One Do during Adoration?

It is not necessary to recite any formal prayers during adoration

of the Most Holy Sacrament. It is valuable to remain silently in Jesus' presence, whilst relishing the Lord's presence and opening your heart to Him, so that He will be able to heal and transform it through His love. In time spent in adoration we permit Jesus to love us, and to embrace us with His heart. This is what is most important!

We shouldn't look for any extraordinary experiences or rapture but rather accept everything which Jesus gives us with child-like simplicity. We should not only thank him for the gift of peace and inner joy but also for the spiritual darkness and suffering caused by our inability to feel His presence. If he deems it necessary it is Jesus himself who leads a person into the dark night of the soul in order to cleanse it from the selfish pursuit of itself and to teach it to love with a pure love.

The Lord Jesus is present in the Eucharist, whether we feel His presence or not. Remaining in vigil at the Most Holy Sacrament, we permit Christ's love to envelop us, so that He might transform our hearts. Jesus will do this regardless of our emotional state. **What determines our openness to Jesus' love during adoration is not our feelings but rather the act of our will to surrender to His complete disposal.** It is not possible to remain in front of the Most Blessed Sacrament and not be permeated by the rays of God's love just as it is not possible to be exposed to sunshine and not get tanned.

Receive and Demonstrate Life

The time spent in adoration obtains spiritual benefits for us and for all whom we pray for. The founder of the Institute for Reparative Adoration, a French painter Théodelinde Dubouché (religious order name Maria Teresa) heard Jesus' words during adoration: **"there must be souls always before Me so that they may receive My Life. I will place in their hearts a channel of gold, just as I have done to you, so that the life which I shall give them may be communicated by them**

to souls which belong to Me in the world."

In one of her mystical visions Maria Teresa saw the Most Holy Host constantly radiating God's life-giving love onto all the members of Christ's Mystical body, which is the Church. In this way the Lord Jesus showed this nun the infinite power of intercessory prayer. Maria Teresa used to say: "Don't forget that the living Jesus, who remains in perpetual adoration of his Everlasting Father, is present in the Host. Only in union with Jesus can we truly adore God the Father in spirit and in truth. Adoration turns us into active co-workers with God because it unites us with Christ in His constant adoration of the Father and in the act of the redemption of humanity."

Reparation for Sin

It should be remembered that during adoration we should also offer reparation for the sins of the world, as well as for every profanation of the Most Holy Sacrament, every sacrilege that is caused by receiving Holy Communion in a state of mortal sin, and every kind of apostasy.

Two years before Our Lady's apparitions in Fatima, the angel asked the children to offer reparation for the sins of the world in front of the Blessed Sacrament. He taught them the following prayer: "My God, I believe, I adore, I hope in, and I love You! I ask pardon of You for those who do not believe, do not adore, do not hope in you, and do not love You! Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly, and I offer You the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges, and indifference with which He Himself is offended. And, through the infinite merits of His most Sacred Heart, and the Immaculate Heart of Mary, I beg of You the conversion of poor sinners."

Through this prayer, as with the *Chaplet of Divine Mercy*, we offer ourselves along with Jesus, who makes His passion, death, and resurrection present in the Holy Eucharist.

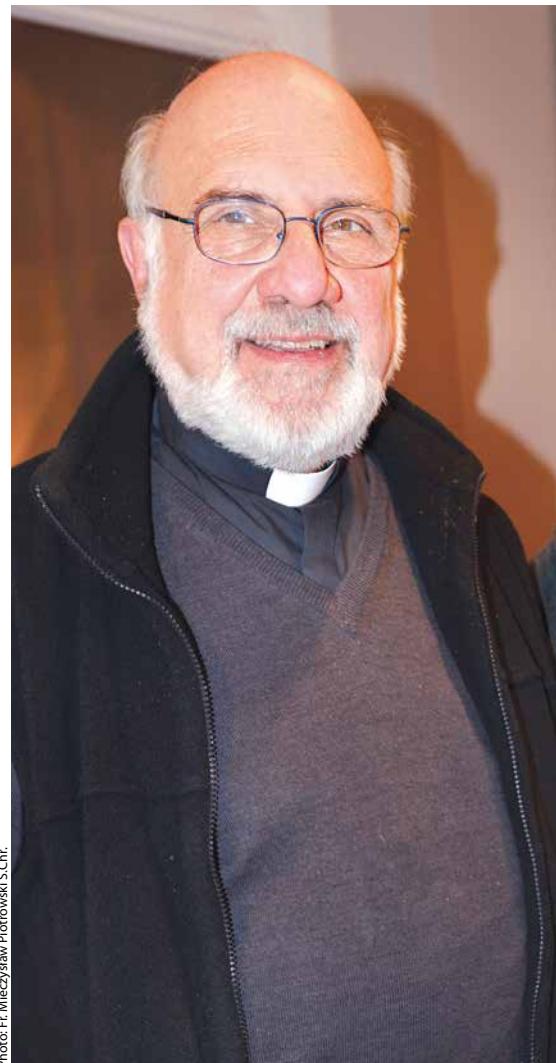


Photo: Fr. Mieczysław Potorski S.Chr.

Father Justo Lo Feudo, a missionary for the Most Holy Sacrament

By receiving Jesus in the Eucharist with a pure heart and by remaining in His presence during adoration, we accept the greatest of treasures. At that time we unite ourselves internally with Christ. Saint John Paul II taught us: "We receive the very One who offered himself for us, we receive his body, which he gave up for us on the Cross and we receive his blood, which he 'poured out for many for the forgiveness of sins.' (Matthew 26:28) Jesus himself reassures us that this union, which he compares to that of the life of the Trinity, is truly realized." (EE 16)

Contact Fr. Justo Lo Feudo, who assists with the organizing of perpetual adoration in parishes:
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Being Close to Jesus is a Privilege

All the doctors told me that there was no hope for a cure. I could not walk and I was in terrible pain. I spent most of the time in bed; I walked with crutches, or would use a wheelchair. I was always in pain. This lasted for 12 years.



Lourdes while on a pilgrimage to the Sanctuary in Fatima

My name is Lourdes and I belong to the parish of Santo Cristo del Calvario in Marbella, Spain, which has had the Perpetual Adoration of the Most Holy Sacrament since 1 November 2013. I took part in the adoration and thanks to it, God, who is present in the Most Holy Sacrament, "has done great things for me." (Luke 1:49)

Many years ago I was diagnosed with femoral necrosis (localised death of the tissues of the thigh). I could not walk, I was suffering and I truly felt horrible. I went to several doctors, but they all claimed that modern medicine could not help me in my condition, and I would no longer be able to walk. I was given prosthesis but the illness worsened. However, I did not give up and I sought the help of other specialists. I went to Barcelona, to three different hospitals. All the doctors told me that there was no hope for a cure.

I could not walk and I was in terrible pain. I spent most of the time in bed; I walked with crutches, or would use a wheelchair. I was always in pain. This lasted for 12 years. Fortunately, the Lord God led me to people who took me a church where there was adoration of the Most Holy Sacrament. From that time onwards I started to go to daily Holy Mass and adoration. **I met Jesus, who is present in the Eucharist and I asked Him to heal me if He so willed it. I also asked Him for joy, and for strength to bear the pain.** From childhood I was always devoted to Our Lady and I know that it was She who led me to Jesus. I went to



I started to walk normally, I got rid of the crutches and the wheelchair

adoration at night, when there were very few present. People who went with me picked me up from home and brought me to Church. During the adoration I would tell Jesus: "Lord Jesus heal me, make me whole." And I added: "Not only me," because I also asked for the health of others. **A year passed, and another, and I participated daily in the Holy Mass and in the adoration.** I never stopped taking part in these meetings with the Lord God, even when I was in great pain or when I was sick. There were times when I felt horrible going into the adoration, but felt better coming out of it. Thus, I did not stop going to these encounters with the Lord in the Holy Mass and in the adoration. A few years have now passed and I still go to them. Then the Lord God started to work on me and heal me, first spiritually. This happened day after day, until He healed me completely body and soul, not only from the femoral necrosis but also from other illnesses, such as a serious problem with my eyesight. I started to walk normally, I got rid of the crutches and the wheelchair. The femoral necrosis disappeared completely. The Lord Jesus healed me completely - body and soul.

I experienced in very real ways that His infinite love is the best medicine for all physical and spiritual illnesses. However, one must first be open to His love by taking part in daily Mass and adoration.

I owe Jesus everything. I now know that suffering and illness are gifts of His love, and that everything that happened to me was for my own good, in order that I might mature in love and one day get to heaven.

Recently, when I was at church, my blood pressure suddenly went up. I had an immense headache and felt pain in the chest and arms. It was time for Holy Communion



Photo: Pavel Fitzer

Lourdes, author of the testimony

The femoral necrosis disappeared completely. The Lord Jesus healed me completely - body and soul

so the priest gave the Host and put his hand on my forehead. When he lifted his hand, I immediately began to feel better.

It happened frequently that when I was feeling ill or in pain, I offered the pain up to Jesus while at adoration. I said, "Your will be done." The next day I would feel like a new-born baby. The Almighty God, who is love, is truly present in the Eucharist. Many people do not believe in this or only partly believe in it. For me it is clear that the Resurrected Christ, who is God, is present in the Eucharist. When I go to the Holy Mass and the adoration ►



There were times when I felt horrible going into the adoration, but felt better coming out of it. Thus, I did not stop going to these encounters with the Lord in the Holy Mass and in the adoration. A few years have now passed and I still go to them

Jesus transforms me, and this is wonderful and miraculous. To be so near to Jesus is a great privilege and a great joy. Two hours in adoration pass by very quickly. I feel honoured that I can participate every day in the Holy Mass and the adoration. I have never forgotten these meetings with God because I go to them not out of obligation but out of love.

I would like to appeal to priests to open the Churches and to introduce the adoration and to speak more of the presence of Jesus in the Most Holy Sacrament and the spiritual benefits of adoration and daily celebration of the Eucharist.

Thanks to adoration and the Holy Mass I came to love the Lord God. But it was He who first loved me. This is obvious. In meeting Him during the Mass and the adoration, I let Him heal my heart and set it on fire, both with love for Him and for other people. This spiritual healing is the most important for me.

I am convinced that the Lord Jesus longs for us to go to Him and worship Him in the Eucharist. I often tell Jesus, "Lord, do You want me to come and adore You? Thus I will come willingly." Though I often went to adoration tired and sleepy, I did not let myself be overwhelmed by the weaknesses of the body. For me the most important thing is to be with Jesus, who is the Living God! The mystery is so great, so incredible, that it is hard to fathom. I think that I am privileged. I don't know why God did this for me, I don't deserve this. I am

After 12 years, Lourdes started to walk normally again; she got rid of the crutches and the wheelchair

Photo: Paweł Fiszer

a sinner like everyone else, but the Lord worked great things for me.

I would like for the whole world to know him because he desires this. **I think that people's deep apathy towards God is the result of ignorance, because if they truly believed that Jesus is present in the Eucharist, they would stand in line to the chapel of adoration.** The chapel would then always be filled to the brim.

In every sickness from which we suffer, He comes to us and does his work. He wants to heal us of our fears and anger so that we trust Him completely, thus letting Him lead us through life.

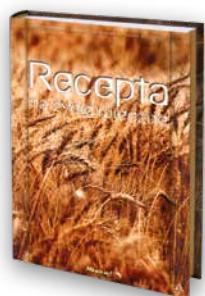
I am convinced that Jesus longs for us to be spiritually healed and he asks us to come to Him. If we do this, we are sure to be healed spiritually and physically, because he does this to help us to find our way to heaven. What Jesus did with me is not only for me but for the whole world. If all the sick went with faith before Jesus in the Eucharist then we would all be healed.

The Lord Jesus says, "Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light." (Matthew 11:28-30)

Lourdes from Marbella ■

A rich anthology containing the best articles on the mystery of the Eucharist as published by Love One Another!

Recipe for Eternal Life



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This book can be ordered by mail, telephone, or by contacting the addresses shown on page 2.



Father Rafael Rodríguez is the parish priest of the Parish of Santo Cristo del Calvario in Marbella, Spain, where the Perpetual Adoration of the Most Holy Eucharist has been held for the last five years. This priest shares with the readers of *Love One Another!* his thoughts on the fruits of the adoration of the Lord.

Marbella is a city of many cultures - people who live here come from America, Africa, Europe and Asia. The richest Spanish people also live here. High-ranking people come here for vacation and job-seekers come for better employment opportunities.

In the darkness of a largely pagan society the Church of the Santo Cristo del Calvario in Marbella has become a source of God's light ever since the Perpetual Adoration was established. It was brought about by the efforts of a motivated parishioner of the previous parish priest, Father Claudio, who started it on 1st November 2013. I am continuing this work since I became parish priest here, three years ago. I can say that **Perpetual Adoration is a gift and a miracle, as well as a public testimony of the presence of Jesus in Marbella.** We are always thankful to the Lord Jesus for his modest, discrete presence, because God is humble, and His love pulls us with intense power.

Perpetual Adoration has brought about a lot of good to the life of the parish. Guests who come to visit say

Perpetual Adoration has brought about a lot of good to the life of the parish

Father Rodriguez, author of the testimony

Photo: Paweł Fiszer

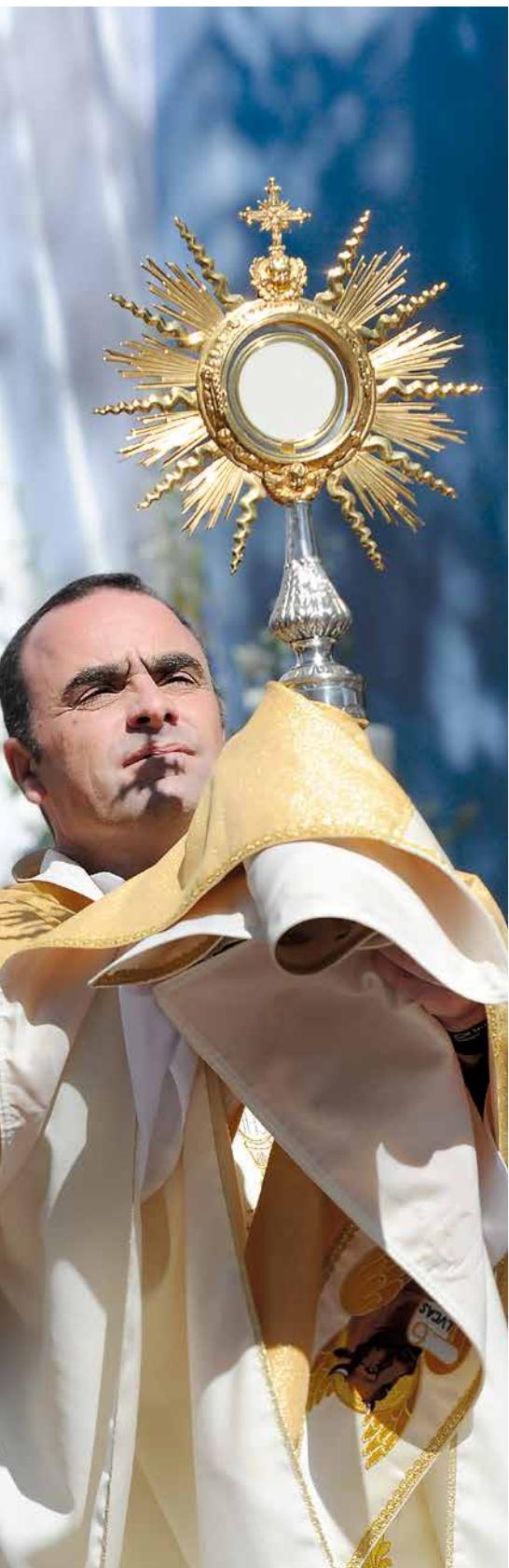
The Gift of Perpetual Adoration

that parishioners who attend the Mass exude a glow of deep spirituality and are intensely aware that in the Eucharist, the mysteries of the passion, death and resurrection of Christ are made into flesh. It is worth

emphasising that on each day of the week about 100 people attend the Holy Mass. This is one of the incredible fruits of Perpetual Adoration.

I, as the parish priest, watch over the whole endeavour.





On each day of the week about 100 people attend the Holy Mass. This is one of the incredible fruits of Perpetual Adoration

I have become motivated to practice steadfast prayer and sacrifice in my priestly service because of the impressive participation of the parishioners in the Perpetual Adoration and in the other activities of the parish. Thus, in my own life I have grown in faith and pure love. This is the Way of the Cross marked with suffering and the destruction of my ego. From the beginning of my service in this parish, I realized that I had to pray more, to have a stronger spirit of sacrifice, fasting, and mortification of the flesh - these are all very important in order to open up to the love of Christ.

In addition, I have always repeated that Perpetual Adoration is Perpetual Charity. When the Church is always open, then the people will come to pray, to come for confession, to have a chance to talk and to ask for material support. This is why the priest should always be available at the appointed times in the Church, especially in the confessional.

Another fruit of adoration is the deep conviction of the necessity of bringing the Eucharist to the sick. In our parish there is a group of lay Eucharistic ministers and volunteers who visit the sick and the elderly every Friday afternoon. They bring them Communion and spend some time with them.

In the three years of my service in the parish we have baptised many adults. A good number of people returned to the Church after many years of wandering aimlessly, rejecting religion, and living without God. This year, a 30-year-old man, an architect, was baptised, and it was a beautiful conversion. Now this man takes part in the Eucharist and comes for adoration. Another woman was baptised at the age of 40. There are many people who for many years rejected the Church but

now they are catechists, working with the group Emaus Caritas.

Diocesan Caritas and the Marbella-Estepona deanery have launched the Virgin Mother House project for pregnant women who have been abandoned by their husbands or partners. We request that all parishes in the area support the project, the mothers and the children. About 60 children had already been born there. Surely if these women had not been helped some of them might have had an abortion. Other positive outcomes in the area of family and marriage are the support groups for married couples and pastoral care for the youth and for vocations.

Perpetual Adoration opens our senses to the universal mission of the Church. Thanks to the sacrifice of our parishioners, we were able to complete the project of the construction of water wells in India. We also support missionaries in Ethiopia, Venezuela, and Iraq. Even in such a rich city as Marbella there are still some people in difficult situations, whom we also try to help. The parochial Caritas, which has about 20 volunteers, helps families in need, providing them with some food and clothes. Caritas also provides financial support for poor children from families in crises, as well as buying medicine for the poor.

The parish is the seat of the deanery School of Theology which was opened thanks to the support of a group of priests from the deanery. This is also very helpful in strengthening the faith, because people seek a deeper understanding of the faith. Every Thursday from 6.00 PM to 9.00 PM in the evening, professors and experts conduct classes on theology and the Bible in order to deepen the knowledge of parishioners on the truths of the faith and to strengthen their faith. Interestingly, the same parishioners who registered for the classes in the theological school also participate in Perpetual Adoration.

Father Rafael Rodriguez during the procession of the Body of Christ in Marbella in 2018

Photo: Paweł Fiszer

*Father Rafael Rodriguez
Sainz de Rozas ■*



Photo: Paweł Fiszer

Conchi, co-organizer of the
Perpetual Adoration in Marbella

He Longs to Be Close to Us

Conchi is a Spanish woman whom Jesus called to organize the Perpetual Adoration at the Parish of Santo Cristo del Calvario in Marbella, Spain.

In an interview with *Love One Another!* Conchi says, "Eternity will not give us enough time to thank God for giving our parish the gift of Perpetual Adoration. In my opinion, a priest who adores the Most Holy Eucharist does more for evangelization and for his own sanctification than if he had given 20 thousand homilies. Each time I see a Church

that is closed, my hearts aches. It hurts me that people do not have access to Jesus, who is present in the Eucharist.

Dear parish priests! I encourage you with all my heart to organize and support the Perpetual Adoration in your churches and parishes. If this is not possible immediately, do this in steps, like we did in our parish. Do not

succumb to the temptation of focusing mostly on community activities. **One hour of adoration of the Most Holy Eucharist can achieve more than 24 hours of community service.**

I know that there are not many of you priests and that you are very busy, but what about exposing the Most Holy Eucharist, in which Jesus is present, for an hour or ►

"Do not be afraid! Organize the adoration in your churches"
(Conchi)

Eucharistic Adoration



Parish of the Santo Cristo del Calvario in Marbella



Photo: Paweł Fiszer

even half-an-hour before the Mass, or during the rosary? **H**e longs to be as close to us as possible. He wants so much to look at His children. We, on the other hand, are so spiritually poor, so small, that we need to look at the Sacred Host to realize that Jesus is present in it.

I appeal to you with all my heart to offer each day an hour of adoration of the Most Holy Eucharist. You will experience the miracles of God's influence in your life and in your priestly service. Do not be afraid! Organize the adoration in your churches. I will pray for all your parish priests that the Lord God instil in them, just as He did in me, the desire to come to Him and to adore Him in the light of His love.

In our small parish of Santo Cristo del Calvario in Marbella there are 252 people involved in Perpetual Adoration, and we will pray that the Lord God will also be adored every day in all the parishes over the world. May the Lord Jesus be worshipped in the Most Holy Eucharist!

"The adoration of the Most Holy Sacrament is necessary to strengthen and deepen our faith and love"
(Conchi)

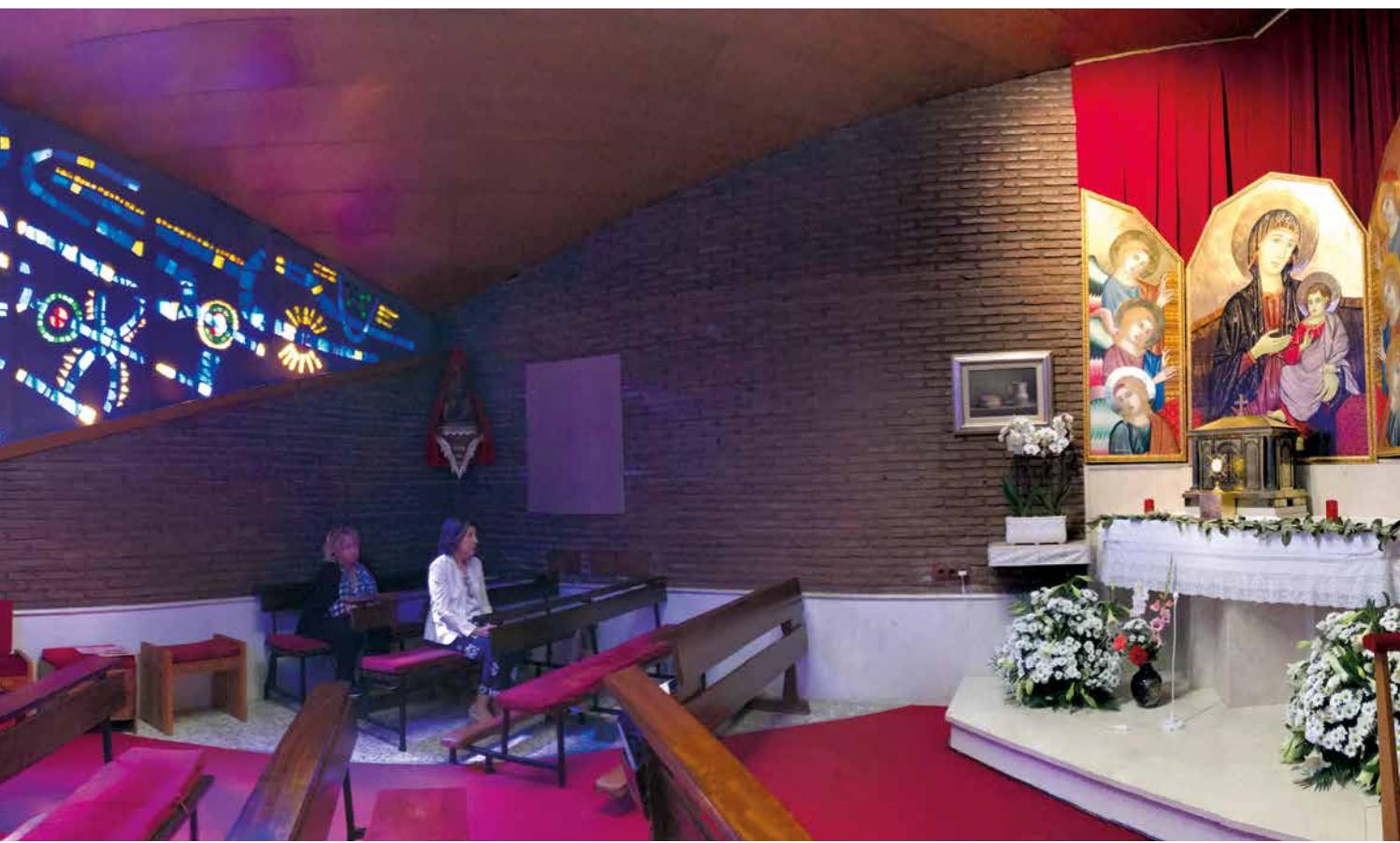
The adoration of the Most Holy Eucharist is necessary to strengthen and deepen our faith and love. The only effective weapon that we have in the battle against the forces of evil is our love for Jesus. He, who is truly present in the Most Holy Eucharist, is the sole source of our spiritual strength, which we need in order to be victorious in the fight against evil. By following God, receiving Him with a pure heart, and adoring Him in the Blessed Sacrament, we allow Jesus to love us, and through us to defeat evil with good, lies with the truth, and hate with love.

Dear parish priests! Encourage your parishioners to come, not only for the Sunday Mass, but also for

an hour of adoration at least once a week. If you are based in Spain and need help in organizing the Perpetual Adoration, please get in touch with Fr. Justa Lo Feudo. Invite him to your parish and he will help you prepare your parishioners to take on the responsibility for Perpetual Adoration. This is his email address: justolofeudo@yahoo.es

It is only by adoration that we will be able to delight in God. When you have gotten to know even just a little bit of who God is, you will not know the words; you will only feel love and gratitude.

The mercy and love of God is infinite and extreme. So it is with the humility of the presence of Jesus in the Eucharist. In our chapel of adoration there is a large icon of Our Lady with angels. **What is the smallest item in the chapel? The Lord God present in the white Host. He is the smallest, most vulnerable. He has humbled Himself so for us. He is so loving of His children. So loving. So close."**



Chapel of Perpetual Adoration of the Most Holy Sacrament in the Parish of Santo Cristo in Marbella

Photo: Paweł Fiszer

Jesus Transformed Her Heart

Conchi was inspired to go to daily adoration by her friend who went to adoration in a church in Cancelada, a small village near Marbella, where Perpetual Adoration was also held.

Conchi believes that, "the Lord chooses the worst, then shapes them." In the beginning, an hour of adoration seemed like eternity. During that period, she would memorize the psalms and often looked at her watch. But as the days passed the Lord Jesus so transformed her heart that she became the main organizer of the Perpetual Adoration in her parish.

In this interview Conchi said that in her opinion, **those responsible for the formation of priests should allow the candidates to adore the Blessed Sacrament since it is in this way that they can best know and love God.**

People who come to Jesus and adore Him in the Blessed Sacrament experience the most incredible spiritual healing as well as physical

The mother entrusted her sick child to Jesus through daily hourly adoration, and after a few weeks the tumor had completely disappeared

healing when they get cured of various bodily ailments. A necessary condition for the healing is a complete break with all sin, entrusting Jesus with all parts of their lives and a sincere desire to fulfil His will.

One day somebody called Conchi; the person was the grandmother of a six-year-old girl, who had leukaemia and was in a critical condition. She asked to pray for the intention of her granddaughter during the adoration of the Most Blessed Sacrament. Conchi asked for a photograph of the little girl. During the adoration she put the picture on the monstrance and told Jesus, "Lord, let Your will be done with this child." At the same time she encouraged the

parents of the child to go to confession with the whole family, receive Holy Communion, and go to adoration to pray for the miracle of healing. Two days later the grandmother called with the joyful news that the doctors were in shock - they declared that the girl was completely healed of leukaemia!

Conchi recalls a similar miracle where a 12-year-old girl was healed of a malignant tumour in her brain. The mother entrusted her sick child to Jesus through daily adoration, and after a few weeks, to the shock of the doctors, the tumour had completely disappeared.

Thanks to daily adoration Conchi has learned that we must always put our complete trust in the Lord and surrender everything up to Him. She said, "**If we completely give ourselves up to Him and take care of the matters important to Him, He will certainly take care of us and our problems.**"

*Interview conducted and edited by
Fr. M. Piotrowski S.Chr. ■*



The Eucharist – God's Greatest Gift

Being true God, Jesus Christ is our only source of love and life. **Only when we unite ourselves to Him through faith and love can we find joy and meaning in life.**

Fr. M. Piotrowski S.Chr.

In a nutshell, all that any of us needs for happiness is simply Love, which goes by the name of Jesus Christ. If I don't believe that Jesus is God and that I can encounter Him in the sacraments of confession and the Eucharist, and if I don't enter into a personal relationship of love with Him, then I remain

a deeply unhappy human being who is deprived of any sense of the meaning of life.

“He Who Believes Will be Saved”

We should always keep in mind that the greatest treasure for ourselves

and for every person is Jesus Christ, true God, who became true man in order to free us from the horror of slavery to Satan, sin, and death.

By His Resurrection, the Lord Jesus gave us the ultimate proof that He is God, because by this act Christ finally defeated Satan, thus establishing himself definitively as our savior. That is why the Early Church immediately established Sunday as the Day of the Lord. Furthermore, Christ remains with us in the sacraments “always, to the end of the age”. (Matthew 28:20) If we surrender ourselves to Christ as His exclusive possession; if we order all spheres of our lives towards Him so that He is our only



Photo: Paweł Fizier

"The Eucharist is the source and summit of all Christian life ... For the most Holy Eucharist contains the Church's entire spiritual wealth"
(St. John Paul II)

receive – as St. John Paul II wrote, referring to the words of St. Ignatius of Antioch – “a medicine of immortality, an antidote to death.” (*Ecclesia de Eucharistia*, 18)

This is why the **Eucharist is not one of many valuable gifts, but in fact it is the greatest gift we receive from Christ.** In the Eucharist, Christ establishes “the gift of himself, of his person in his sacred humanity, as well as the gift of his saving work.” (EE 11) This is why “the Eucharist is the source and summit of all Christian life ... For the most Holy Eucharist contains the Church's entire spiritual wealth.” (EE 1)

By establishing personal contact with God in prayer, receiving Him with a pure heart in the Eucharist, and worshiping Him in the adoration of the Most Holy Sacrament, we permit Him to free us from egoism, teach us to love, and to act through us in this world, which is immersed in slavery to sin and the power of evil.

"This Teaching is Difficult"

The truth of Jesus' Real Presence in the Eucharist caused His disciples shock and disbelief from the very beginning. The disciples were shocked when Jesus told them that only those who ate His Body and drank His Blood would have eternal life. (John 6:54) They disputed among themselves, saying, “How can this man give us his flesh to eat?”

"In the Eucharist, received with faith and a pure heart, we receive 'a medicine of immortality, an antidote to death'"
(St. John Paul II)

(John 6:52) “This teaching is difficult; who can accept it?” (John 6:60) After hearing this Eucharistic explanation, many of Jesus’ disciples “turned back and no longer went about with him.” (John 6:66) **The apostle Judas could not believe in what Jesus had said about the Eucharist**, and at that point he had already decided to betray Him. “The Lord Jesus said: ‘But among you there are some who do not believe.’ For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him.” (John 6:64) “Did I not choose you, the twelve? Yet one of you is a devil.’ He was speaking of Judas son of Simon Iscariot, for he, though one of the twelve, was going to betray him.” (John 6:70-71) Every Christian who refuses to believe in the Real Presence of Christ in the Eucharist commits a betrayal akin to that committed by Judas.

"Does this Offend You?"

After expounding His teaching on the Eucharist, the Lord Jesus asked His disciples, **“Does this offend you?”** (John 6:61) and He explained how they should understand the meaning of the Eucharist. In His words: **“Then what if you were to see the Son of Man ascending to where he was before?”** (John 6:62) **the Lord Jesus was referring to the mystery of the glorification of His humanity in the Resurrection and the Ascension.** At that point His humanity became completely divine, since the entire “fullness of deity now dwells in his body.” (Colossians 2:9; Colossians 1:19) Thanks to this, Jesus in His glorified humanity became omnipresent to the human community. In the Resurrection and the Ascension Jesus completed His visible presence and entered into the new nature of His existence in a new form of invisible presence. His departure at the Ascension is at the same time an entrance into the invisible state of the Real Presence in the sacrament of the Eucharist: “He who descended is the same one who ascended far above all the heavens, so that he might fill all things.” (Ephesians 4:10) The ►

Lord, then death, sin, and Satan will no longer have any dominion over us.

The Lord Jesus tells us unequivocally that **only those who believe in Him and unite themselves to Him in love will be saved; and those who do not believe in Him, but rather disregard Him, will be condemned.** (Mark 16:16) By rejecting or ignoring Christ's merciful love through obstinately remaining in sin and rejecting repentance, the person himself chooses the terrifying perspective of eternal damnation.

The Antidote to Death

Thanks to the sacraments of reconciliation and the Eucharist we have the possibility to personally encounter Christ and take part in His ultimate victory over death, Satan, and sin. In the Eucharist, received with faith and a pure heart, we

Eucharist became possible thanks to the glorification of Jesus' humanity. Hence, Jesus is truly present in the Eucharist in His glorified humanity. In Holy Communion, He gives us Himself completely, sharing with us His divine life and love.

Thanks to the sacrament of the Eucharist we can take part in the passion, death and resurrection of Jesus and in His definitive victory over sin, death, and Satan. St. John Paul II wrote: **"When the Church celebrates the Eucharist, the memorial of her Lord's death and resurrection, this central event of salvation, becomes really present** and the work of our redemption is carried out. This sacrifice is so decisive for the salvation of the human race that Jesus Christ offered it and returned to the Father **only after he had left us a means of sharing in it as if we had been present there.** Each member of the faithful can thus take part in it and inexhaustibly gain its fruits." (EE 11)

"I am Concealed in the Host"

The eternal God, the Creator of the entire universe, wishes to establish a relationship of love with each one of us. In order to make this possible for us, and not to overwhelm us with the enormity of His omnipotence and beauty, He appears to us in the greatest humility, concealing Himself in the form of bread and wine. **Faith is necessary in order to recognize His presence in the Eucharist and establish personal contact with Him.** So, thanks to the "darkness" of faith, we have full freedom in relation to God, and, in our hearts we can conceive an authentic love for Him. Hence, faith is the essential condition of our freedom, thanks to which we can establish personal contact with Jesus, Who is present in the Eucharist.

"I am concealed in the Host"

- the Lord Jesus told the mystic Alicja Lenczewska - **"and the soul's meeting with Me, alive and real, comes about through consuming it** albeit I am concealed from the mind and senses of the flesh. The loving and trusting heart - like that

Jesus is truly present in the Eucharist in His glorified humanity. In Holy Communion, He gives us Himself completely, sharing with us His divine life and love

of a child - can recognize and touch Me. The greater the faith and love, the deeper the recognition and more powerful the unity with Me. **Be cautious of thoughtless and indifferent reception of me in Holy Communion. This is a great sin** and a profanation of My love and My gift born in My Blood at Golgotha. My child, how much I must conceal Myself so as not to incinerate your soul with the fire of My love and kill your body with the power of my fatherly tenderness. And yet that is how much I love and want to be loved." (*The Word of Instruction*, 430)

On another occasion the Lord Jesus explained that on the plane of pure understanding, we are not in a state to understand the mystery of the Eucharist: "As a human being, you don't have a sufficient mental capacity to understand. No comparison with anything in the material world would be suitable. You can sense it in your soul to the extent that I grant such grace and to the extent that your soul is united to Me. The world that you know exists in time and space. These phenomena have no effect on Me. Everything that I create is the form of My thoughts, of My energy. Since time doesn't exist for Me, creation is not a process that has any stages or phases and nothing is separated from Me. Everything comes into being, and carries on, and exists at one time in the eternal creative act." (*Testimony*, 183)

"I beseech, beg and implore that no one draw near to this sacred table with a sullied and corrupt conscience"
(St. John Chrysostom)

The Lord Jesus explains to us that despite our ingratitude and rebellion, He still loves us and awaits our return. And He offers a **"perpetual sacrifice of Himself"** in the Eucharist **"in order to rescue us. This sacrifice is eternal, since it endures and takes place perpetually. This is a sacrifice that is timeless and beyond time.** You live in it and breathe it. It rescues you in every moment of your life." (*Testimony*, 158) "What was accomplished on Golgotha two thousand years ago was and is a sign of the constant, because it exists outside of the time that you are subject to as a person living on earth. I am your perpetual and eternal Salvation. I constantly snatch you from Satan's grasp and offer you back to the Father to the extent that your free will permits me do so. (*The Word of Instruction*, 409)

Those Who are Aware of a Grave Sin

Holy Father John Paul II warned us to never receive Holy Communion in the state of mortal sin: "St. Paul says, 'Let a man examine himself, and so eat of the bread and drink of the cup.' (1 Corinthians 11:28) St. John Chrysostom exhorted the faithful: **'I too raise my voice, I beseech, beg and implore that no one draw near to this sacred table with a sullied and corrupt conscience.'** Such an act, in fact, can never be called communion, not even were we to touch the Lord's body a thousand times over, but condemnation, torment and increase of punishment." Along these same lines, the *Catechism of the Catholic Church* rightly stipulates that 'anyone conscious of a grave sin must receive the sacrament of Reconciliation before coming to communion.' I therefore desire to reaffirm that in the Church there remains in force, now and in the future, the rule by which the Council of Trent gave concrete expression to the Apostle Paul's stern warning when it affirmed that, in order to receive the Eucharist in a worthy manner, 'one must first confess one's sins, when one is aware of mortal sin.'" (EE 36) ■